

TNT FITNESS Weekend Class Schedule

• **YOU CAN GO TO ANY LOCATION, EXCEPT AT WORLDGATE, OLD TOWN, & ALEX Y WHERE IT'S REQUIRED YOU MUST BE A MEMBER OF A (ANY) S&H 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**

• **Recovery week 1: Mon. Feb. 27th to Sun. Mar. 4th Recovery week 2: Mon. Apr. 2nd to Sun. Apr. 8th**

<u>WEEKEND WORKOUT NUMBER</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
<u>Gym's Phone #s to Call</u> <u>For Directions, Not Scheduling</u>	<u>2/4</u> <u>Sat.</u>	<u>2/11</u> <u>Sat.</u>	<u>2/18</u> <u>Sat.</u>	<u>3/10</u> <u>Sat.</u>	<u>3/17</u> <u>Sat.</u>	<u>3/18</u> <u>Sun</u>	<u>3/24</u> <u>Sat.</u>	<u>3/25</u> <u>Sun</u>	<u>3/31</u> <u>Sat.</u>	<u>4/7</u> <u>Sat.</u>	<u>4/8</u> <u>Sun.</u>	<u>4/14</u> <u>Sat.</u>	<u>4/15</u> <u>Sun</u>	<u>4/21</u> <u>Sat</u>
Rio – Scott(1,3,5,10,14) Brock(6,11) <u>301-258-5100</u>	8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30	8:15, 9, 9:45, 10:30				8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30
Lake Forest - Ronny <u>301-258-0661</u>		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30		
Frederick, MD – Megan <u>240-566-5323</u>	8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30					8:15, 9, 9:45,10:30				8:15, 9, 9:45,10:30
Bethesda - Adam W <u>301-656-9570</u>	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30	
Northwest - Chris F <u>202-244-6090</u>	8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30	8:15, 9, 9:45, 10:30				8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30
Tenley - Pat <u>202-362-8000</u>		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30	
Arlington – Nancy(1,4,7,14) Maz(10) <u>703-522-1702</u>	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30			8:15, 9, 9:45,10:30				8:15, 9, 9:45,10:30
Ballston - Sunny <u>703-816-8800</u>		8:15,9	10:15 11:00		8:15, 9, 9:45,10:30				8:15, 9			8:15,9, 9:45,10:30		
Skyline - Sunny <u>703-820-4100</u>		10:15 11:00	8:15, 9			8:15,9, 9:45,10:30			10:15 11:00				8:15, 9, 9:45,10:30	
Alex. YMCA – Chris G <u>703-838-8085 Alexandria, VA</u> <u>ONLY YMCA INTERS ALLOWED</u>	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30		8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30				8:15, 9, 9:45,10:30
Old Town - Greg <u>703-548-6822</u>	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30
Regency - Joseph <u>703-556-6550</u>		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30	
Tyson's - Shayla <u>703-442-9150</u>	8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30	8:15, 9, 9:45, 10:30				8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30
Brambleton –Lindsay(2,4,7,8,12) Steve(9,13) <u>703-904-7600</u>		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30	
Worldgate - Trey <u>703-709-9100 Herndon, VA</u> <u>ONLY S&H MEMBERS ALLOWED</u>	8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30	8:15, 9, 9:45, 10:30				8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45,10:30
Reston – Chris T & Alyssa <u>703-904-7600</u>		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30	
Gainesville – Steve(1,3,5) Brock(10,14) <u>703-753-1818</u>	8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30					8:15, 9, 9:45,10:30				8:15, 9, 9:45,10:30
Woodbridge – Kris(3,9,14) Adam(1,6) Maz(11) <u>703-690-1629</u>	10:15 11:00		8:15, 9			8:15, 9, 9:45,10:30			10:15 11:00		8:15, 9, 9:45,10:30			8:15, 9
Dale City - Kris(3,5,9,14) Brad(1,10) <u>703-897-0200</u>	8:15, 9		10:15 11:00		8:15, 9, 9:45,10:30				8:15, 9	8:15, 9, 9:45,10:30				10:15 11:00
Stafford - Stephanie <u>540-659-3488</u>	8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30			8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30				8:15, 9, 9:45, 10:30	8:15, 9, 9:45,10:30	
Central Park – William <u>540-786-4242</u>			8:15, 9, 9:45,10:30		8:15, 9, 9:45,10:30				8:15, 9, 9:45,10:30	8:15, 9, 9:45,10:30				8:15, 9, 9:45,10:30