

AQUATIC SCHEDULE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|---|---|---|--|--|
| Swim Lessons/Lap Swim 6-10 am | Swim Lessons/Lap Swim 6-9:30 am | Swim Lessons/Lap Swim 6-9:30 am | Swim Lessons/Lap Swim 6-9:30 am | Swim Lessons/Lap Swim 6-9:30 am | Swim Lessons/Lap Swim 7-9 am | Swim Lessons/Lap Swim 7-10 am |
| Power Plunge! 10-11:30 am | H2O Turbo 9:30-10:45 am | H2O Total Tone 9:30-10:45 am | H2O Turbo 9:30-10:45 am | H2O Total Tone 9:30-10:45 am | Aqua Core 9-10:30 am | Aqua-Mix 10-11:15 am |
| Swim Lessons/Open Swim 11:30 am-9:00 pm | Swim Lessons/Open Swim 10:45 am-4 pm | Swim Lessons/Open Swim 10:45 am-7 pm | Swim Lessons/Open Swim 10:45 am-7 pm | Swim Lessons/Open Swim 10:45 am-7 pm | Swim Lessons/Open Swim 10:30 am-7:30 pm | Swim Lessons/Open Swim 11:15 am-4:15 pm |
| Lap Swim 9-10:30 pm | Swim Clinics 4-7 pm | Aqua-Core 7-8 pm | Hydro Fit 7-8 pm | Lap Swim 7-10:30 pm | | Swim Clinics 4:15-7:30 pm |
| | Hydro Fit 7-8 pm | Open Swim 8-9 pm | Open Swim 8-9 pm | | | |
| | Open Swim 8-9 pm | Lap Swim 9-10:30 pm | Lap Swim 9-10:30 pm | | | |
| | Lap Swim 9-10:30 pm | | | | | |

★ Summer Camp Kids in Pool 11:30 AM - 12:30 PM M-F

MIND & BODY SCHEDULE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--------------------------------|---------------------------------------|---|---|-------------------------|------------------------------------|--|
| Betterback Yoga 12-1:15 pm | Stretch 7-8 am | Core & More 8-9 am | Fundamental Pilates 6-7 am | Yoga Flow 12-1:15 pm | Tai Chi - Beginners 11 am-12 pm | Hatha Yoga 8-9 am |
| Intermediate Pilates 4-5 pm | Core & More 8-9 am | Stretch & Relax 12-12:30 pm | Balletone 10-11 am | Hatha Yoga 4-5:30 pm | ML Pilates 11:30 am-12:30 pm | Fundamental Pilates 10:30-11:30 am |
| ML Pilates 7:30-8:30 pm | Core Fit/Stretch 11:30 am-12:30 pm | Core Fit Intermediate 12:30-1:30 pm | Better Back Yoga 12-1:15 pm | | Tai Chi - Intermediate 12-1 pm | Fundamental/Beginners Pilates 4:30-5:30 pm |
| | Yoga Pilates Fusion 12:30-1:30 pm | Hatha Yoga 4-5:30 pm | Core Fit Intermediate 5:30 - 6:30 pm | | Hatha Yoga 12:30-1:30 pm | Hatha Yoga 5:30-7 pm |
| | Be Fit, Be Well 1:30-2:30 pm | | Yoga Fusion 7:30 - 8:45 pm | | | |
| | Yoga 7:30-8:30 pm | | | | | |

GROUP EXERCISE SCHEDULE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------------------------------|--|--|---------------------------------------|---------------------------------------|-----------------------------------|---------------------------------------|
| Boot Camp 6-7 am | Boot Camp 6-7 am | Early AM Challenge 6-7 am | Boot Camp 6-7 am | Boot Camp 6-7 am | Triple Fit 8-9:15 am | Cross Train Challenge 9 - 10:15 am |
| Cardio Interval 8-9 am | Serious Cycle 6:15-7:15 am | Cross Train Challenge 6-7 am | Serious Cycle 6:15-7:15 am | Hi-Lo Explosion 6-7 am | Serious Cycle 8-9:30 am | Jump & Jam 12-1:30 pm |
| Cycle 9-10 am | Stretch 7-8 am | Heart Spin 6:15-7:15 am | Intense Step 7:45-8:45 am | Cardio Interval 8-9 am | Ultimate Fitness 9-15-10:30 am | Fit Kids 1:30-2:30 pm |
| Kukuwa Dance 9-10 am | Core & More 8-9 am | Core & More 8-9 am | Body Blast 9-10 am | Serious Cycle 9-10 am | Cardio Dance 10:30-11:30 am | |
| Ultimate Fitness 10-11 am | Body Blast 9-10 am | Serious Cycle 9-10 am | Body Blast 9-10 am | Ultimate Fitness 9-10 am | | |
| Muscle Hustle 11 am-12 pm | Ultimate Fitness 10-11 am | Body Blast 9-10 am | Balletone 10-11 am | Body Blast 10-11 am | | |
| Youth Martial Arts 3:30-5:30 pm | Core Fit/Stretch 11:30 am - 12:30 pm | Ultimate Fitness 10-11 am | Muscle Hustle 11 am-12 pm | Body Blast 10-11 am | | |
| Belly Dancing 5:30-6:30 pm | Be Fit, Be Well 1:30-2:30 pm | Muscle Hustle 11 am-12 pm | Youth Conditioning 4-5 pm | Muscle Hustle 11 am-12 pm | | |
| Heart Spin 6-7 pm | Core Fit Intermediate 12:30 - 1:30 pm | Core Fit Intermediate 12:30 - 1:30 pm | Kukuwa Dance 4:30 - 5:30 pm | Youth Conditioning 4-5 pm | | |
| Cross Train Challenge 6:30-7:30 pm | Youth Conditioning 4-5 pm | Core Fit Intermediate 12:30 - 1:30 pm | Core Fit Intermediate 5:30-6:30 pm | Cross Train Challenge 5:30-6:30 pm | | |
| | Serious Cycle 5:30-6:30 pm | Youth Martial Arts 3:30-5:30 pm | Heart Spin 6-7 pm | Belly Dancing 6-7 pm | | |
| | Ultimate Fitness 5:15-6:15 pm | Cross Train Challenge 5:30-6:30 pm | Ultimate Fitness 6:30-7:30 pm | | | |
| | Muscle Up 6:15-7:15 pm | Serious Cycle 6-7 pm | | | | |
| | MAX AB Endurance 7:15-7:30 pm | Ultimate Fitness 6:30-7:30 pm | | | | |
| | | Zumba 7:30-8:30 pm | | | | |

★ Please see most current posted class schedules for updates.

THE MCLEAN RACQUET
ESTABLISHED 1972 & HEALTH CLUB

August 2010 Calendar of Events

1472 Chain Bridge Road
McLean, Virginia 22101
(703) 356-3300

www.mcleanracquetandhealthclub.com