

AQUATIC SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Swim Lessons/Lap Swim 6-9:30 am Power Plunge! 9:30-10:15 am Strength & Flexibility 10:15-11 am Swim Lessons/Open Swim 11-6:30 pm Soft Core (Fitness) 11:30 am Open Swim 7:30-9 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 6-9:30 am H2O Turbo 9:30-10:30 am Osteo-Arthritis 10:30-11:30 am Swim Lessons/Open Swim 11:30-7 pm Hydro Fit 7-8 pm Open Swim 8-9 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 6-9:30 am H2O Total Tone 9:30-10:30 am Swim Lessons/Open Swim 10:30-12:30 pm H2O Turbo 12:30-1:30 pm Swim Lessons/Open Swim 1:30-6:30 pm Aqua-Core 6:30-7:30 pm Open Swim 7:30-9 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 6-9:30 am Splash Dance 9:30-10:15 am Yoga Float 10:15-11 am Swim Lessons/Open Swim 11-7 pm Soft Core (Fitness) 11:30 am Hydro Fit 7-8 pm Open Swim 8-9 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 6-11:30 am H2O Total Tone 11:30-12:30 pm H2O Turbo 12:30-1:30 pm Swim Lessons/Open Swim 1-9:30 pm Lap Swim 9-10:30 pm	Lap Swim 7-9 am Water Works 9-10:30 am Swim Lessons/Open Swim 10:30-7:30 pm Lap Swim 7:30-10:30 pm	Lap Swim 7-10 am Aqua-Mix 10-11:15 am Swim Lessons/Open Swim 11:30-4 pm Water Works 4-5 pm Open Swim 5-9 pm Lap Swim 9-10:30 pm

MIND & BODY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Betterback Yoga 12-1:15 pm Core Fit 3-4 pm Marital Arts Youth 3:30-5 pm Intermediate Pilates 4-5 pm Yoga Fusion 7:30-8:45 pm	Hatha Yoga 6-7 am 1/2 Hour Power Pilates 7-7:30 am Pilates Reformer Level 1* 9:15-10:15 am Pilates Reformer Level 2* 10:15-11:15 am Fundamental/Beginners Pilates 11:30-12:30 pm Yoga Flow 12:30-1:45 pm Iyengar Yoga 7:30-8:30 pm	1/2 Hour Power Yoga 7-7:30 am Pilates Reformer Level 1* 11-12 pm In Sync Yoga 12-1 pm Multilevel Pilates 12-1 pm Fabulous Facerize 2-3 pm Marital Arts Youth 3:30-5 pm Ashtanga Yoga 4-5:30 pm Cycle Stretch 7-7:30 pm Multilevel Pilates 7-8 pm	Fundamental/Beginners Pilates 6:15-7 am Pilates Reformer 7-8 am Multi Stretch 7:30-8 am Multilevel Pilates 10-11 am Pilates Reformer Level 2* 11:15-12:15 pm Yoga Flex 12-1 pm Yoga Fusion 7:30-8:45 pm	Yoga Flow 12-1:15 pm Ashtanga Yoga 4-5 pm Pilates Reformer Level 1* 5:30-6:30 pm	Marital Arts Adult 9-10 am Pilates Reformer Level 1* 10:30-11:30 am T'ai Chi* 11:30-12:30 pm Multilevel Pilates 11:30-12:30 pm T'ai Chi Intermediate* 12:30-1:30 pm In Sync Yoga 12:30-1:30 pm	Hatha Yoga 8-9 am Fundamental/Beginners Pilates 4:30-5:30 pm Yoga Fusion 5:30-7 pm

* additional fee

GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Boot Camp 5:45-7 am Interval Conditioning 6-7 am Power Circle Step 7-7:30 am* Step 8-9 am Spin 9-10 am Shimmy & Shake 9-10 am Serve It Up 9:30-10:15 am Body Blast 10-11 am Muscle Hustle 11-12 pm Soft Core 11:30-12 pm Core Fit 3-4 pm Youth Martial Arts 3:30-5 pm Power Body Blast 5:5-30 pm* Hi Fi Fun 5:30-6:30 pm Velocity Cycle 6-7 pm Shape Up! 6:30-7:30 pm	Formula One 6:15-7:15 pm Evolution Cycle 7:15-8:15 am Power Pilates 7-7:30 am* Core & More 8-9 am Shape Up! 9-9:30 am Step Combo 9:30-10:30 am Muscle Madness 10:30-11:30 am Body Blast 4-5 pm Youth Conditioning 4-5 pm Power Chisel 5-5:30 pm* Step It Up 5:30-6:30 pm Velocity Cycle 5:30-6:30 pm Total Tone 6:30-7:30 pm Power Circuit 8:30-9 pm*	Boot Camp 5:45-7 am Early AM Challenge 6-7 am Power Yoga ABCs 7-7:30 am* Osteo-Impact 7-8 am Step 8-9 am Cycle Fusion 9-10 am Shape Up! 9-10 am Body Blast 10-11 am Muscle Hustle 11-12 pm Muscle Sculpt 1-2 pm Youth Martial Arts 3:30-5 pm Power Circuit 5-5:30 pm* Hi Fi Fun 5:30-6:15 pm Fusion 6-7 pm Shape Up! 6:15-7 pm	Power Hour 6-7 am Formula One Cycle 6:15-7:15 am Power Awesome Abs 7-7:30 am Core & More 8-9 am Move & Groove 9-10 am Shape Up! 11-12 pm Soft Core 11:30-12 pm Triple Fit 1-2 pm Body Blast 4-5 pm Youth Conditioning 4-5 pm Core Fit 5-6 pm Velocity Cycle 6-7 pm Power Chisel 6-6:30 pm Kardio Kick 6:30-7:30 pm	Step Reebok 6-7 am Power Circuit 7-7:30 am Core & More 8-9 am Cycle Fusion 9-10 am Cardio Ball 9-10 am Serve It Up 9:30-10:15 am Body Blast 10-11 am Total Tone 11-12 pm Triple Fit 5:30-6:30 pm Shape Up! 6:30-7:30 pm Power Circuit 6-6:30 pm*	Triple Fit 7:45-9 am Velocity Cycle 8-9:30 am XXX 9-10:15 am Dance Enhanced 10:15-11:30 am	Step It Up 9-10:15 am Shape Up! 10:15-11:30 am Jump & Jam 12-1 pm

* Power 1/2 Hour Series

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

DECEMBER 2004

Calendar of Events

1472 Chain Bridge Road
McLean, Virginia 22101
(703) 356-3300
www.mcleanracquetandhealthclub.com