

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO DANCE CLASSES

High intensity/multi-level impact classes incorporating traditional aerobic combinations with stylish movement and motivating music.

Move & Groove A combination of different styles of dance and music. Students will learn five minute routines that may or may not be formatted strategically. Whether it is Belly Dancing or the Electric Slide, this fun class will not only get you to move and groove, but will give you a great workout as well.

Dance Enhanced A heart pumping class, incorporating all your favorite cardio moves with a dance flare. Join Megan for an intense hour of mambos, spins, cha-chas, lindys and much more. Although more advanced, this cardio dance class is loads of fun!

Hi Fi Fun Looking for a highly energetic, fun filled, easy to follow class? You will find it in Laurie's Hi Fi Fun. This class is high energy and can be high or low impact. We encourage you to join us. The goal is to have fun and burn some calories while you're doing it!

CORE CLASSES

The Core stability class series stresses the importance of the body's center of power. The core is the foundation for all movement. Regular conditioning of the core muscles is vital for preventing injuries, correcting posture and ensuring more efficient functional movement patterns. The benefits of core training are to develop a functional fitness foundation, essential to both daily living and regular exercise.

Soft Core This class was designed for, but not limited to, the regular aquatic participant. This class takes place out of the water and focuses solely on the principals of posture, balance and stability without the support of the water. Emphasis is on core principles, building a solid foundation, and learning the proper progressions and modifications.

Core Fit Elements of body alignment, strength and flexibility are combined to improve core stability and overall functional movement. Brian's focus on functional training techniques are designed to enhance your every day life. This class is designed to be a multi-level class.

Core & More A more advanced and challenging core class that takes functional movement through several advanced levels of progression. D'Lynne enhances this through the addition of aerobic/anaerobic mechanisms. Core & More focuses on all elements of flexibility, stability, strength and cardio respiratory fitness in a fun and highly educational format. This class is truly beneficial.

Core Stretch David uses his knowledge of postural and structural analysis, core stability and his love of Yoga to formulate this valuable class. The integration of restorative flexibility and basic yoga poses improves functional strength, postural integrity, and structural alignment. This class is excellent for those new to stability exercise and Yoga.

CROSS-TRAINING CLASSES

Cross training is the way to give you a full body workout. In cross training, two or more types of exercise are performed in one workout. Cross-training offers great advantages: adds variety to your workouts to keep you interested and progressing; develops your entire body, rather than specific body parts or energy systems (aerobic vs. anaerobic); distributes the load of training among various body parts, thus reducing the risk of injury; maximizes your time. We have the most diverse and effective cross-training classes of any club in the area.

Interval Conditioning A nonstop and powerful exercise mix! Kristin uses intervals of step, hi/low and sports drills integrated with challenging strength and balance exercises, to give you a great early morning workout.

Muscle Hustle A multi level muscle and strength training workout with weights, resistance bands, and body bars. This class also combines short bursts of aerobic and anaerobic training, in an interval format, with great music. Michael also incorporates an abdominal workout that completes this fun class.

Body Blast As one of our most intense class formats, D'lynnne will definitely take you to "the next level". This advanced class incorporates a challenging and unique mix of aerobic and anaerobic conditioning, highly developed resistance work and innovative stability training. No class is ever the same to ensure progressive results.

Triple Fit There's no better way to get a great workout! This class is high-energy and combines three successful fitness combinations: step for cardio, body sculpting for strength and a terrific abdominal section. Triple Fit offers variations each class to guarantee optimal results for a full body workout!

Cardio Kick Kickboxing is ideal for physically fit people who exercise aerobically at least three times a week. The class features a variety of punches and kicks, as well as "drills" to give you a complete workout. Don't be surprised if you find yourself jumping rope or doing push-ups, you never know what Kelly will have you do. This class is not recommended for individuals with lower extremity issues.

GROUP EXERCISE CLASS DESCRIPTIONS

Serve It Up You can't hit the ball if you can't get to it! This 45-minute class is dedicated to improving overall fitness level, through cardiovascular interval training, for the tennis player. Tracey uses a variety of cardio equipment, circuit style, to maintain high level of intensity. A terrific addition to any program or class to take you to the next level.

Power Hour Start your morning with a charge! This intense, high level, enthusiastic cross training class is always different. D'lynnne will give you challenging intervals with cardiovascular machines, abdominal work, and strength training exercises. It is definitely worth getting out of bed for.

Osteo Impact A truly valuable class! Low impact exercise, strength training and stability/balance challenges, targeting an increase in bone density, are the focus of Osteo Impact. Takes place in the lower level Fitness Area.

XXX - Xtreme Xercise Xperience! Having D'lynnne as the instructor should explain the format of this class. Every training format, combination and technique known to man is used in this 75 minute, fun, high level class. You won't want to miss it!

Jump & Jam Fun! Fun! Fun! This class combines hi and low impact aerobic exercise, body sculpting, and a stretch segment at the end. This class is much like the Hi Fi Fun class but Laurie will throw in a little extra choreography from time to time.

Bootcamp SEE D'LYNNNE FOR DETAILS

SCULPTING/WEIGHT TRAINING CLASSES

Total Tone A full body, intense workout using free weights, exercise tubing, and body weight exercises. Emphasis is placed on form and posture for proper muscular development and injury prevention. An excellent class format.

Shape Up This class uses free weights, resistance bands and body bars to strengthen and tone the entire body. What makes this class more interesting is the variety of instructors teaching it. With the same goal in mind, each class varies with the individualistic teaching styles.

Muscle Sculpt The instructor's background as a certified Personal Trainer gives this sculpting class a definite edge. Knowledge of anatomy, muscular imbalances and exercise physiology is the foundation of this well designed and beneficial class.

Muscle Madness This circuit training workout provides a combination of aerobic/anaerobic fitness and strength training. Brian addresses all levels of fitness in a station-to-station format focusing on form, posture and functional movement.

Chisel Spend an intense half hour, with Kelly, training muscle groups in a systematic regimen of moderate intensity. Using dumbbells, exercise tubing, and body bars, this class will focus on the challenging areas and "chisel" your body.

POWER 1/2 HOUR SERIES

The Power 1/2 Hour Series was designed especially for those with limited time OR those who want a little extra tacked onto their workout. The series is diversified to accomodate all exercise preferences.

Essential ABC's Focus on Agility, Balance and Coordination.

Pilates Fundamentals/Beginner – 1/2 hour version of regular format.

Yoga ABCs Focuses on the fundamentals of posture and breath awareness.

Awesome Abs Non-stop dedication to the mid-section!

Short Circuit Circuit training with free weight, exercise tubing and body bars on the aerobic deck.

Fit Circuit Circuit training with machines, free weights, exercise tubing and body bars in the Fitness area.

Chisle Moderate intensity resistance training class.

Body Blast 1/2 hour version of regular format.

Soft Stretch Relaxing stretch class with meditation.

CYCLE CLASSES

Cycling is a great low impact, full body workout to include in your exercise regimine. It is virtually impact free, requires no specialized moves, and is not difficult to get into — just get on a bike! We have a variety of indoor cycling classes to suit any level.

Evolution Class participants will learn the basics of indoor cycling: pedal technique, hand position, riding postures, heart rate training concepts and interval training techniques.

Velocity Multilevel indoor cycling format with structured cycling techniques including endurance, interval, strength and recovery training. A more challenging indoor cycling format.

Formula One A higher intensity version of velocity, you may even find yourself in a race! Dave guarantees a challenging format.

Fusion A high energy group exercise class that integrates music, camaraderies and various cycling training mechanisms for a complete workout.

STEP CLASSES

Step Reebok Step patterns performed on a platform of varying heights – add endless propulsion options, arm choreography, directional changes and high energy music.

Step It Up A high intensity, low impact cardio class designed to develop cardiovascular and muscular endurance. The combinations are performed on an adjustable platform.

Step Basics A low level class designed to develop cardiovascular endurance. The combinations are basic and performed on an adjustable platform.

GROUP EXERCISE CLASS CATEGORIES

CARDIO DANCE CLASSES

High intensity/multi-level impact classes incorporating traditional aerobic combinations with stylish movement and motivating music. Our popular cardio dance program is a fun and effective way to get fit.

**Move & Groove
Dance Enhanced
Hi Fi Fun**

CORE CLASSES

Core stability stresses the importance of the body's center of power. The core is the foundation for all movement. Regular conditioning of the core muscles is vital for preventing injuries, correcting posture and ensuring more efficient functional movement patterns. The benefit of core training is to develop a functional fitness foundation, essential to both daily living and regular exercise.

**Soft Core
Core Fit
Core & More
Core Stretch**

CROSS-TRAINING CLASSES

Cross-training is the way to give yourself a full body workout. In cross-training, two or more types of exercise are performed in one workout. Cross-training offers great advantages: adds variety to your workouts to keep you interested and progressing; develops your entire body, rather than specific body parts or energy systems (aerobic vs anaerobic); distributes the load of training among various body parts, thus reducing the risk of injury; and maximizes your time. We have the most diverse and effective cross-training classes of any club in the area.

**Interval Conditioning
Muscle Hustle
Body Blast
Triple Fit
Kardio Kick
Early Morning Challenge
Serve It Up
Power Hour
Osteo Impact
XXX-Xtreme Xercise Xperience
Jump & Jam
Boot Camp**

SCULPTING/WEIGHT TRAINING CLASSES

Resistance is not futile! The most effective way to change your body composition is through weight training. It is effective because it builds muscle and muscle is the key to changing your body shape. Weight training stimulates your metabolism and the caloric burning effect lasts long after your weight training class. It also strengthens joints and aids in increasing bone density.

**Total Tone
Shape Up
Muscle Sculpt
Muscle Madness
Chisel**

POWER 1/2 HOUR SERIES

The Power 1/2 Hour series was designed especially for those with limited time OR those who want a little extra tacked on to their workout. The series is diversified to accommodate all exercise preferences. Many of the selected formats are short versions of our most popular classes.

Essential ABC's Yoga ABC's Chisel Body Blast	Pilates Awesome Abs Circuit Fit Soft Stretch
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INDOOR CYCLING CLASSES

Cycling is a great low impact, full body workout to include in your exercise regimen. It is virtually impact free, requires no specialized moves, and is not difficult to get into — just get on a bike! We have a variety of indoor cycling classes to suit every level.

**Evolution
Velocity
Formula One
Fusion**

STEP CLASSES

Step is a low impact, with a moderate to high intensity level, cardio class designed to develop cardiovascular and muscle endurance. Multiple combinations are performed on an adjustable platform and can range from basic to challenging. Add high energy music, directional changes, and arm choreography and you have a terrific workout!

**Step It Up
Step Reebok
Basic Step**

**GROUP EXERCISE
 SUMMER SCHEDULE**

1472 Chain Bridge Road, McLean, VA
 www.mcleanracquetandhealthclub.com

Effective August 2005

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOT CAMP* D'Lynne 6:00 am 75 Min Lvl 3	FORMULA ONE CYCLE Dave K 6:15 am 60 Min Lvl 3	BOOT CAMP* Tracey 6:00 am 75 Min Lvl 3	POWER 1/2 HOUR BODY BLAST D'Lynne 6:00 am	STEP REEBOK Kristen 6:00 am 60 Min Lvl ML	TRIPLE FIT Kelly 7:45 am 75 Min Lvl 3	STEP IT UP Natalie 9:00 am 75 Min Lvl ML
INTERVAL CONDITIONING Kristen 6 am 60 Min Lvl ML	EVOLUTION CYCLE David K 7:15 am 60 Min Lvl 1	EARLY AM CHALLENGE Kristen 6 am 60 Min Lvl ML	POWER HOUR D'Lynne 6:30 am 60 Min Lvl 3	CHISEL Tracey 7:00 am 45 Min Lvl ML	VELOCITY CYCLE Dave K 8:00 am 90 Min Lvl 3	SHAPE UP! Natalie 10:15 am 75 Min Lvl ML
STEP Nancy 8:00 am 60 Min Lvl 1	CORE & MORE D'Lynne 8:00 am 60 Min Lvl ML	POWER 1/2 HOUR YOGA ABCs David U 7:00 am Lvl 1	FORMULA ONE CYCLE Dave K 6:15 am 60 Min Lvl 3	STEP Nancy 8:00 am 60 Min Lvl ML	DANCE ENHANCED Megan 9:00 am 75 Min Lvl 3	JUMP & JAM Laurie 12:00 pm 60 Min Lvl ML
CYCLE FUSION Michael 9:00 am 60 Min Lvl ML	SHAPE UP! Gayle 9:00 am 30 Min Lvl ML	OSTEO-IMPACT 7 am/Fitness 60 Min Lvl ML	CORE & MORE D'Lynne 8:00 am 60 Min Lvl ML	CYCLE FUSION Dave K 9:00 am 60 Min Lvl ML		
MOVE & GROOVE Yousra 9 am 60 Min Lvl ML	STEP COMBO Gayle 9:30 am 60 Min Lvl ML	STEP Nancy 8:00 am 60 Min Lvl 2	BODY BLAST Gayle 9 am 60 Min Lvl ML	BODY BLAST Kelly 9:00 am 60 Min Lvl ML		
BODY BLAST D'Lynne 10:00 am 60 Min Lvl ML	MUSCLE MADNESS Brian 10:30 am 60 Min Lvl 1	BODY BLAST Gretchen 9:00 am 60 Min Lvl 1	MOVE & GROOVE Azin 10:00 am 60 Min Lvl ML	BODY BLAST D'Lynne 10:00 am 60 Min Lvl ML		
MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	BODY BLAST D'Lynne 4:00 pm 60 Min Lvl 3	CYCLE FUSION Dave K. 9:00 am 60 Min Lvl ML	SOFT CORE Brian 11:30 am Lvl 1 30 Min/Fitness	TOTAL TONE Paulette 11:00 am 60 Min Lvl 2		
SOFT CORE D'Lynne 12:00 pm Lvl 1 30 Min/Fitness	POWER 1/2 HOUR CHISEL Kelly 5:00 pm Lvl ML	BODY BLAST D'Lynne 10:00 am 60 Min Lvl ML	BODY BLAST D'Lynne 4:00 pm 60 Min Lvl 3	SHAPE UP! Art 6:30 pm 60 Min Lvl 1		
YOUTH MARTIAL ARTS 3:30 pm 90 Min Lvl ML	STEP IT UP Kelly 5:30 pm 60 Min Lvl ML	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	CORE FIT Brian 5:00 pm 60 Min Lvl 1	POWER 1/2 HR CIRCUIT FIT David 6:00 pm Fitness Lvl ML		
BODY BLAST Gretchen 5 pm 60 Min Lvl ML	VELOCITY CYCLE Dave K. 5:30 pm 60 Min Lvl 3	YOUTH MARTIAL ARTS GM Chun 3:30 pm 90 Min Lvl ML	VELOCITY CYCLE Dave K 6:00 pm 60 Min Lvl 2			
HI FI FUN Laurie 6 pm 45 Min Lvl ML	TOTAL TONE Brian 6:30 pm 60 Min Lvl 1	HI FI FUN Laurie 6 pm 45 Min Lvl ML	KARDIO KICK Kelly 6:00 pm 60 Min Lvl 3			
VELOCITY CYCLE Dave 6 pm 60 Min Lvl 3	POWER 1/2 HOUR CIRCUIT FIT 8:30 pm Fitness Lvl ML	CYCLE FUSION Dave K. 6:00 pm 60 Min Lvl 1	POWER 1/2 HOUR CHISEL Kelly 7:00 pm Lvl ML			
SHAPE UP! Laurie 6:45 pm 45 Min Lvl 1		SHAPE UP! Laurie 6:45 pm 45 Min Lvl 1				

* Additional Fee