

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>BOOT CAMP</b> Deb 6:00 am / Upper Deck 60 Min Lvl 3	<b>BOOT CAMP</b> Ken 6:00 am / Upper Deck 60 Min Lvl 3	<b>EARLY AM CHALLENGE</b> Kristen 6:00 am 60 Min Lvl ML	<b>BOOT CAMP</b> Ken 6:00 am / Fitness 60 Min Lvl 3	<b>BOOT CAMP</b> Deb 6:00 am / Upper Deck 60 Min Lvl 3	<b>TRIPLE FIT</b> Kelly 8:00 am 75 Min Lvl 3	<b>CROSS TRAIN CHALLENGE</b> Vicki/Leigh 9:00 am 75 Min Lvl ML
<b>CARDIO INTERVAL</b> Donna 8:00 am 60 Min Lvl ML	<b>SERIOUS CYCLE</b> David K 6:15 am 60 Min Lvl 1	<b>CROSS TRAIN CHALLENGE</b> Deb 6:00 am / Fitness 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Dave K 6:15 am 60 Min Lvl 3	<b>CARDIO INTERVAL</b> Donna 8:00 am 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Dave K 8:00 am 90 Min Lvl 3	<b>JUMP &amp; JAM</b> Laurie 12:00 pm 90 Min Lvl ML
<b>Cycle/Spin</b> Dave: 1st & 3rd Jennifer: 2nd & 4th 9:00 am 60 Min Lvl ML	<b>STRETCH*</b> Paulette R. 7:00 am 60 Min Lvl ML	<b>HEART SPIN</b> Danny 6:15 am 60 Min Lvl ML	<b>INTENSE STEP</b> Kristen 7:45 am 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Dave K 9:00 am 60 Min Lvl ML	<b>ULTIMATE FITNESS</b> Rebecca 9:15 am 75 Min Lvl 2	<b>FIT KIDS</b> Laurie 1:30 pm 60 Min Lvl ML
<b>KUKUWA DANCE</b> Beth 9:00 am 60 Min Lvl ML	<b>CORE &amp; MORE*</b> Paulette R. 8:00 am 60 Min Lvl ML	<b>CORE &amp; MORE</b> Kelly 8:00 am 60 Min Lvl 2	<b>KICK &amp; CARDIO</b> Vicki 9:00 am 60 Min Lvl ML	<b>ZUMBA</b> Corey 9:00 am 60 Min Lvl ML	<b>CARDIO DANCE</b> Donna 10:30 am 60 Min Lvl 2	
<b>ULTIMATE FITNESS</b> Rebecca 10:00 am 60 Min Lvl 3	<b>ULTIMATE FITNESS</b> Garry 9:00 am 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Dave 9:00 am 60 Min Lvl ML	<b>BALLETONE*</b> Rebecca 10:00 am 60 Min Lvl ML	<b>BODY BLAST</b> Kelly 10:00 am 60 Min Lvl ML		
<b>MUSCLE HUSTLE*</b> Michael 11:00 am 60 Min Lvl ML	<b>BODY BLAST</b> Kelly 10:00 am 60 Min Lvl ML	<b>BODY BLAST</b> Donna 9:00 am 60 Min Lvl ML	<b>MUSCLE HUSTLE*</b> Mike 11:00 am 60 Min Lvl ML	<b>MUSCLE HUSTLE*</b> Donna 11:00 am 60 Min Lvl 1		
<b>YOUTH CONDITIONING</b> Karim 2:30 pm 60 Min Lvl ML	<b>CORE FIT/STRETCH*</b> Deb 11:30 am 60 Min Lvl ML	<b>ULTIMATE FITNESS</b> Garry 10:00 am 60 Min Lvl 3	<b>YOUTH CONDITIONING</b> Rich 4:00 pm RB 60 Min Ages 8-13	<b>YOUTH CONDITIONING</b> Karim 4:00 pm RB 60 Min Ages 8-13		
<b>YOUTH MARTIAL ARTS</b> 3:30 pm RB 120 Min Lvl ML	<b>BE FIT, BE WELL*</b> Suzanne 1:30 pm 60 Min Lvl ML	<b>MUSCLE HUSTLE*</b> Michael 11:00 am 60 Min Lvl ML	<b>FIT KIDS</b> 4:00 pm PR 60 Min	<b>FIT KIDS</b> 4:00 pm PR 60 Min		
<b>BELLY DANCING</b> Annie 5:30 pm 60 Min Lvl ML	<b>YOUTH CONDITIONING</b> Rich 4:00 pm RB 60 Min Ages 8-13	<b>TAI CHI</b> Maria 12:00 pm 60 Min Lvl ML	<b>T.B.C. TOTAL BODY CONDITIONING</b> Vicki 5:15 pm 60 Min Lvl 1	<b>CROSS TRAIN CHALLENGE</b> Karim 5:30 pm 60 Min /Fitness		
<b>HEART SPIN</b> Danny 6:00 pm 60 Min Lvl 3	<b>FIT KIDS</b> 4:00 pm PR 60 Min	<b>YOUTH MARTIAL ARTS</b> 3:30 pm RB 120 Min Lvl ML	<b>HEART SPIN</b> Danny 6:00 pm 60 Min Lvl 2	<b>BELLY DANCING</b> Andrea / Katayoun Higher Music Volume 6:00 pm 60 Min Lvl ML		
<b>CROSS TRAIN CHALLENGE</b> Steve 6:30 pm 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Dave K. 5:30 pm 60 Min Lvl 3	<b>CROSS TRAIN CHALLENGE</b> Steve 5:30 pm 60 Min Lvl ML	<b>AB LAB</b> Vicki 6:15 pm 15 Min Lvl ML	<b>NEW CLASS!</b>		
	<b>ULTIMATE FITNESS</b> Sarah 5:15 pm 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Dave K. 6:00 pm 60 Min Lvl 1	<b>ULTIMATE FITNESS*</b> Janice 6:30 pm 60 Min Lvl ML	<b>NEW CLASS!</b>		
	<b>MUSCLE UP</b> Ginny 6:15 pm 60 Min Lvl ML	<b>ULTIMATE FITNESS*</b> Maria 6:30 pm 60 Min Lvl ML				
	<b>HIP-HOP FUSION</b> Lynette 7:30 pm 60 Min Lvl ML					
	<b>MAX AB ENDURANCE</b> Ginny 7:15 pm 15 Min Lvl ML					

**THE McLEAN RACQUET & HEALTH CLUB**  
ESTABLISHED 1972

**Will Help You Meet Your Fitness Goals!**

**MARTIAL ARTS**  
Mondays and Wednesdays

**3:30 - 4 PM**  
Ages 3-5

◆

**4 - 4:40 PM**  
Ages 6-8

◆

**4:40 - 5:30 PM**  
Ages 9 - Teen

**PR = Play Room**  
**RB = Racquet Ball Area**  
**TBA = To Be Announced**

Please Note: 9, 10, 11 AM Classes, Hip-Hop, Zumba & Kukuwa Classes - Music Higher Volume  
\*Seniorise Classes (Senior Friendly)

L1 = Beginners  
L2 = Intermediate  
L3 = Advanced  
ML = Beginners - Intermediate

# 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.

**Belly Dancing**  
**Dance Enhanced**  
**Jump & Jam**  
**Hip-Hop Fusion**  
**Cardio Jam**  
**Kukuwa**

## **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.

**AB LAB**  
**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**  
**Early Morning Challenge**  
**Muscle Up**  
**Kick & Cardio**  
**Osteo Impact**  
**Ultimate Fitness**  
**Boot Camp**  
**MAX AB Endurance**

## **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.

**T.B.C.**  
**Shape Up**  
**Muscle Sculpt**  
**Muscle Madness**  
**Circuit Fitness**

## **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.

**Pilates**  
**Ab Lab**  
**Circuit Fit**  
**Body Blast**  
**Soft Stretch**

## **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.

**Cycle**  
**Serious Cycle**  
**Heart Spin**

## **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**  
**Intense Step**