

AQUATIC SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Swim Lessons/Lap Swim 6-10:00 am Power Plunge! 10:00-10:45 am Strength & Flexibility 10:45-11:30 am Swim Lessons/Open Swim 11:30-7:30 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 Soft Core (Fitness) 12:00 - 12:30 pm Swim Clinics 4-7 pm Hydro Fit 7-8 pm Swim Lessons/Open Swim 8-9 pm Swim Lessons/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 Soft Core (Fitness) 11:30 - 12:00 pm Aqua-Core 4-7 pm Swim Lessons /Open Swim 8-9 pm Swim Lessons /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 Swim Lessons /Open Swim 8-9 pm Swim Lessons /Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 6-9:30 am Total Tone 9:30-10:45 am Soft Core (Fitness) 11:30 - 12:00 pm Swim Lessons/Open Swim 10:45 am-9:00 pm Swim Lessons/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 11-15:4:15 pm Swim Clinics 4:15-7:15 pm Swim Lessons /Open Swim 7:15-9:30 pm

MIND & BODY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Betterback Yoga 12-1:15 pm Intermediate Pilates 4-5 pm ML Pilates 7:30-8:30 pm	Hatha Yoga 6-7 am Fundamental Pilates 7-8 am Core & More 8-9 am Core Fit 12-12:30 pm Yoga Pilates Fusion 12:30-1:45 pm Yoga Fusion 7:30-8:45 pm	Soft Core Intermediate 11:30-12:00 pm (Fitness) Stretch and Relax 12-12:30 pm Ashtanga Yoga 4-5:30 pm	Fundamental Pilates 6:15-7:00 am Core & More 9-10 am Better Back Yoga 12-1:15 pm Yoga Fusion 7:30 - 8:45 pm	Soft Core Beginner 11:30-12:00 pm (Fitness) Yoga Flow 12-1:15 pm Ashtanga Yoga 4-5:30 pm	Multilevel Pilates 11:30-12:30 pm Tai Chi* - Beginners 11:00-12:00 pm Tai Chi* - Intermediate 12:00-1:00 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 Cardio Interval 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 3:30-4:30 pm Youth Conditioning 4-5 pm Belly Dancing 5:30-6:30 pm Velocity Cycle 6-7 pm Body Blast 6:30-7:30 pm	Boot Camp 6-7 am Formula One 6:15-7:15 am Evolution Cycle 7:15-8:15 am Core & More 8-9 am Cycle Fusion 9-10 am Body Blast 9-10 am Total Tone 10-11 am Core Fit 12-12:30 pm Total Tone 4-5 pm Youth Conditioning 4-5 pm Velocity Cycle 5:30-6:30 pm Cardio Jam 5:30-6:30 pm Cross Train Challenge 6:30-7:30 pm	Early AM Challenge 6-7 am Osteo-Impact 6:15-7:00 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 3:30-5:00 pm Youth Conditioning 4-5 pm Cross Train Challenge 6-7 pm Cycle Fusion 6-7 pm Cross Train Challenge 6:00-7:00 pm Dance Lessons* 7:30-9:45 pm	Boot Camp 6-7 am Formula One Cycle 6:15-7:15 am Core & More 9-10 am Body Blast 10-11 am Soft Core 11:30-12 pm Dance Enhanced 11-12 pm Body Blast 4-5 pm Youth Conditioning 4-5 pm Cross Train Challenge 5:30-6:30 pm Velocity Cycle 6-7 pm Total Tone 6:30-7:30 pm	Step Reebok 6-7 am Boot Camp 6-7 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 Cross Train Challenge 5:30-6:30 pm Belly Dancing 6:30-7:30 pm 1st and 3rd Friday Only	Triple Fit 8-9:15 am XXX 9:15-10:30 am 1st and 3rd Sat. Only Velocity Cycle 8-9:30 am Cardio Dance 10:30-11:30 am	Cross Train Challenge 9:00 - 10:15 pm Jump & Jam 12:00 - 1:30 pm Fit Kids 1:30-2:30 pm

*Additional Fee

Note: Classes subject to change.

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

December 2007 Calendar of Events

1472 Chain Bridge Road
McLean, Virginia 22101
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www.mcleanracquetandhealthclub.com