

The St. James provides entertainment for all

The St. James complex is a new building on Industrial Road (a short 10 minutes, 3.5 miles away). It just recently opened in Sept. and it is a 450,000 square foot sports, health, and wellness center with everything imaginable. Inside the stunning building is an olympic sized pool, a water park, and multiple sports fields for all to enjoy. Also, take advantage of the two NHL sized ice rinks, the three-story rock climbing/bouldering wall, virtual reality games, and a three-floor gym.

If that's not enough, there's on-site child care so you can go off and practice twirling in the dance rooms or perfect your handstands in gymnastics gym. Even better, you can relax and rejuvenate at the spa with facials, manicures, and massages. After a tough workout, reward yourself with a nice meal from St. James' very own restaurant, Vim and Victor. The food is beautiful, delicious and made with healthy ingredients.

The St. James truly is a place of wonder, and it's the only building like it in the region. Strengthen your swing in a baseball batting cage, get your heart rate up on a stationary bike, or improve your golf hits in a simulation room. The facility is a never ending entertainment and activity center. You can even watch your kids play or get a sneak peak from the observation areas. In the near future a Medstar Health Center where members can go to for rehabilitation, medicine, and therapy will be created.

Since St. James is so close to Annandale, several students work in different sections of the center. Senior Kassie Peralta works in the Super Awesome and Amazing facility which is what the department calls itself.

“My favorite place is the gym because of all the equipment they have and their three floors,” Peralta said.

Another senior Alessio Humerez works at the rock climbing wall as an instructor.

“My favorite part would be getting to do something I truly enjoy while making money for it. Humerez said. “It is nice to meet and climb with new people.”

Employees at St. James receive a free membership. Adult memberships cost \$169 a month, student memberships cost \$100 a month, and military/first responder memberships cost \$135 a month. Another option is to purchase a day pass which ranges from \$15 to \$48 depending on the department and day/time. When signing up, there is an initiation fee of \$199 for a 12-month contract or \$399 for a monthly membership, but it is often waived so don't let that deter you from joining.

“I like that I get full access to the facility and that I can enjoy all the sports that I participate in,” Humerez said.

The St. James is unique and buildings like this one are difficult to find. They are open 24/7, so make sure to check it out for yourself at any time



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THE GYM - 65,000 square feet - group fitness classes for varying purposes and levels and personal training - treadmills overlooking the main entrance - consists of three floors full of equipment includes 12 racks of weight, kettle bells, benches, hurdles, plyometric boxes, etc. - offers yoga and stationary biking - open from 24/7

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