



**Progressive Calisthenics Certification Workshop  
July 31 - August 2, 2015 — Alexandria, VA  
Training, Travel, and Hotel Information**

Thank you for registering for the Progressive Calisthenics Certification (PCC) Workshop. Below you will find information about the training facility, the recommended airport(s), and a short list of recommended area hotels for those traveling to the area.

**Training Location:**

**Urban Evolution**

5505 Cherokee Ave.

Alexandria, VA 22312

<http://www.urbanevo.com>

Map: <https://goo.gl/maps/MdKQO>

**Contact:** Malukah Maniktahla

**Email:** [malukah@urbanevo.com](mailto:malukah@urbanevo.com)

**Phone:** 855-646-5271

**Airports:**

**Ronald Reagan Washington National Airport (DCA)**

Arlington, VA 22202

Website: <http://www.metwashairports.com/reagan/reagan.htm>

Driving distance of airport to facility: 11.1 miles (14 minutes without traffic)

**Washington Dulles International Airport (IAD)**

1 Saarinen Cir, Dulles, VA 20166

Website: <http://www.metwashairports.com/dulles/dulles.htm>

Driving distance of airport to facility: 27.3 miles (30 minutes without traffic)

## **Nearby Hotels:**

### **Days Inn Alexandria**

110 S. Bragg St. West  
Alexandria, VA 22312  
Phone: 703-354-4950

**Distance from facility:** Approx. 2.2 miles or a 5-minute drive without traffic

### **TownePlace Suites Springfield**

6425 Brandon Ave.  
Springfield, VA 22150  
Phone: 703-569-8060

**Distance from facility:** Approx. 3.1 miles or a 6-minute drive without traffic

### **Holiday Inn Express Washington DC SW-Springfield**

6401 Brandon Ave.  
Springfield, VA 22150  
Phone: 703-655-5555

**Distance from facility:** Approx. 3.2 miles or a 6-minute drive without traffic

### **Hampton Inn Springfield**

6550 Loisdale Ct.  
Springfield, VA 22150  
Phone: 703-924-9444

**Distance from facility:** Approx. 3.2 miles or a 6-minute drive without traffic

### **Homewood Suites by Hilton Springfield**

7010 Old Keene Mill Rd.  
Springfield, VA 22150  
Phone: 703-866-6045

**Distance from facility:** Approx. 3.5 miles or a 6-minute drive without traffic

### **Courtyard Springfield**

6710 Commerce St.  
Springfield, VA 22150  
Phone: 703-924-7200

**Distance from facility:** Approx. 3.6 miles or a 7-minute drive without traffic

### **Hilton Springfield**

6550 Loisdale Road  
Springfield, VA 22150  
Phone: 703-971-8900

**Distance from facility:** Approx. 4.2 miles or a 9-minute drive without traffic

### **The Westin Alexandria**

400 Courthouse Square  
Alexandria, Virginia, 22314-5700  
Phone: (703) 253-8600

Website: <http://www.westinalexandria.com>

**Hampton Inn Alexandria Old Town/King**

1616 King Street, Alexandria, Virginia, 22314

Phone: (703)-299-9900

Website: <http://hamptoninn3.hilton.com/en/hotels/virginia/hampton-inn-alexandria-old-town-king-st-metro-WASALHX/index.html>

**Residence Inn Alexandria Old Town/Duke**

1456 Duke Street Alexandria Virginia 22314

Website: <http://www.marriott.com/hotels/travel/wasdk-residence-inn-alexandria-old-town-duke-street>

**Holiday Inn Alexandria Southwest/Eisen**

625 First Street Alexandria, Virginia 22314

Phone: (800) 972 3159

Website: <http://www.ihg.com/holidayinn/hotels/us/en/alexandria/axehd/hoteldetail>