

## 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 11:30-7:30 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 10:45-4 pm Swim Clinics 4-7 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 10:45-7 pm Aqua-Core 7:00-8:00 pm Open Swim 8-9 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 10:45-7 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 Total Tone 9:30-10:45 am Swim Lessons/Open Swim 10:45 am-9:00 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 7-9 am Aqua Core 9-10:30 am Swim Lessons/Open Swim 10:30-9:30 pm	Swim Lessons/Lap Swim 7-10 am Aqua-Mix 10-11:15 am Swim Lessons/Open Swim 11:30-3 pm Water Works 3:15-4:15 pm Swim Clinics 4:15-7:00 pm Open Swim/ Swim Lessons 7-9:30 pm

## MIND & BODY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Soft Core 12-12:30 pm Betterback Yoga 12-1:15 pm Intermediate Pilates 4-5 pm Pilates 7:30-8:30 pm	Haitha Yoga 6-7 am Pilates 7-8 am Core & More 8-9 am Soft Core 12-12:30 pm Yoga Pilates Fusion 12:30-1:45 pm Yoga 7:30-8:30 pm	Pilates 9:30-10:30 am In Sync Yoga 12-1 pm 1/2 Hour Power Stretch 12-12:30 pm Ashtanga Yoga 4-5:30 pm Cycle Stretch 7-7:30 pm	Yoga Fusion 7:30-8:45 pm Core & More 8-9 am Yoga 12-1:15 pm Yoga 7:30-8:30 pm	Yoga Flow 12-1:15 pm Ashtanga Yoga 4-5:30 pm	Cycle Stretch 9:30-10:00 am Multilevel Pilates 11:30-12:30 pm Tai Chi* - Beginners 11:30-12:30 pm Tai Chi* - Intermediate 12:30-1:30 pm	Haitha Yoga 8-9 am Pilates 10:30-11:30 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 Cardio Interval 8-9 am Spin 9-10 am Body Blast 9-10 am XXX 10-11 am Muscle Hustle 11-12 pm Soft Core 12-12:30 pm Martial Arts 3:30-5 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 am Osteo-Impact 6-7 am Evolution Cycle 7:15-8:15 am Core & More 8-9 am Body Blast 9-10 am Muscle Madness 10-11 am Dance Enhanced 11 am - 12 pm Soft Core 12-12:30 pm Body Blast 4-5 pm Velocity Cycle 5:30-6:30 pm Cardio Jam 5:30-6:30 pm Boot Camp 6-7 pm Total Tone 6:30-7:30 pm	Early AM Challenge 6-7 am Power Yoga ABCs 7-7:30 am* Osteo-Impact 7-8 am Cardio Interval 8-9 am Cycle Fusion 9-10 am Body Blast 9-10 am XXX 10-11 am Muscle Hustle 11-12 pm Martial Arts 3:30-4:30 pm Jump & Jam 5:30-6:30 pm Cycle Fusion 6-7 pm Body Blast 6:30-7:30 pm	Boot Camp 6-7 am Formula One Cycle 6:15-7:15 am Core & More 8-9 am Body Blast 9-10 am Belly Dancing 10-11 am Soft Core 11:30-12 pm Dance Enhanced 11-12 pm Body Blast 4-5 pm Total Tone 5:30-6:30 pm Body Blast 6:30-7:30 pm Velocity Cycle 6-7 pm	Step Reebok 6-7 am Chisel 7-7:45 am Cardio Interval 8-9 am Cycle Fusion 9-10 am Body Blast 9-10 am XXX 10-11 am Muscle Hustle 11-12 pm Core Fit 5:30-6:30 pm Belly Dancing 6:30-7:30 pm Boot Camp 6-7 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 Jump & Jam 12:00-1:30 pm Fit Kids 1:30-2:30 pm

Note: Classes subject to change.

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

# December 2006 Calendar of Events

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

[www.mcleanracquetandhealthclub.com](http://www.mcleanracquetandhealthclub.com)