

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
Jump & Jam**

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**

INDOOR CYCLING 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 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
 FALL SCHEDULE**

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

Effective November 2005

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOT CAMP Aaran 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	BOOT CAMP D'Lynne 6:00 am 75 Min Lvl 3	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	OSTEO-IMPACT Steve 6:15 am 45 Min Lvl ML	EARLY AM CHALLENGE Kristen 6 am 60 Min Lvl ML	FORMULA ONE CYCLE Dave K 6:15 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
CORE & MORE Kristen 8:00 am 60 Min Lvl ML	EVOLUTION CYCLE David K 7:15 am 60 Min Lvl 1	POWER 1/2 HOUR YOGA ABCs David U 7:00 am Lvl 1	CORE & MORE Gretchen 8:00 am 60 Min Lvl ML	CORE & MORE Gretchen 8:00 am 60 Min Lvl ML	XXX D'Lynne/Daria/Mike 9:00 am 75 Min Lvl 3	JUMP & JAM Laurie 12:00 pm 90 Min Lvl ML
CYCLE FUSION Michael 9:00 am 60 Min Lvl ML	CORE & MORE Gayle 8:00 am 60 Min Lvl ML	OSTEO-IMPACT Steve 7:00 am 60 Min Lvl ML	BODY BLAST Michael 9 am 60 Min Lvl ML	CYCLE FUSION Dave K 9:00 am 60 Min Lvl ML	DANCE ENHANCED David N. 10:15 am 75 Min Lvl 3	FAMILY FIT Laurie 1:30 pm 60 Min
BODY BLAST Gretchen 9:00 am 60 Min Lvl ML	BODY BLAST Gayle 9:00 am 60 Min Lvl ML	CORE & MORE Gretchen 8:00 am 60 Min Lvl ML	BELLY DANCING Azin 10:00 am 60 Min Lvl ML	BODY BLAST D'Lynne 9:00 am 60 Min Lvl ML		See Fitness For Specific Dates
XXX D'Lynne 10:00 am 60 Min Lvl 3	MUSCLE MADNESS Brian 10:30 am 60 Min Lvl 1	BODY BLAST Gretchen 9:00 am 60 Min Lvl ML	BELLY DANCING Azin 10:00 am 60 Min Lvl ML	XXX D'Lynne 10:00 am 60 Min Lvl 3		
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	DANCE ENHANCED David N. 11:00 am 60 Min Lvl ML	TOTAL TONE Paulette 11:00 am 60 Min Lvl 2		
SOFT CORE David U. 12:00 pm Lvl 1 30 Min/Fitness	TRIPLE FIT Ellen 5:30 pm 60 Min Lvl ML	XXX D'Lynne 10:00 am 60 Min Lvl 3	BODY BLAST D'Lynne 4:00 pm 60 Min Lvl 3	CORE FIT David U. 5:30 pm 60 Min Lvl ML		
YOUTH MARTIAL ARTS 3:30 pm 90 Min Lvl ML	VELOCITY CYCLE Dave K. 5:30 pm 60 Min Lvl 3	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	TOTAL TONE Brian 5:00 pm 60 Min Lvl 1	BELLY DANCING Azin 6:30 pm 60 Min Lvl ML		
MUSCLE HUSTLE Laurie 5:30 pm 60 Min Lvl ML	TOTAL TONE Brian 6:30 pm 60 Min Lvl 1	YOUTH MARTIAL ARTS GM Chun 3:30 pm 90 Min Lvl ML	VELOCITY CYCLE Dave K 6:00 pm 60 Min Lvl 2			
VELOCITY CYCLE Dave K. 6:00 pm 60 Min Lvl 3	POWER 1/2 HOUR CIRCUIT FIT 8:30 pm Fitness Lvl ML	BODY BLAST Daria 5:30 pm 60 Min Lvl ML	BODY BLAST Ellen 6:00 pm 60 Min Lvl 3			
BODY BLAST D'Lynne 6:30 pm 60 Min Lvl ML		CYCLE FUSION Dave K. 6:00 pm 60 Min Lvl 1				
		MUSCLE HUSTLE Laurie 6:30 pm 60 Min Lvl ML				