

IN-REL

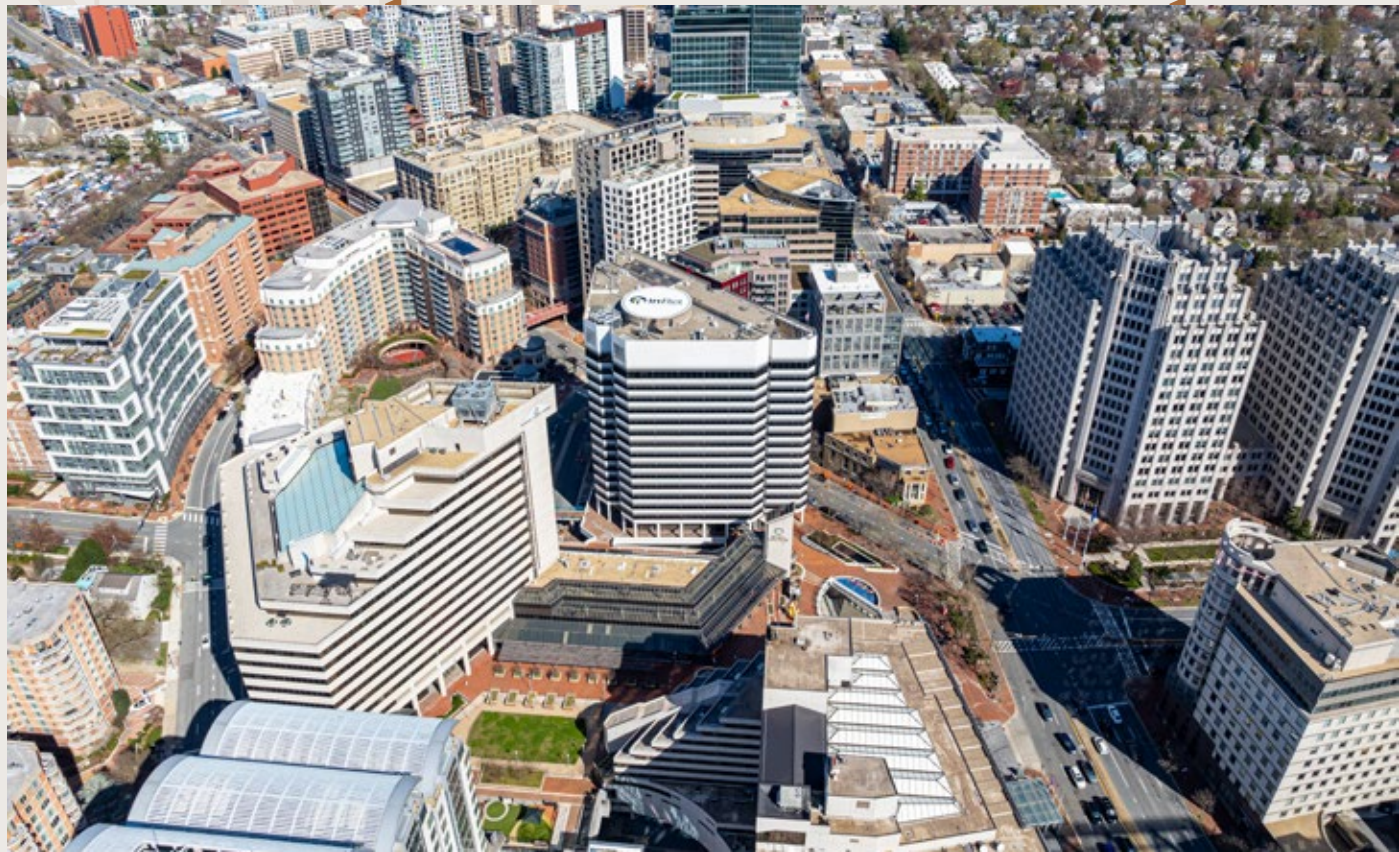
PLAZA



7500 OGR | 3 BMC

BETHESDA'S CENTER OF GRAVITY





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

63,000 SF

Available at 7500 OGR

186,000 SF

Available at 3 BMC

60,000 SF at 3 BMC

- Contiguous upper-stack
- Large block opportunity
- Private terraces

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

Terrace Deli

georgia luth skin

BlueBell Hair Salon Spa

Maten's

AT 3 BMC

KID MUSEUM

IBETHESDA DENTAL CENTER

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

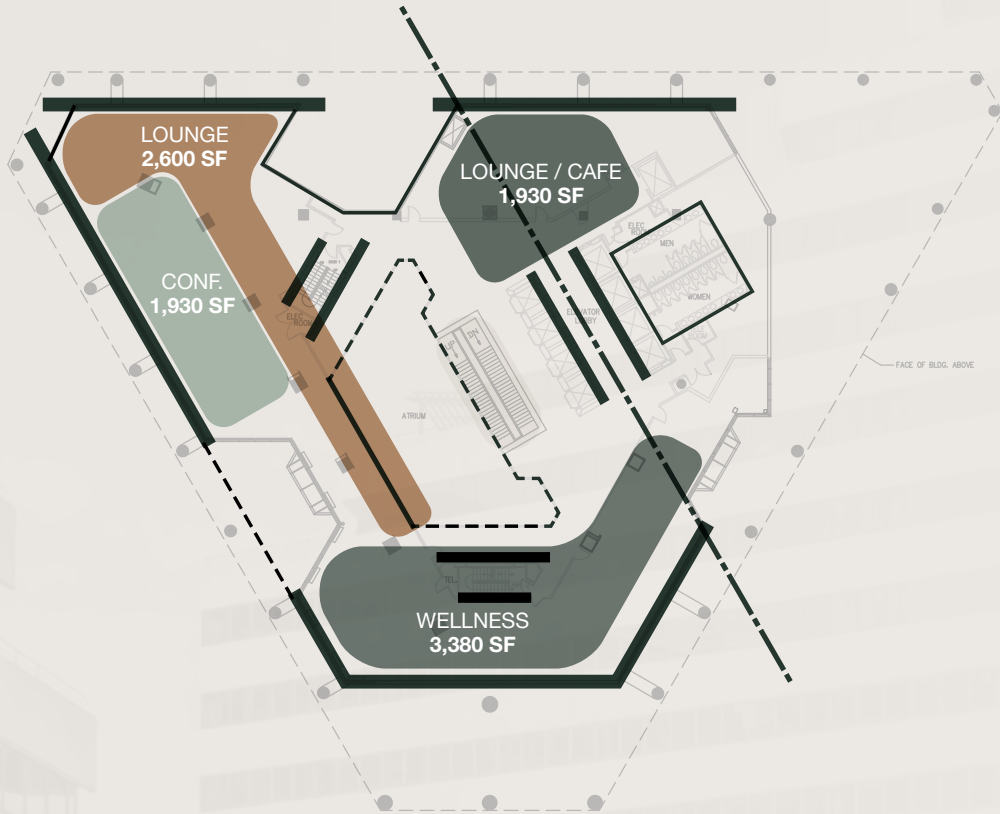


TENANT LOUNGE



LIGHT-FILLED LOBBY LOUNGE

Upcoming Renovations at 3 BMC



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



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



LOBBY REFRESH
For a revitalized tenant experience



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



PLAZA RENOVATIONS
Additional green areas & community
activations

BETHESDA'S NEW CENTER OF GRAVITY.





EXTENSIVE CONFERENCE



LOBBY LOUNGE

7500 OGR Amenities



TOP-TIER FITNESS FACILITY



THE ZEN GARDEN



THE ZEN GARDEN

3BMC

Availabilities

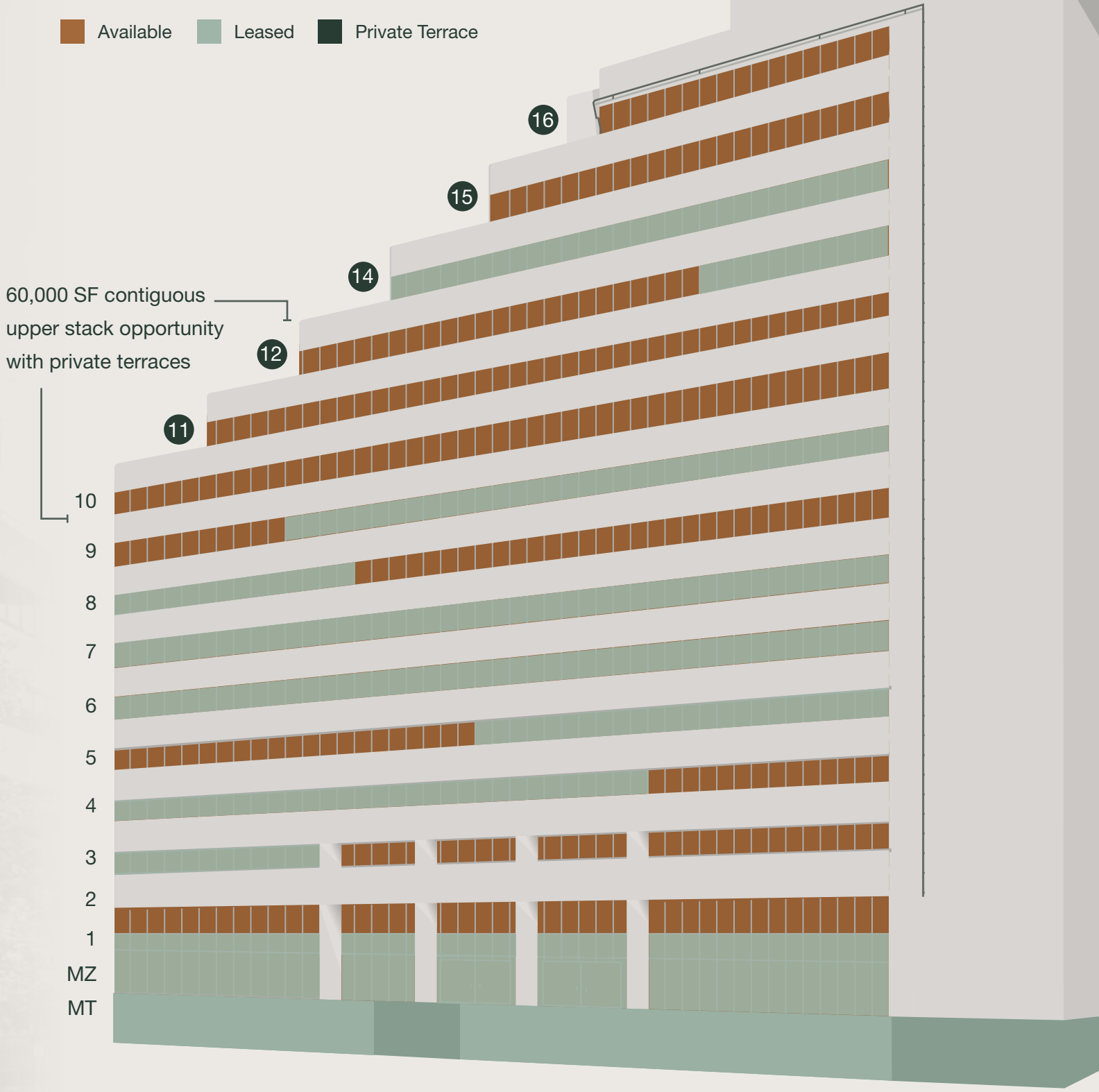
Click on Suite to view floor plan

Private Terrace	Suite 1600	9,436 SF	Existing Spec Suite
	Suite 1500	10,729 SF	
	Suite 1200	9,111 SF	
	Suite 1100	21,667 SF	
	Suite 1000	28,883 SF	
	Suite 950	1,573 SF	
	Suite 960	3,057 SF	
	Suite 925 A	2,237 SF	
	Suite 800	8,035 SF	
	Suite 830	2,951 SF	
	Suite 820	5,493 SF	
	Suite 501	2,485 SF	Spec Suites Coming Soon
	Suite 505	2,575 SF	
	Suite 510	2,441 SF	
	Suite 520	3,668 SF	Existing Spec Suite
	Suite 525	2,269 SF	Spec Suite Coming Soon
	Suite 450	1,751 SF	Existing Spec Suite
	Suite 460	3,304 SF	
	Suite 370	5,955 SF	
	Suite 380	2,455 SF	Spec Suite Coming Soon
	Suite 300	9,654 SF	
	Suite 200	32,822 SF	
	Suite B011	474 SF	
	Suite B001	2,649 SF	

186,000 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.

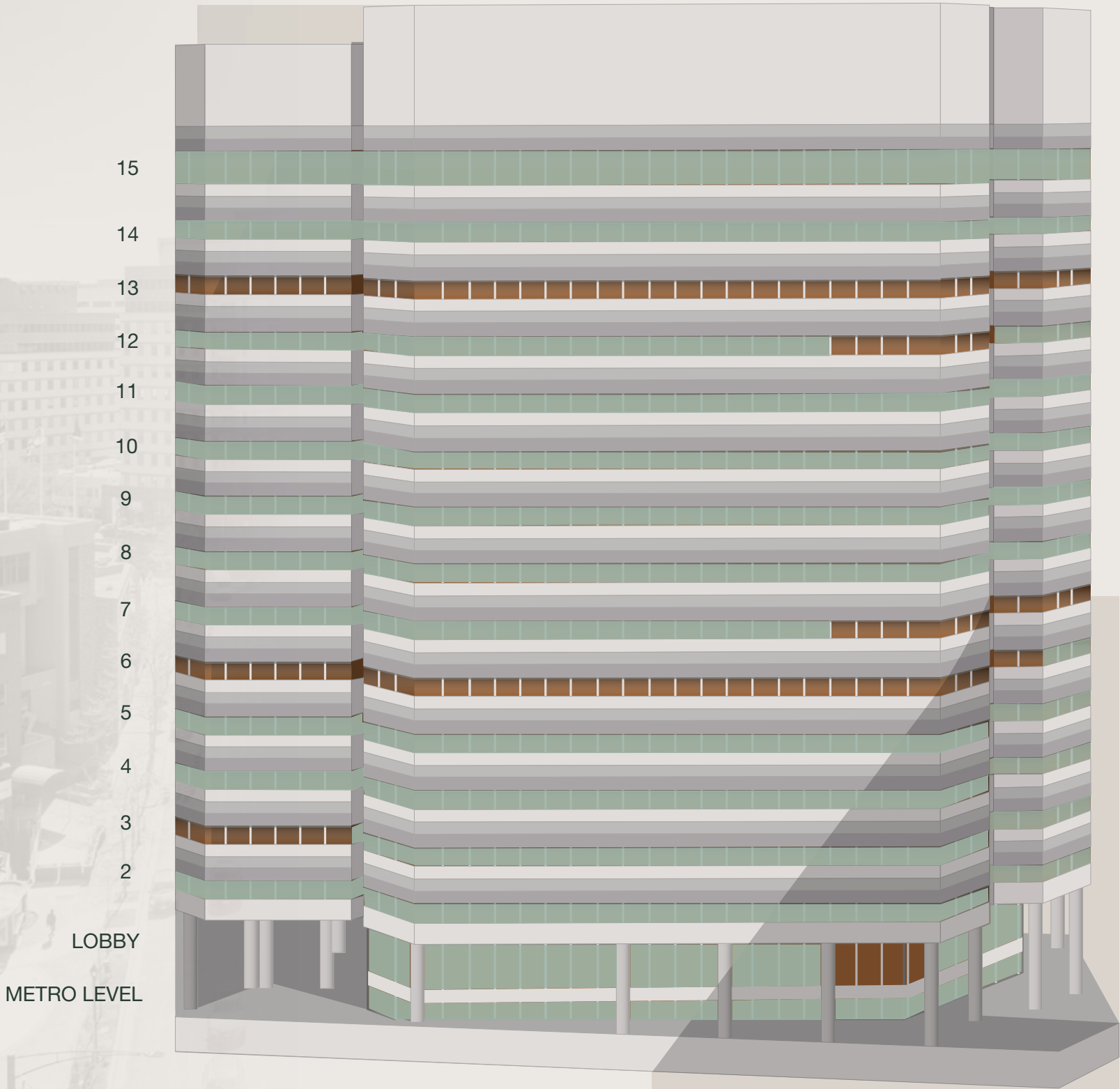
Available Leased Private Terrace



63,000 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	Spec Suites Coming Soon
Suite 1204	1,365 SF	
Suite 1202	2,389 SF	
Suite 701	1,528 SF	
Suite 700	5,819 SF	
Suite 600	19,794 SF	
Suite 301	3,260 SF	
Retail → Suite 103	4,705 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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