

AEROBIC CLASS DESCRIPTIONS

CARDIO CLASSES

LO IMPACT Beginner/Intermediate 30 minutes of cardio and 30 minutes of strength training.

CARDIO DANCE High intensity/multi-level impact class incorporating traditional aerobic combinations w/ stylish movement.

COMBINATION CLASSES

CARDIO INTERVAL Class combines aerobic training and strength training in “interval” segments.

CARDIO COMBO Based on instructor’s choice – Combination of Cardio Interval, Step, and Cardio Sculpt.

LAURIE’S JAM (AKA Super Sunday Workout) If you think she’s hot Monday and Thursday, come join us Sunday afternoon. She will get your feet moving and heart pumping with motivating music and moves. Just when you think she’s out of “N.R.G.,” she will take you through 30 minutes of weight training before the cool down.

STEP INTERVAL Class combines step and weight training in “interval” segments.

CORE STABILITY Stresses the importance of the body’s center of power — the core. Regular conditioning of the core muscles is vital for preventing injuries, correcting posture, and ensuring more efficient and functional movement patterns. This 1 hour class involves integration and coordination of movement, strength and stability in the entire body.

CIRCUIT INTERVAL TRAINING Wake up in the morning with a workout that challenges the whole body. This high intensity training class incorporates cardio training stations with strength training stations.

CARDIO KICK & ABS This high intensity multi-level class combines an aerobic workout with latter portion focusing on Abs.

TOTAL BODY CONDITIONING Total body workout using strength training techniques, reactive drills, and combinations from hi lo and step workouts. This class works the body’s aerobic and anaerobic systems with several of the training techniques listed above. The best part is no two classes are ever alike.

INTERVAL CONDITIONING Format alternates high and low intensity cardiovascular exercise in specifically timed ratios. These cycles of work and recovery increase the body’s ability to work harder and longer plus are similar to many experiences in everyday life.

POWER HOUR High level, enthusiastic cross training class that is always different! Start your morning with a charge!

MARTIAL ARTS Mind, body, and fitness combined to achieve mental concentration and physical stamina. Taught by Grand Master Y.K. Chun.

SPIN CLASSES

SPIN Indoor multi-level group cycle class.

BEGINNER’S CYCLE This class is designed to teach the fundamentals for safe and effective participation in cycling outdoors. Topics covered during this class include proper bike fitting and adjustment, cycling posture, nutrition/hydration options, cycling clothing and cycling training and intervals.

MIND-BODY CLASSES

PILATES The mat exercises derived from Joseph Pilates work the deeper muscle groups to achieve graceful movement. Improve posture and alignment and develop torso or core strength. This class does not include use of the Reformer.

STRETCH Class will focus on developing flexible joints and increasing range of motion.

YOGA Utilizes specific postures to develop muscular strength, flexibility and body awareness. The classes also work to relieve tension and stress through breathing techniques and meditation.

GENTLE YOGA This class is designed for the Yoga participant who desires to increase flexibility, posture, range of motion and breathing techniques.

POWER YOGA Fluid non stop advanced level class. This athletic based movement class simultaneously strengthens and stretches opposing muscle groups.

FACERCISE Facial exercises to create toning results without props, tools or electrical devices.

STEP CLASS

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

STEP REEBOK Step patterns performed either on the floor or on a platform of varying heights — add endless propulsion options, arm choreography, directional changes, and high energy music to create the most incredibly versatile workout ever.

SCULPTING/WEIGHT TRAINING CLASSES

BODY SCULPT (BSC & BSC/STRETCH) A workout that uses free weights, resistance bands and body bars to create resistance. Some classes may utilize the step (as a work bench) or ankle weights for increased intensity. The 30 minute stretch portion will focus on developing increased range of motion.

CARDIO SCULPT A non stop circuit weight training class. Although “training stations” are not used, the participants perform each exercise back to back with little “rest” in between.

FUNCTIONAL CROSS TRAINING An advanced level class with an unique mix of aerobic & anaerobic conditioning incorporating resistance & stability training.

TRAINING HEART RATE FORMULA

220 - Age x 50-85% = Range for Males

226 - Age x 50-85% = Range for Females

AEROBIC SCHEDULE

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

Effective February 2005

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
INTERVAL CONDITIONING *Kristen ML 6:00 am	YOGA *Dave L. ML 6:00 am	EARLY AM CHALLENGE *Kristen ML 6:00 am	POWER HOUR *D'Lynne Level 3 6:00 am	STEP REEBOK *Kristen ML 6:00 am		
	CYCLE *Dave K. Level 2 6:15 am	OSTEO-IMPACT D'Lynne ML (45) 7:15 am ☺☺☺	WAKE ME UP PILATES (45) *Adriane Level 1 6:15 am (RBall Court)		CARDIO COMBO **Kelly Level 3 7:45 am	
STEP *Gretchen Level 1 8:00 am	BEGINNER'S CYCLE *Dave K. Level 1 7:15 am	STEP *Gretchen Level 1 8:00 am	CYCLE *Dave K Level 2 6:15 am	CARDIO COMBO *Gretchen Level 1 8:00 am	CYCLE ***Dave K Level 3 8:00 am	YOGA *Dave L. ML 8:00 am
SPIN *Mike/Adriane 9:00 am	CORE STABILITY *D'Lynne ML 8:00 am	SPIN *Lori Level 1 8:45 am ☺☺☺	STRETCH (30) D'Lynne ML 7:30 am	CYCLE Dave K. (55) ML 9-9:55 am	CARDIO DANCE **Megan ML 9:00 am	STEP INTERVAL **Natalie ML 9:00 am
		FUNCTIONAL CROSS TRAINING *Adriane ML 9:30 am	CORE STABILITY *D'lynne ML 8:00 am	STEP *Mike/Gretchen Level 3 9:30 am		
CARDIO DANCE *Mike/Adriane ML 9:15 am ✓	BSC *Gayle (45) Level 1 9:00 am	CARDIO SCULPT *Mike Level 1 10:45 am	CARDIO DANCE *Adriane ML 9:00 am ☺	BSC *Paulette/Daria Level 1 11:00 am	PILATES *Ellen Level 1 10:30 am ☺	BODY SCULPT & STRETCH **Natalie ML 10:15 am
CARDIO SCULPT *Mike Level 2 10:45 am	CARDIO COMBO *Gayle Level 3 9:30 am	YOGA (R-Ball Court) *David ML 12:00 pm ☺	PILATES *Adriane ML 10:00 am			
GENTLE YOGA **Cynthia Level 1 11:45 am	CIT Brian Level 1 (45) 10:30 am	PILATES *Adriane ML 12:00 pm	CARDIO/SCULPT COMBO Cynthia (55) Level 1 11:05 am	YOGA **Suzanne 12:00 pm ML	YOGA **David 12:00 pm ML	LAURIE'S JAM 12:00-1:00 pm See Desk Dates
YOGA/STRETCH *David Level 1 2:00 pm	PILATES FUNDAMENTALS *Adriane Level 1 11:15 am	BSC *Adriane Level 1 1:00 pm	GENTLE YOGA **Cynthia Level 1 12:00 pm			***LAURIE'S FAMILY JAM ML 1:00-2:00 pm Once A Month Special (See Front Desk for Details)
CORE STABILITY *Gayle 3:00 pm	GENTLE YOGA **Suzanne Level 2 12:15 pm ☺	YOGA ***Becca ML 4:00 pm				
YOUTH MARTIAL ARTS *Grandmaster Chun 4-5 pm ML		YOUTH MARTIAL ARTS *Grandmaster Chun 4-5 pm ML				
PILATES *Adriane ML 4:00 pm	FUNCTIONAL CROSS TRAINING *D'Lynne Level 3 4:00 pm	CARDIO INTERVAL *Laurie (45) Level 2 5:45 pm	FUNCTIONAL CROSS TRAINING *D'lynne Level 3 4:00 pm	YOGA *Becca ML 4:00 pm		
CARDIO INTERVAL *Laurie ML 5:30 pm ✓	STEP *Kelly Level 3 5:15 pm	SPIN *Tammy Level 2 6:00 pm	CORE STABILITY *Brian Level 1 5:10 pm			
CYCLE *Dave K. ML 6:00 pm	CYCLE *Dave Level 2 5:15 pm	BSC *Laurie (45) Level 2 6:30 pm ✓	SPIN *Dave Level 3 6:00 pm			POWER YOGA ***Suzanne Level 3 5:30 pm
ADULT MARTIAL ARTS *Grandmaster Chun 6:30-7:30 pm ML	STRETCH/ABS Kelly (15) 6:15 pm	ADULT MARTIAL ARTS *Grandmaster Chun 6:30-7:30 pm ML	CARDIO KICK & ABS **Kelly Level 3 6:15 pm ✓			
BSC *Laurie Level 2 6:30 pm ✓	BSC *Brian Level 1 6:30 pm	SPIN/STRETCH (R-Ball Court) (30) 7:00 pm		BSC/STRETCH *David Level 1 6:30 pm		
POWER YOGA **Suzanne Level 3 7:45 pm	GENTLE YOGA *David Level 1 7:45 pm	PILATES *Ellen S. ML 7:15 pm	POWER YOGA **Suzanne Level 3 7:45 pm			

*1 Hour **75 minutes ***90 Minute class
 ✓ Music Volume Increased
CLASS LEVELS Level 1 Beginner
 Level 2 Intermediate
 Level 3 Advanced
 ML Multi-Level
 ☺☺☺☺ – New Instructor & New Time
 ☺☺☺ – New Instructor
 ☺☺ – New Class
 ☺ – New Time