

# 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.

<b>Essential ABC's</b>	<b>Pilates</b>
<b>Yoga ABC's</b>	<b>Awesome Abs</b>
<b>Chisel</b>	<b>Circuit Fit</b>
<b>Body Blast</b>	<b>Soft Stretch</b>

## **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 September 2005

<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THURS.</b>	<b>FRI.</b>	<b>SAT.</b>	<b>SUN.</b>
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 Gayle 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	BODY BLAST Gayle 9:00 am 60 Min Lvl ML	OSTEO-IMPACT 7 am/Fitness 60 Min Lvl ML	CORE & MORE Gretchen 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	MUSCLE MADNESS Brian 10:30 am 60 Min Lvl 1	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	BODY BLAST D'Lynne 4:00 pm 60 Min Lvl 3	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	POWER 1/2 HOUR CHISEL Kelly 5:00 pm Lvl ML	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	STEP IT UP Kelly 5:30 pm 60 Min Lvl ML	BODY BLAST D'Lynne 10:00 am 60 Min Lvl ML	BODY BLAST D'Lynne 4:00 pm 60 Min Lvl 3	TRIPLE FIT Ellen 5:30 pm Fitness 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	CORE FIT Brian 5:00 pm 60 Min Lvl 1	SHAPE UP! Art 6:30 pm 60 Min Lvl 1		
BODY BLAST Gretchen 5 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	POWER 1/2 HR CIRCUIT FIT David 6:00 pm Fitness Lvl ML		
HI FI FUN Laurie 6 pm 45 Min Lvl ML	POWER 1/2 HOUR CIRCUIT FIT 8:30 pm Fitness Lvl ML	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		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