

## 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! 10-10:45 am	H2O Turbo 9:30-10:45 am	H2O Total Tone 9:30-10:45 am	H2O Turbo 9:30-10:45 am	Total Tone 9:30-10:45 am	Aqua Core 9-10:30 am	Aqua-Mix 10-11:15 am
Strength & Flexibility 10:45-11:30 am	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-9 pm	Swim Lessons/Open Swim 10:30 am-9:30 pm	Swim Lessons/Open Swim 11:15 am-4:15 pm
Swim Lessons/Open Swim 11:30 am-7:30 pm	Core Fit 12-12:30 pm	Core Fit 12:30 - 1:30 pm	Hydro Fit 7-8 pm	Swim Lessons/Lap Swim 9-10:30 pm		Swim Clinics 4:15-8:00 pm
Open Swim 7:30-9 pm	Swim Clinics 4-7 pm Hydro Fit 7-8 pm	Aqua-Core 7-8 pm	Swim Lessons /Open Swim 8-9 pm			Lap Swim 8:00-9:30 pm
Lap Swim 9-10:30 pm	Swim Lessons/Open Swim 8-9 pm	Swim Lessons /Open Swim 8-9 pm	Swim Lessons /Lap Swim 9-10:30 pm			
	Swim Lessons/Lap Swim 9-10:30 pm	Swim Lessons /Lap Swim 9-10:30 pm				

## 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 6:15-7 am	Yoga Flow 12-1:15 pm	Multilevel Pilates 11:30 am-12:30 pm	Hatha Yoga 8-9 am
Intermediate Pilates 4-5 pm	Core & More 8-9 am	Stretch and Relax 12-12:30 pm	Core & More 9-10 am	Ashtanga Yoga 4-5:30 pm	Tai Chi* - Beginners 11 am-12 pm	Fundamental Pilates 10:30-11:30 am
ML Pilates 7:30-8:30 pm	Core Fit 11:30-12:30 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 12:30-1:45 pm	Ashtanga Yoga 4-5:30 pm	Core Fit 5:30 - 6:30 pm		Hatha Yoga 12:30-1:30 pm	Yoga Fusion 5:30-7 pm
	Yoga Fusion 7:30-8:45 pm		Yoga Fusion 7:30 - 8:45 pm			

\* additional fee

## GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Boot Camp 6-7 am	Boot Camp 6-6:45 am	Early AM Challenge 6-7 am	Boot Camp 6-7 am	Step Reebok 6-7 am	Triple Fit 8-9:15 am	Cross Train Challenge 9 - 10:15 am
Interval Conditioning 6-7 am	Super Stretch 7-8 am	Osteo-Impact 6:15-7 am	Formula One Cycle 6:15-7:15 am	Boot Camp 6-7 am	Velocity Cycle 8-9:30 am	Jump & Jam 12-1:30 pm
Cardio Interval 8-9 am	Evolution Cycle 6:15-7:15 am	Velocity Cycle 6:15-7:15 am	Core & More 9-10 am	Cardio Interval 8-9 am	XXX 9:15-10:30 am	Fit Kids 1:30-2:30 pm
Cycle Fusion 9-10 am	Core & More 8-9 am	Core and More 8-9 am	Body Blast 10-11 am	Cycle Fusion 9-10 am	Cardio Dance 10:30-11:30 am	
Body Blast 9-10 am	Body Blast 9-10 am	Cycle Fusion 9-10 am	Body Blast 10-11 am	XXX 9-10 am		
Body Blast 9-10 am	Total Tone 10-11 am	Body Blast 9-10 am	Muscle Hustle 11 am-12 pm	Body Blast 10-11 am		
XXX 10-11 am	Core Fit 12-12:30 pm	XXX 10-11 am	Body Blast 4-5 pm	Body Blast 10-11 am		
Muscle Hustle 11 am-12 pm	Total Tone 4-5 pm	Muscle Hustle 11 am-12 pm	Youth Conditioning 4-5 pm	Muscle Hustle 11 am-12 pm		
Youth Martial Arts 3:30-4:30 pm	Youth Conditioning 4-5 pm	Core Fit 12:30 -1:30 pm	Core Fit Intermediate 5:30-6:30 pm	Youth Conditioning 4-5 pm		
Belly Dancing 5:30-6:30 pm	Velocity Cycle 5:30-6:30 pm	Martial Arts 3:30-5 pm	Velocity Cycle 6-7 pm	Cross Train Challenge 5:30-6:30 pm		
Velocity Cycle 6-7 pm	Cardio Jam 5:30-6:30 pm	Youth Conditioning 4-5 pm	Total Tone 6:30-7:30 pm	Belly Dancing 6:30-7:30 pm		
Body Blast 6:30-7:30 pm	Cross Train Challenge 6:30-7:30 pm	Cross Train Challenge 6-7 pm				
		Cycle Fusion 6-7 pm				

\* additional fee

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

# December 2008 Calendar of Events

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

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