

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

**NEW CLASS!**

**FUN!!**

**NEW CLASS!**

**NEW CLASS!**

**NEW CLASS!**

**NOW, 3x Faster Internet @**  
**THE McLEAN RACQUET & HEALTH CLUB**  
 ESTABLISHED 1972

**Let's Get The Kids Signed Up For All Our SUMMER CAMPS!!!**

**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  
*\*New Rates Apply\**  
**See Front Desk!**

**Join Us on Facebook**

**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**  
**Core & More**  
**Core Stretch**  
**Stability Ball Fitness**

## **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.

**Mix It Up**  
**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 Hustle**  
**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**  
**Max. Ab Endurance**  
**Ab Lab**  
**Circuit Fit**  
**Body Blast**

## **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**