

INIFITNESS Weekena Class Schedule

- YOU CAN GO TO ANY LOCATION, EXCEPT AT WORLDGATE, WERE SPORT & HEALTH REQUIRES THAT YOU MUST BE A MEMBER OF A(ANY) SPORT & HEALTH CLUB TO ENTER THE CLUB. AT THE YMCAs THEY WILL ONLY ALLOW THE YMCA'S TNT PARTICIPANTS(MEMBER OR NON-MEMBER) TO ENTER THE GYM FOR TNT.

• Weekend classes could have over 20 people per class. Depending on the size of the classes we will change the training format.

Gym's Phone #s to Call For Directions,Not Scheduling	2/6 Sat.	2/13 Sat.	2/20 Sat.	3/13 Sat.	3/14 Sun	3/20 Sat.	3/21 Sun	3/27 Sat	4/3 Sat.	4/10 Sat.	4/11 Sun.	4/17 Sat.	4/18 Sun.	4/24 Sat.
Rio S&H w/Brad/Scott & Greg 301-258-5100 Gaithersburg, MD		9, 9:45 10:30				9, 9:45, 10:30, 11:15, 12	9, 9:45, 10:30, 11:15, 12	9, 9:45 10:30				9, 9:45, 10:30, 11:15, 12	9, 9:45, 10:30, 11:15, 12	9, 9:45 10:30
Lake Forest S&H w/Rani/Greg 301-258-0661 Gaithersburg, MD	9, 9:45 10:30		9, 9:45 10:30	8:15, 9, 9:45, 10:30 11:15				9, 9:45 10:30		8:15, 9, 9:45, 10:30 11:15				
Northwest S&H w/Albert/Chris F 202-244-6090 Washington, DC(Tenley Town)		9, 9:45 10:30				8:15, 9, 9:45, 10:30 11:15	9, 9:45, 10:30, 11:15, 12	9, 9:45 10:30				8:15, 9, 9:45, 10:30 11:15	9, 9:45, 10:30, 11:15, 12	9, 9:45 10:30
Tenley S&H w/Sunny/Rani 202-362-8000 Washington, DC(Tenley Town)	9, 9:45 10:30		9, 9:45 10:30	8:15, 9, 9:45, 10:30 11:15	9, 9:45, 10:30, 11:15, 12			9, 9:45 10:30		8:15, 9, 9:45, 10:30 11:15	9, 9:45, 10:30, 11:15, 12			
Bethesda S&H w/Scott/Albert 301-656-9570 Bethesda, MD	9, 9:45		11:15		8:15, 9, 9:45, 10:30 11:15			9, 9:45			8:15, 9, 9:45, 10:30 11:15			
Ballston w/Scott/Albert 703-816-8800 Arlington, VA	11:15		9, 9:45	8:15, 9, 9:45, 10:30 11:15				11:15		8:15, 9, 9:45, 10:30 11:15				
Arlington S&H w/Dianne/Megan 703-522-1702 Arlington, VA		9, 9:45 10:30				9, 9:45, 10:30, 11:15, 12		9, 9:45 10:30				9, 9:45, 10:30, 11:15, 12		9, 9:45 10:30
Old Town S&H w/Vernessa/Vernessa 703-548-6822 Alexandria, VA	9, 9:45 10:30		9, 9:45 10:30			9, 9:45, 10:30, 11:15, 12	9, 9:45, 10:30, 11:15, 12	9, 9:45 10:30				9, 9:45, 10:30, 11:15, 12	9, 9:45, 10:30, 11:15, 12	
Skyline S&H w/Greg/Dianne 703-820-4100 PARK IN THE PARKING GARAGE Fall Church/Alex., VA		11:00			9, 9:45, 10:30, 11:15, 12			9 & 9:45			9, 9:45, 10:30, 11:15, 12			11:00
Alex. YMCA w/Greg/Dianne 703-838-8085 Alexandria, VA ONLY YMCA TINTERS ALLOWED		9 & 9:45		8:15, 9, 9:45, 10:30 11:15				11:00		8:15, 9, 9:45, 10:30, 11:15				9 & 9:45
Tysons w/Lynz & Maz/ Sunny 703-442-9150 Tysons Corner, VA		9, 9:45 10:30		8:15, 9, 9:45, 10:30 11:15	8:15, 9, 9:45, 10:30 11:15			9, 9:45 10:30		8:15, 9, 9:45, 10:30 11:15	8:15, 9, 9:45, 10:30 11:15			9, 9:45 10:30
Regency w/Chris F./Chris I 703-556-6550 Tysons Corner/Mclean, VA	9, 9:45 10:30		9, 9:45 10:30			9, 9:45, 10:30, 11:15, 12		9, 9:45 10:30				9, 9:45, 10:30, 11:15, 12		
Reston YMCA w/Chris T/Chris I 703-742-8800 ONLY YMCA TINTERS ALLOWED		9, 9:45 10:30					8:15, 9, 9:45, 10:30 11:15	9, 9:45 10:30					8:15, 9, 9:45, 10:30, 11:15	9, 9:45 10:30
Reston S&H w/Steve/Steve/Brock 703-904-7600 Reston, VA	9, 9:45 10:30		9, 9:45 10:30	8:15, 9, 9:45, 10:30 11:15	8:15, 9, 9:45, 10:30 11:15			9, 9:45 10:30		8:15, 9, 9:45, 10:30, 11:15	8:15, 9, 9:45, 10:30, 11:15			
Worldgate w/Brock/Brock&Lynz/Steve&Lynz 703-709-9100 Herndon, VA ONLY S&H MEMBERS ALLOWED		9, 9:45 10:30				8:15, 9, 9:45, 10:30 11:15	8:15, 9, 9:45, 10:30 11:15	9, 9:45 10:30				8:15, 9, 9:45, 10:30 11:15	8:15, 9, 9:45, 10:30 11:15	9, 9:45 10:30
Woodbridge S&H w/Kris F./Brad 703-690-1629 Woodbridge, VA		9 & 9:45					8:15, 9, 9:45, 10:30 11:15	11:00			8:15, 9, 9:45, 10:30 11:15			9 & 9:45
Dale City S&H w/Kris F/Adam 703-897-0200 Dale City, VA		11:00				9, 9:45, 10:30, 11:15, 12		9 & 9:45				9, 9:45, 10:30, 11:15, 12		11:00
Stafford S&H w/Adam/Kris 540-659-3488 Stafford, VA	9, 9:45 10:30		9, 9:45 10:30	8:15, 9, 9:45, 10:30 11:15	8:15, 9, 9:45, 10:30 11:15			9, 9:45 10:30		8:15, 9, 9:45, 10:30 11:15	8:15, 9, 9:45, 10:30 11:15			
Central Park w/William/William 540-786-4242 Fredericksburg, Va		9, 9:45 10:30					9, 9:45, 10:30, 11:15, 12	9, 9:45 10:30					9, 9:45, 10:30, 11:15, 12	9, 9:45 10:30