

# **TNT FITNESS Weekend Class Schedule**

- **YOU CAN GO TO ANY LOCATION, EXCEPT AT WORLDGATE, WHERE 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.
- **Cardio week one is May 31 to June 6. Cardio week two is from June 28 to July 4.**

Gym's Phone #s to Call For Directions, Not Scheduling	5/8 Sat.	5/15 Sat.	5/22 Sat.	6/12 Sat.	6/13 Sun	6/19 Sat.	6/20 Sun	6/26 Sat	7/3 Sat.	7/10 Sat.	7/11 Sun.	7/17 Sat.	7/18 Sun.	7/24 Sat.
Rio S&H w/Chris F/Scott & Greg 301-258-5100		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/Albert/Greg 301-258-0661	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/Dianne/Chris F 202-244-6090		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/Brock/Rani 202-362-8000	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	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/Sunny 703-816-8800	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/Vernessa/Megan 703-522-1702		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/Lindsay/Vernessa 703-548-6822	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		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 INTERS 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/Rani/Lindsay 703-442-9150	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			
Regency w/Sunny/Joseph 703-556-6550		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
Reston YMCA w/Chris T/Chris T 703-742-8800 ONLY YMCA INTERS 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/Brock 703-904-7600	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/Joseph/Steve/Chris T 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./Sunny 703-690-1629		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		11:00		8:15, 9,9:45, 10:30 11:15				9 & 9:45		8:15, 9,9:45, 10:30 11:15				11:00
Stafford S&H w/Brad/Kris 540-659-3488	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		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
Gainesville S&H w/Adam/Brad 703-753-1818	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		
Downtown Merritt Club w/Ronny 410-332-0906	11:15		9 & 9:45		9, 9:45, 10:30,11:15			11:15				9, 9:45, 10:30,11:15		9 & 9:45
Towson Merritt Club w/Ronny 410-821-0160	9, 9:45		11:15	8:15, 9, 9:45, 10:30				9, 9:45		8:15, 9, 9:45, 10:30				11:15