



DC, Maryland and Virginia Demo Tasting Schedule October 2009

Come Sample Some of our Great Tasting Meals!

Date	Time	Partner	Location	Phone	Rep
10/03, Sat	10:00 am - 1:00 pm	Great Harvest Bread	1711 Centre Plaza, Alexandria VA	(703) 671-8678	Dubey Lifmann
10/03, Sat	9:00 am - 11:00 am	Colosseum Gym & Fitness	9159 Red Branch Rd. Columbia, MD	(410) 740-2339	Jill Formwalt
10/05, Mon	5:30 pm - 8:00 pm	S&H Herndon	13037 Worldgate Dr. Herndon, VA	(703) 709 9100	Shauna Fain
10/05, Mon	5:00 pm - 7:00 pm	LifeBridge	1836 Green Tree Rd. Pikesville, MD	(410) 484-6800	Jill F/Jill S
10/05, Mon	5:00 pm - 7:00 pm	Brick Bodies Timonium	212 Padonia Rd. Timonium, MD	(410) 252-5280	Marie Ambrosia
10/06, Tue	5:00 pm - 7:00 pm	S&H Northwest	4001 Brandywine Wash DC	(202) 244-6090	Sally Ingersoll
10/06, Tue	5:30 pm - 8:00 pm	S&H Crystal Park	2231 Crystal Dr., Arlington, VA	(703) 486-3380	Leslie Malm
10/06, Tue	5:30 pm - 8:00 pm	S&H Old Town Alexandria	209 Madison St. Alex, VA	(703) 548-6822	Leslie Malm
10/07, Wed	11:00 am - 1:30 pm	S&H Old Town Alexandria	209 Madison St. Alex, VA	(703) 548-6822	Sally/Dubey/Guest Chef
10/07, Wed	12:00 pm - 6:00 pm	S&H Ballston Common	4238 Wilson Blvd. #3018 Arlington, VA	(703) 816-8800	Christine Stewart
10/07, Wed	5:00 pm - 7:30 pm	S&H Old Town Alexandria	209 Madison St. Alex, VA	(703) 548-6822	Sally/Dubey/Guest Chef
10/08, Thu	5:30 pm - 8:00 pm	S&H Greensboro	8250 Greensboro Dr. McLean, VA	(703) 442-9150	Leslie Malm
10/08, Thu	12:30 pm - 2:00 pm	Bench Gym	1150 18th St. NW Suite 130	(202) 775-9400	Sally Ingersoll/Sandy
10/10, Sat	10:00 am - 1:00 pm	Cameron Station Community Center	Duke Street Alexandria, VA	(703) 567-4881	Dubey Lifmann/Sandy
10/10, Sat	11:00 am - 7:00 pm	Fashion Beauty Lifestyle Expo	Grand Hyatt 1000 H St. NW Wash DC	Metro Center Parking	Michelle/Jill/Mary
10/12, Mon	5:00 pm - 8:00 pm	S&H Old Town Alexandria	209 Madison St. Alex, VA	(703) 548-6822	Leslie Malm
10/12, Mon	5:00 pm - 7:00 pm	S&H Reston	11445 Isaac Newton Sq, South Reston, VA	(703) 904-7600	Erica Maier
10/13, Tue	12:00 pm - 1:00 pm	S&H Worldgate	13037 Worldgate Dr. Herndon, VA	(703) 709-9100	Joanna Hamilton
10/13, Tue	5:00 pm - 7:00 pm	S&H Worldgate	13037 Worldgate Dr. Herndon, VA	(703) 709-9100	Joanna Hamilton
10/14, Wed	5:00 pm - 7:30 pm	S&H Skyline	5515 Leesburg Pike Falls Church, VA	(703) 820-4100	Mindy Green
10/14, Wed	5:30 pm - 8:00 pm	S&H Crystal Park	2231 Crystal Dr., Arlington, VA	(703) 486-3380	Leslie Malm
10/17, Sat	8:00 am - 10:00 am	S&H Stafford	315 Garrisonville Road Stafford, VA	(540) 659-3488	
10/19, Mon	10:30 am - 1:00 pm	S&H Crystal Gateway	1235 South Clark St. Arlington, VA	(703) 416-4900	Leslie Malm
10/19, Mon	5:00 pm - 7:00 pm	Lynn Brick Bodies - Owings Mills	9950 Reisterstown Road Owings Mills, MD	(410) 363-4600	
10/19, Mon	5:30 pm - 7:30 pm	S&H Worldgate	13037 Worldgate Dr. Herndon, VA	(703) 709-9100	Joanna Hamilton
10/20, Tue	12:00 pm - 6:00 pm	S&H Ballston Common	4238 Wilson Blvd. #3018 Arlington, VA	(703) 816-8800	Christine Stewart
10/20, Tue	5:30 pm - 7:30 pm	The Energy Club	2900 South Quincy Street Arlington, VA	(703) 824-0600	Deanna
10/21, Wed	4:30 pm - 7:30 pm	S&H Gainesville	7500 Limestone Drive Gainesville, VA	(703) 753-1818	MT
10/24, Sat	9:00 am - 12:00 pm	Body by Geoff	1609-B Washington Plaza Reston, VA	(703) 464-5559	Jordan Foster
10/24, Sat	10:00 am - 4:00 pm	Gold's Gym - Woodbridge	12550 Dillingham Square Woodbridge, VA	(703) 680-7000	
10/24, Sat	10:30 am - 12:30 pm	Gold's Gym - Alexandria	7770 Richmond Hwy Alexandria, VA	(703) 360-1400	
10/24, Sat	12:00 pm - 6:00 pm	Anytime Fitness	5255 Waterway Drive Dumfries, VA	(703) 791-1150	Diana Kasmar



DC, Maryland and Virginia Demo Tasting Schedule October 2009

Come Sample Some of our Great Tasting Meals!

Date	Time	Partner	Location	Phone	Rep
10/26, Mon	10:30 am - 1:00 pm	S&H Crystal Gateway	1235 South Clark St. Arlington , VA	(703) 416-4900	Leslie Malm
10/26, Mon	5:00 pm - 7:00 pm	Brick Bodies - Reisterstown	2 Chartley Park Dr. Reisterstown , MD	(410) 833-3386	
10/27, Tue	5:30 pm - 8:00 pm	Gold's Gym - Lorton	7700 Gunston Plaza Lorton , VA	(703) 339-6339	
10/27, Tue	5:30 pm - 8:00 pm	S&H Crystal Park	2231 Crystal Dr., Arlington, VA	(703) 486-3380	Leslie Malm
10/28, Wed	5:30 pm - 8:00 pm	S&H Greensboro	8250 Greensboro Dr. McLean , VA	(703) 442-9150	Leslie Malm

This schedule is subject to change. Please check back frequently for the most up to date information.

Looking for Sales Reps

If you'd like to have fun and make money at food tastings in area health clubs we'd like to talk to you. Diet-to-Go is looking for reliable people with evening time available and sales experience to showcase our healthy meal plans in area gyms.

We'll train you and provide what you need to make great part time income. If you'd like more information please contact us at the following.

Maryland, Virginia & Washington, DC

Sandy Ralph
800-704-7751 ext 1134
sRalph@diettogo.com