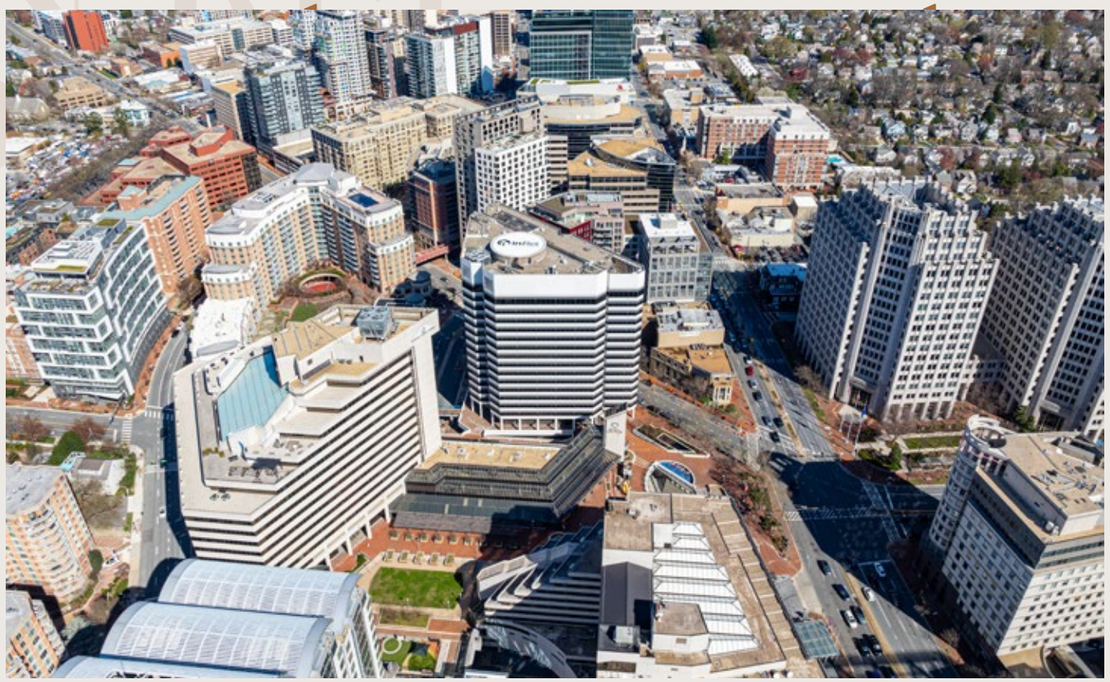
IN-REL
PLAZA

7500 OGR | 3 BMC

BETHESDA'S CENTER OF GRAVITY

InRel PROPERTIES | CUSHMAN & WAKEFIELD



Directly Connected. Distinctly Bethesda.

Positioned at the center of Bethesda's vibrant urban core, 3 Bethesda Metro Center and 7500 Old Georgetown Road deliver an exceptionally connected experience at In-Rel Plaza. This two-building, Class A property combines unbeatable Metro access, hospitality-inspired amenities and immediate proximity to Bethesda's robust offering of dining, retail, entertainment, destinations.

707,000 SF
2-building Class A office plaza

60,682 SF
Available at 7500 OGR

179,520 SF
Available at 3 BMC

60,000 SF at 3 BMC
- Contiguous upper-stack
- Large block opportunity
- Private terraces

BETHESDA'S NEW CENTER OF GRAVITY.

Curated & Connected

- Fitness, conference & lounge amenities shared across both buildings
- Outdoor rooftop and terrace spaces
- Direct access to Bethesda Metro Center
- Walkable to Downtown Bethesda amenities

Retail

AT 7500 OGR

ParCiti Golf | Terrace Deli | georgia leith skin | BlueBell Hair Salon Spa | Maten's

AT 3 BMC

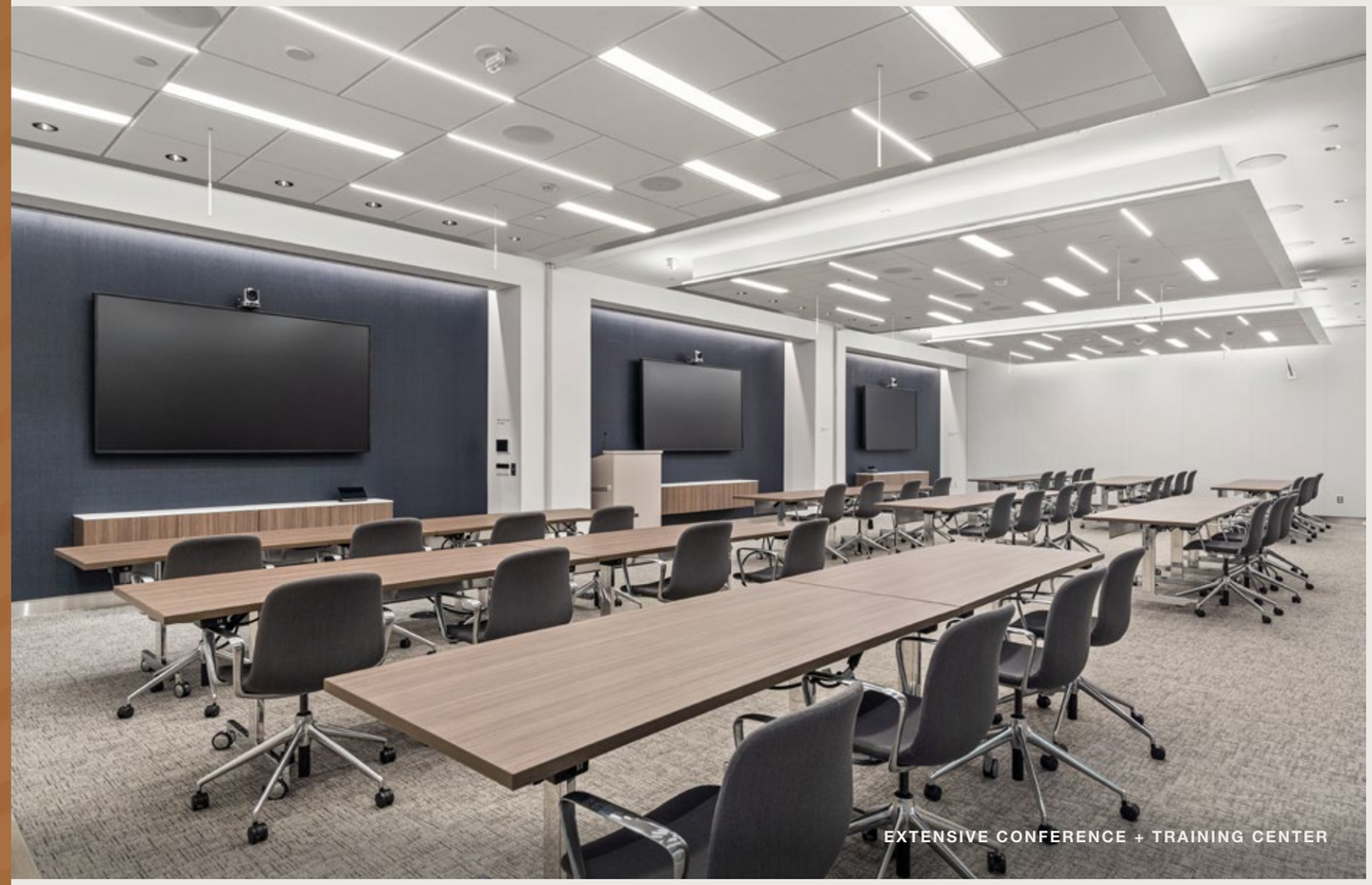
KID MUSEUM | 1BETHESDA DENTAL CENTER | Pita Plaza

Built for Better Workdays

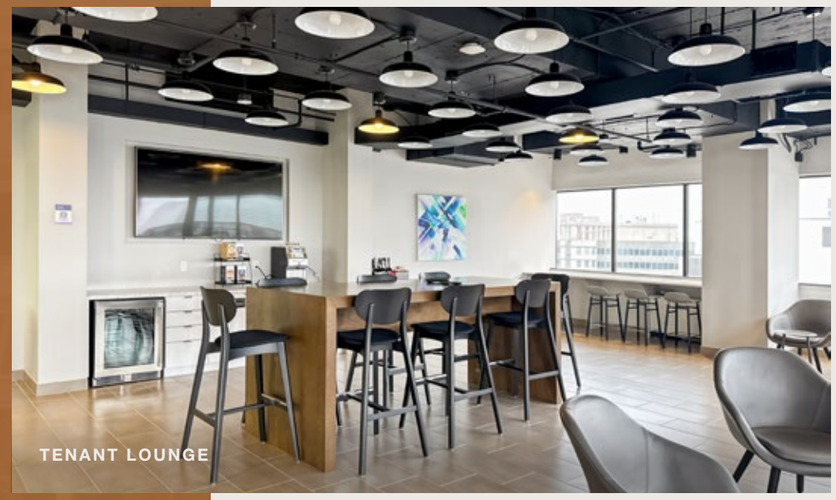
A curated collection of shared amenities and activated spaces across both buildings at In-Rel Plaza creates a more connected workplace experience designed around how today's professionals work best. From fitness and wellness facilities to collaborative lounges, outdoor terraces, and flexible conferencing spaces, this dynamic destination offers an environment that supports productivity, flexibility, wellness, and engagement well beyond the traditional office.

Shared Amenities

- Two modern fitness centers
- Two state-of-the-art conference & training centers
- Lobby Lounge
- Tenant Lounge
- Rooftop Zen Garden

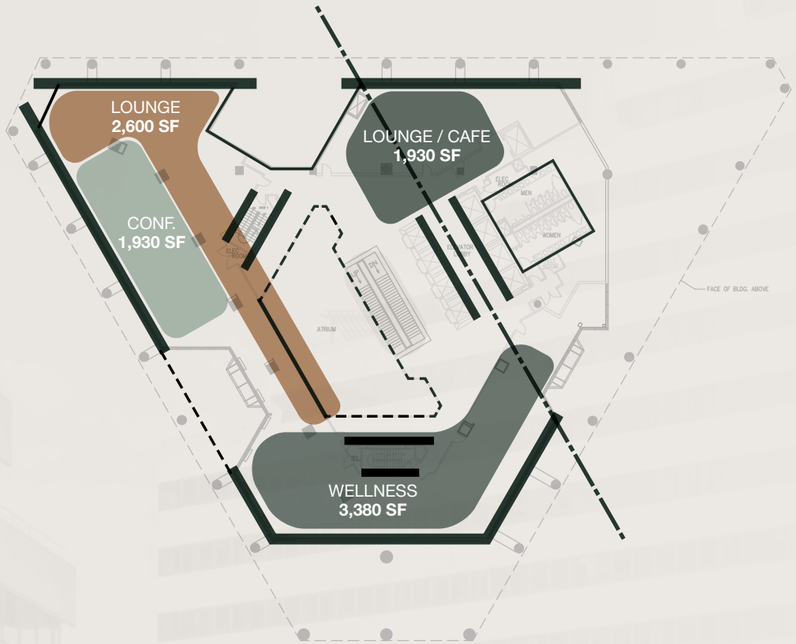

EXTENSIVE CONFERENCE + TRAINING CENTER

TOP-TIER FITNESS FACILITY


TENANT LOUNGE

LIGHT-FILLED LOBBY LOUNGE

Upcoming Renovations at 3 BMC



FRESH FACADE AESTHETIC
Chemically-washed windows, tint removal & more exterior enhancements

LOBBY REFRESH
For a revitalized tenant experience

PLAZA RENOVATIONS
Additional green areas & community activations

MODERN SPEC SUITES
With electrostatically painted mullions, efficient layouts & quality finishes

NEW AMENITY FLOOR
Mezz-level, featuring 100-person conference, lounge areas & modern fitness center

BETHESDA'S NEW CENTER OF GRAVITY.

LOUNGE

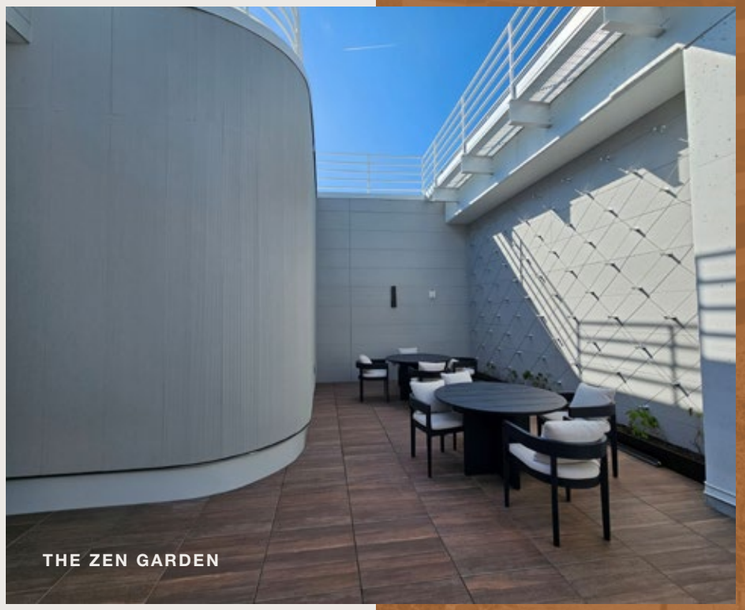
EXTENSIVE CONFERENCE

7500 OGR Amenities

EXTENSIVE CONFERENCE

LOBBY LOUNGE

TOP-TIER FITNESS FACILITY


THE ZEN GARDEN

THE ZEN GARDEN

3BMC

Availabilities

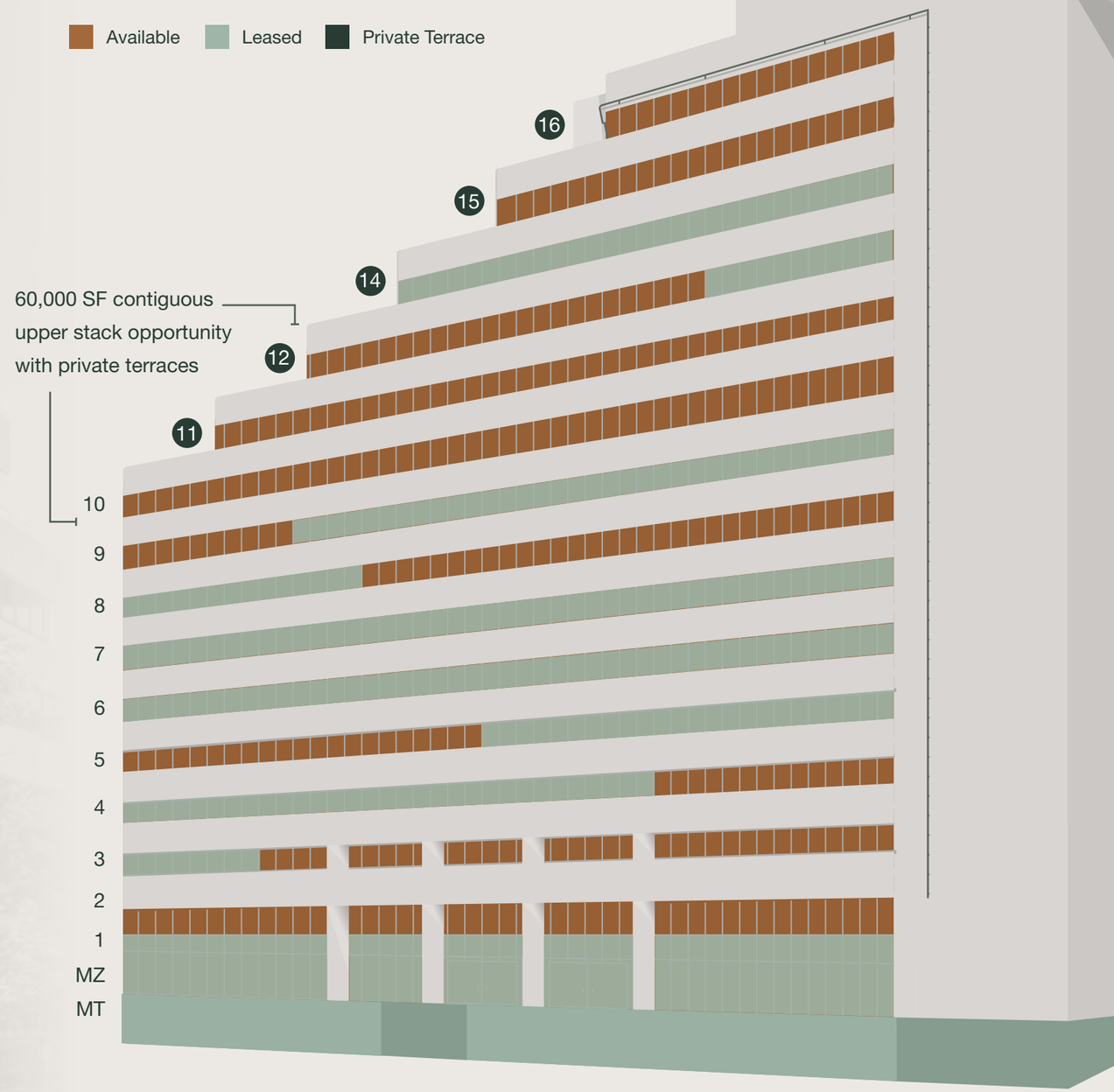
Click on Suite to view floor plan

Suite 1600	9,436 SF	Private Terrace
Suite 1500	10,729 SF	Private Terrace
Suite 1200	9,111 SF	Existing Spec Suite
Suite 1100	21,667 SF	Private Terrace
Suite 1000	28,883 SF	
Suite 960	3,057 SF	
Suite 950	1,573 SF	
Suite 925 A	2,237 SF	
Suite 830	2,951 SF	
Suite 820	5,493 SF	
Suite 800	8,035 SF	
Suite 530	6,961 SF	
Suite 525	2,269 SF	Spec Suite Coming Soon
Suite 520	3,668 SF	Existing Spec Suite
Suite 510	2,441 SF	Spec Suite Coming Soon
Suite 505	3,090 SF	Spec Suites Coming Soon
Suite 501	1,978 SF	
Suite 460	3,304 SF	
Suite 450	1,751 SF	Existing Spec Suite
Suite 380	2,455 SF	View the space
Suite 370	5,955 SF	
Suite 300	9,654 SF	
Suite 250	13,665 SF	
Suite 200	19,157 SF	

179,520 SF Available

Modernized, flexible office environments are supported by the 12th floor tenant lounge and terrace, offering a highly connected experience that empowers productivity, collaboration, and day-to-day performance.

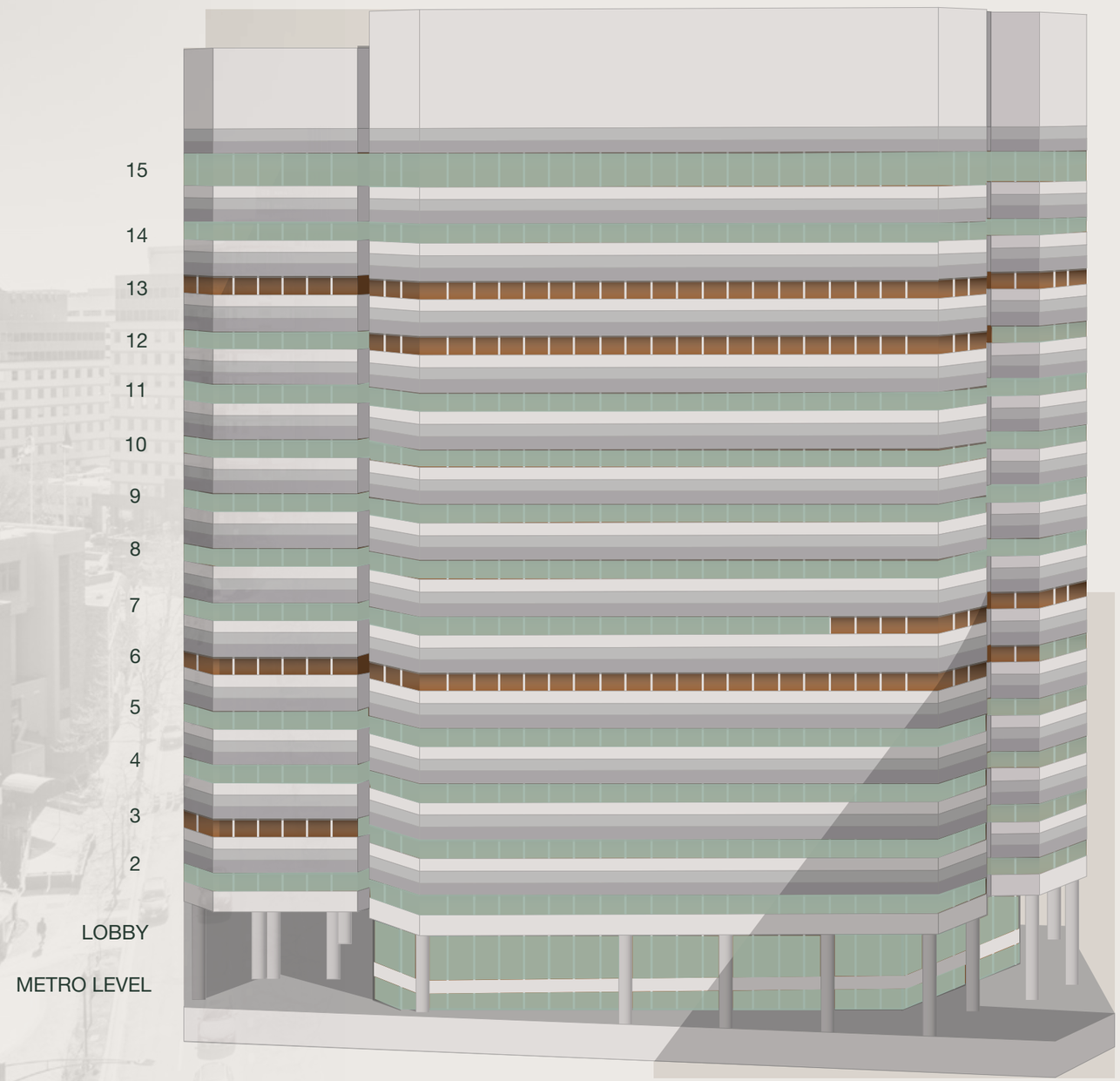
Available | Leased | Private Terrace



60,682 SF Available

7500 Old Georgetown Road blends modern workplace functionality with elevated design, featuring recently renovated, highly flexible workspace environments supported by expansive conferencing capabilities, collaborative tenant lounges, and integrated wellness amenities.

Available Leased



7500 OGR Availabilities

Click on Suite to view floor plan

Suite 1300	21,702 SF	
Suite 1204	1,365 SF	Spec Suites Arriving November 2026
Suite 1202	2,389 SF	
Suite 1200	4,825 SF	Available July 2027
Suite 701	1,528 SF	
Suite 700	5,819 SF	
Suite 600	19,794 SF	
Suite 301	3,260 SF	

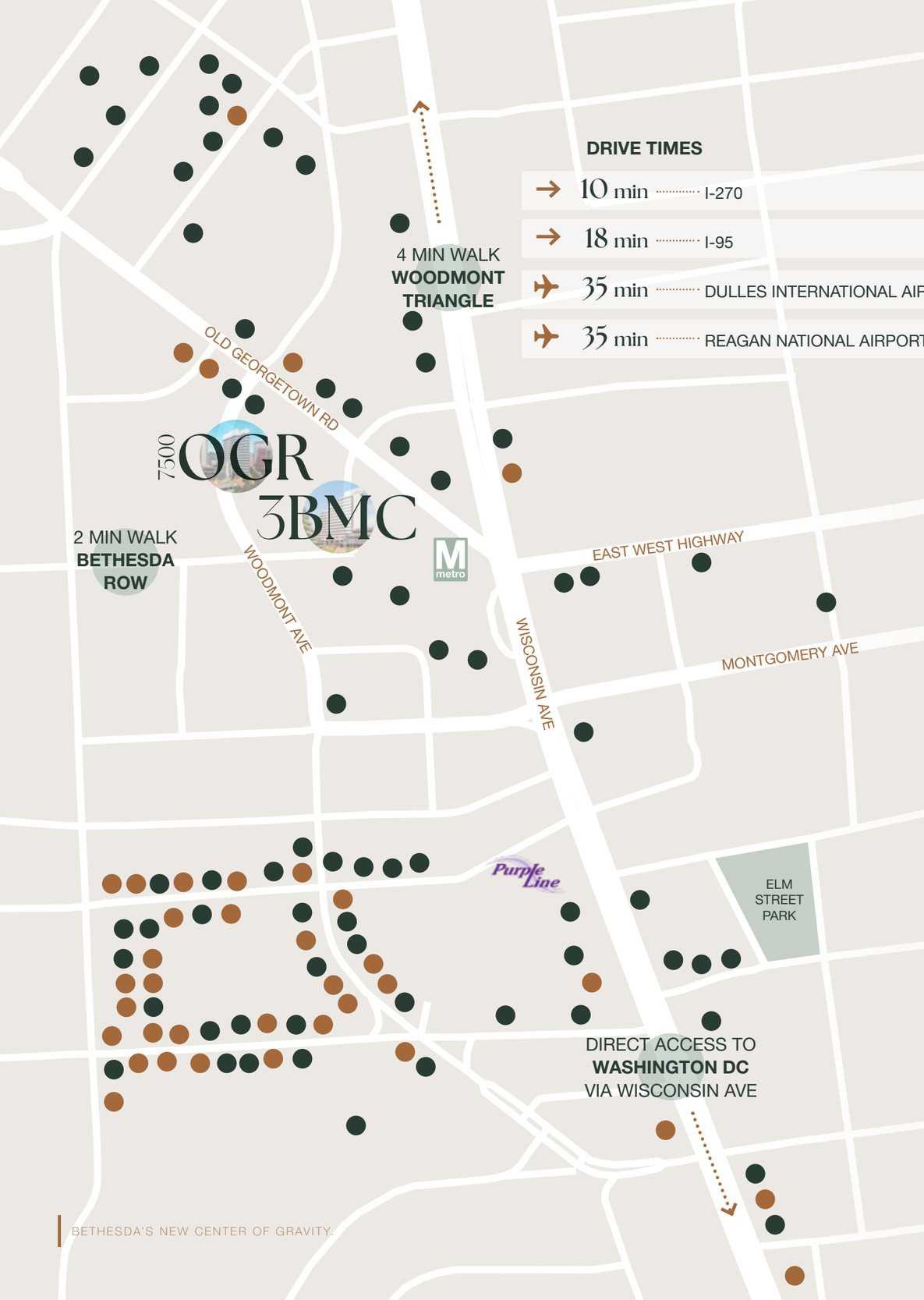
Where Bethesda Connects

Surrounded by one of the region's most vibrant amenity bases, In-Rel Plaza places tenants within immediate walking distance of countless restaurants, cafés, hotels, fitness studios, and more, including premier retail destinations like Bethesda Row and Woodmont Triangle.

Located directly above the Bethesda Metro Station with immediate access to Wisconsin Avenue, Old Georgetown Road, and the Capital Beltway, the portfolio offers exceptional regional connectivity for commuters across the DMV

30+ Retail

50+ Dining & Entertainment



With a name that stands for “Intelligent Real Estate,” In-Rel Properties has been buying and managing properties for more than four decades, earning a strong reputation for thoughtful ownership, long-term investment strategy, and hands-on property management across premier commercial real estate assets.

Focused on acquiring properties on attractive terms, operating them efficiently and adding value through upgrades, repositioning, rehabilitation, re-tenanting, and solid management, In-Rel maintains a diverse tenant portfolio – from Main Street to Wall Street - including family-run businesses, regional companies, and nationally recognized publicly traded corporations.

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