

**MIND & BODY  
 SCHEDULE**

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

Effective April 2007

<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THURS.</b>	<b>FRI.</b>	<b>SAT.</b>	<b>SUN.</b>
BETTER BACK YOGA Cynthia 12 pm 75 Min Lvl ML	HATHA YOGA Dave L 6 am 60 Min Lvl ML	MULTILEVEL PILATES Katya 9:30 am R 60 Min	FUNDAMENTAL PILATES Arlene 6:15 am 60 Min Lvl 1	SOFT CORE Deb 11:30 am R 30 Min Lvl ML	MULTILEVEL PILATES Arlene 11:30 am 60 Min	HATHA YOGA Dave L 8 am 60 Min Lvl ML
INTERMEDIATE PILATES Ellen 4 pm 60 Min Lvl 2	FUNDAMENTAL PILATES Dave L. 7 am 60 Min Lvl 1	STRETCH & RELAX Michael 12 pm Lvl ML	BETTER BACK YOGA Suzanne 12 pm 75 Min	YOGA FLOW Suzanne 12 pm 75 Min Lvl ML	TAI CHI* Beginners Susan 11:30 am 60 Min R	FUNDAMENTAL/ BEGINNER PILATES Ellen 4:30 pm 60 Min
MULTILEVEL PILATES Dave L. 7:30 pm 60 Min Lvl ML	CORE & MORE Gayle 8 am 60 Min Lvl ML	SOFT CORE Deb 11:30 am R 30 Min Lvl ML	YOGA FUSION Suzanne 7:30 pm 75 Min Lvl ML	ASHTANGA YOGA Becca 4 pm 90 Min Lvl ML	TAI CHI* Intermediate Susan 12:30 pm 60 Min R	YOGA FUSION Suzanne 5:30 pm 90 Min Lvl ML
	CORE FIT Steve 12:00 pm 30 Min Lvl ML	ASHTANGA YOGA Becca 4 pm 90 Min Lvl ML				
	YOGA PILATES FUSION Suzanne 12:30 pm 75 Min Lvl ML					
	YOGA FUSION Suzanne 7:30 pm 75 Min Lvl ML					

\* Additional Fee and by appointment    R = Racquetball Area

# MIND & BODY GROUP EXERCISE SCHEDULE

## YOGA

An ancient art based on a harmonizing system of development for the body, mind, and spirit. The practice of yoga makes the body strong and flexible. It also improves the functioning of the respiratory and circulatory systems. Yoga brings about emotional stability and clarity of mind. In the practice of yoga, the ultimate aim is one of self-development and self-realization. Many different styles of yoga exist and several are offered in our Mind & Body Program.

**HATHA YOGA** This class is suitable for all ages and levels and makes a lasting improvement in your health. Through a series of low impact yoga poses and breathing techniques, you learn how to calm the mind, balance the emotions, and better manage stress. Fundamentals are reinforced and props are used to safely improve posture, gain flexibility and strength, promote balance, release tension and increase energy.

**YOGA FUSION** A flowing vinyasa style class that blends iyengar, ashtanga and kundalini yoga styles. A challenging workout incorporating flexibility work, breathing exercises, and deep relaxation. This is a multilevel class with Suzanne providing options to accommodate students' level of ability.

**IYENGAR YOGA** This is a multi-level Yoga class, incorporating alignment principles taken from the Iyengar tradition. Breath awareness techniques are also introduced, to allow students to experience the "Quiet Mind". The class will focus on symmetry, body alignment and meditation. Each pose is held for a longer amount of time than in most other yoga styles, developing a state of focused calm.

**ASHTANGA YOGA** This class is light on meditation and focuses primarily on developing strength and stamina. The poses are more challenging than those performed in other styles. Students move quickly from one pose to another in an effort to build strength and flexibility. Becca has been teaching for many years and will guide you through an excellent class.

**IN SYNC** This is a beginning/intermediate class that brings therapeutic benefit to the body and mind. It incorporates sun salutations and form principles, designed to put the body into optimal alignment. This is a great class to enhance sports performance.

**YOGA FLOW** Join Suzanne in this flowing movement class as you reduce stress, tune into yourself, improve your health and the quality of life. Learn breathing and relaxation techniques, which will keep your energy flowing with vitality.

**BETTER BACK YOGA** Using an alignment oriented yoga, Cynthia focuses on strengthening the core, critical for providing back strength. This a full body yoga class designed for all levels, using poses to improve overall body symmetry and strength.

**YOGA FLEX** This class targets the balanced integration of body, mind and spirit. Postures (asana) and posture flows (vinyasa) encourage strength and flexibility. Cynthia has an excellent format that will improve muscle tone, flexibility, circulation, energy, and well-being.

## PILATES

A body conditioning system created over 80 years ago by Joseph H. Pilates composed of exercises performed on the floor (mat), or with specialized equipment (reformers, strength circles, resistance bands). Pilates coordinates mind, body, and breath to develop functionally strong abdominal and back muscles and aligns the shoulder girdle. The pilates system is designed to lengthen and strengthen muscle with an emphasis on muscular movement initiation. While improving balance, posture, coordination, strength, and flexibility, it is also an effective way to rehabilitate injuries and chronic pain.

We offer three types of Pilates mat classes. The focus is on essential (fundamental) level exercise, in varying degrees of intensity. Use of equipment, in the form of resistance bands and spring steel strength circles, may be used in any of the mat classes. Biomechanical principles of core stability, peripheral mobility, breathing, and relevant alignment exercises are the basis of our Pilates Program.

### **PILATES – Mat Fundamentals/Beginner PILATES – Mat Intermediate PILATES – Mat Advanced**

**PILATES – Reformers** Our Pilates Reformer program is an excellent one. A reformer is a specialized piece of equipment that adds another dimension to the beneficial Pilates philosophy. There is an additional fee for this class, as it requires concentrated instruction and supervision by a specially certified instructor. Please contact D'lyne St. Pierre for details and an appointment.

## STRETCH

**MULTI STRETCH** D'lyne demonstrates a variety of stretching techniques in this informative class, including: static, active, passive, dynamic, isometric, PNF, and self-myofascial release. Terrific addition to any other class, workout, or program.

**CYCLE STRETCH** This class is designed specifically, but not limited to, the cyclist. Particular attention is paid to the lumbo-pelvic-hip complex, quadriceps, hamstrings and calves. This is an excellent class for beginners.

**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.

## TAI CHI

Tai Chi is a gentle, ancient martial art and system of health-enhancing, meditative movements. It improves and enhances: relaxation, balance, leg strength, circulation, energy, physical awareness, reflexes, and coordination. This class is fee-based and is offered in a twelve week program. The instructor, Susan Lowell, has over twenty years of experience and makes a wonderful addition to our teaching staff.

## MARTIAL ARTS

Our Martial Arts program is conducted by an 8th degree Grand Master. Grand Master Chun's focus is on a philosophy of consistency, discipline, physical & mental practice, and family values. Classes available for children and adults.