

## AQUATIC SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Swim Lessons/Lap Swim 6-9:30 am Power Plunge! 10:00-10:45 am Strength & Flexibility 10:45-11:30 am Swim Lessons/Open Swim 11-6:30 pm Soft Core (Fitness) 12:00 pm Open Swim 7:30-9 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 6-9:30 am H2O Turbo 9:30-10:45 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 9:30-10:45 am Swim Lessons/Open Swim 10:30-6:30 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 9:30-10:45 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 Turbo 9:30-10:45 am 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 7-10 am Aqua-Mix 10-11:15 am Swim Lessons/Open Swim 11:30-4 pm Water Works 4-5 pm Open Swim 5-7 pm

## MIND & BODY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Core & More 8-9 am Betterback Yoga 12-1:15 pm Marital Arts Youth 3:30-5 pm Intermediate Pilates 4-5 pm Hatha Yoga 7:30-8:30 pm	Hatha Yoga 6-7 am Core & More 8-9 am Fundamental/Beginners Pilates 11:30-12:30 pm Yoga Flow 12:30-1:45 pm Iyengar Yoga 7:30-8:30 pm	Core & More 8-9 am Pilates 9:30-10:30 am In Sync Yoga 12-1 pm 1/2 Hour Power Stretch 12-12:30 pm Yoga 12:30-1:30 pm Marital Arts Youth 3:30-5 pm Ashtanga Yoga 4-5:30 pm Cycle Stretch 7-7:30 pm Hatha Yoga 7:30-8:30 pm	Yoga Fusion 7:30-8:45 pm Core & More 8-9 am	Core & More 8-9 am Yoga Flow 12-1:15 pm Ashtanga Yoga 4-5 pm	Multilevel Pilates 11:30-12:30 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 6-7 am Interval Conditioning 6-7 am Core & More 8-9 am Spin 9-10 am Move and Groove 9-10 am XXX 10-11 am Muscle Hustle 11-12 pm Soft Core 12-12:30 pm Youth Martial Arts 3-3:30 pm Belly Dancing 5:30-6:30 pm Velocity Cycle 6-7 pm Body Blast 6:30-7:30 pm	Formula One 6:15-7:15 pm Evolution Cycle 7:15-8:15 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 Step i 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 6-7 am Early AM Challenge 6-7 am Power Yoga ABCs 7-7:30 am* Osteo-Impact 7-8 am Core & More 8-9 am Cycle Fusion 9-10 am Body Blast 9-10 am XXX 10-11 am Muscle Hustle 11-12 pm Youth Martial Arts 3:30-5 pm Body Blast 5:30-6:30 pm Fusion 6-7 pm Muscle Hustle 6:30-7:30 pm	Body Blast 6-6:30 am Power Hour 6:30-7:30 am Formula One Cycle 6:15-7:15 am Core & More 8-9 am Body Blast 9-10 am Move & Groove 10-11 am Soft Core 11:30-12 pm Dance Enhanced 11-12 pm Body Blast 4-5 pm Youth Conditioning 4-5 pm Total Tone 5-6 pm Body Blast 6-7 pm Velocity Cycle 6-7 pm	Step Reebok 6-7 am Chisel 7-7:45 am Core & More 8-9 am Cycle Fusion 9-10 am Body Blast 9-10 am XXX 10-11 am Total Tone 11-12 pm Core Fit 5:30-6:30 pm Belly Dancing 6:30-7:30 pm	Triple Fit 7:45-9 am Velocity Cycle 8-9:30 am Super 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 Core & More 8-9 am Jump & Jam 12-1 pm

\* Power 1/2 Hour Series

Note: Classes subject to change.

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

# December 2005 Calendar of Events

1472 Chain Bridge Road  
McLean, Virginia 22101  
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[www.mcleanracquetandhealthclub.com](http://www.mcleanracquetandhealthclub.com)