

## AQUATIC SCHEDULE

| MON  | TUE                                     | WED                                     | THU                                     | FRI                                     | SAT  | SUN  |
|--|---|---|---|---|--|--|
| Swim Lessons/Lap Swim<br>6-10 am           | Swim Lessons/Lap Swim<br>6-9:30 am      | Swim Lessons/Lap Swim<br>6-9:30 am      | Swim Lessons/Lap Swim<br>6-9:30 am      | Swim Lessons/Lap Swim<br>6-9:30 am      | Swim Lessons/Lap Swim<br>7-9 am            | Swim Lessons/Lap Swim<br>7-10 am           |
| Power Plunge!<br>10-10:45 am               | H2O Turbo<br>9:30-10:45 am              | H2O Total Tone<br>9:30-10:45 am         | H2O Turbo<br>9:30-10:45 am              | Total Tone<br>9:30-10:45 am             | Aqua Core<br>9-10:30 am                    | Aqua-Mix<br>10-11:15 am                    |
| Strength & Flexibility<br>10:45-11:30 am   | Swim Lessons/Open Swim<br>10:45 am-4 pm | Swim Lessons/Open Swim<br>10:45 am-7 pm | Swim Lessons/Open Swim<br>10:45 am-7 pm | Swim Lessons/Open Swim<br>10:45 am-7 pm | Swim Lessons/Open Swim<br>10:30 am-9:30 pm | Swim Lessons/Open Swim<br>11:15 am-4:15 pm |
| Swim Lessons/Open Swim<br>11:30 am-9:00 pm | Swim Clinics 4-7 pm                     | Aqua-Core<br>7-8 pm                     | Hydro Fit<br>7-8 pm                     | Lap Swim<br>7-10:30 pm                  |  | Swim Clinics<br>4:15-8:00 pm               |
| Lap Swim<br>9-10:30 pm                     | Hydro Fit 7-8 pm                        | Open Swim<br>8-9 pm                     | Open Swim<br>8-9 pm                     |   |  | Swim Lessons/Open Swim<br>8:00-9:30 pm     |
|  | Open Swim<br>8-9 pm                     | Lap Swim<br>9-10:30 pm                  | Lap Swim<br>9-10:30 pm                  |   |  |  |
|  | Lap Swim<br>9-10:30 pm                  |   |   |   |  |  |

## MIND & BODY SCHEDULE

| MON                            | TUE                                   | WED                                       | THU                                     | FRI                        | SAT                                | SUN  |
|--------------------------------|---------------------------------------|---|---|----------------------------|------------------------------------|--|
| Betterback Yoga<br>12-1:15 pm  | Stretch<br>7-8 am                     | Core & More<br>8-9 am                     | Fundamental Pilates<br>6-7 am           | Yoga Flow<br>12-1:15 pm    | Tai Chi - Beginners<br>11 am-12 pm | Hatha Yoga<br>8-9 am                             |
| Intermediate Pilates<br>4-5 pm | Core & More<br>8-9 am                 | Stretch and Relax<br>12-12:30 pm          | Balletone<br>10-11 am                   | Ashtanga Yoga<br>4-5:30 pm | ML Pilates<br>11:30 am-12:30 pm    | Fundamental<br>Pilates<br>10:30-11:30 am         |
| ML Pilates<br>7:30-8:30 pm     | Core Fit/Stretch<br>11:30 am-12:30 pm | Core Fit<br>Intermediate<br>12:30-1:30 pm | Better Back Yoga<br>12-1:15 pm          |                            | Tai Chi - Intermediate<br>12-1 pm  | Fundamental/Beginners<br>Pilates<br>4:30-5:30 pm |
|                                | Yoga Pilates Fusion<br>12:30-1:30 pm  | Ashtanga Yoga<br>4-5:30 pm                | Core Fit Intermediate<br>5:30 - 6:30 pm |                            | Hatha Yoga<br>12:30-1:30 pm        | Yoga Fusion<br>5:30-7 pm                         |
|                                | Be Fit, Be Well<br>1:30-2:30 pm       |   | Yoga Fusion<br>7:30 - 8:45 pm           |                            |                                    |  |
|                                | Yoga Fusion<br>7:30-8:30 pm           |   |   |                            |                                    |  |

## GROUP EXERCISE SCHEDULE

| MON                                      | TUE                                     | WED                                 | THU                                   | FRI                                   | SAT                               | SUN                                   |
|--|---|-------------------------------------|---------------------------------------|---------------------------------------|-----------------------------------|---------------------------------------|
| Boot Camp 6-7 am                         | Boot Camp 6-7 am                        | Early AM Challenge 6-7 am           | Boot Camp 6-7 am                      | Boot Camp 6-7 am                      | Triple Fit<br>8-9:15 am           | Cross Train Challenge<br>9 - 10:15 am |
| Interval Conditioning 6-7 am             | Evolution Cycle 6:15-7:15 am            | Cross Train Challenge 6-7 am        | Formula One Cycle<br>6:15-7:15 am     | Hi-Lo Combo 6-7 am                    | Velocity Cycle<br>8-9:30 am       | Jump & Jam<br>12-1:30 pm              |
| Cardio Interval 8-9 am                   | Stretch 7-8 am                          | Velocity Cycle 6:15-7:15 am         | Intense Step 7:45-8:45 am             | Cardio Interval 8-9 am                | Ultimate Fitness<br>9-15-10:30 am | Fit Kids<br>1:30-2:30 pm              |
| Cycle Fusion 9-10 am                     | Core & More 8-9 am                      | Core and More 8-9 am                | Body Blast 9-10 am                    | Cycle Fusion 9-10 am                  | Cardio Dance<br>10:30-11:30 am    |                                       |
| Kukuwa Dance 9-10 am                     | Body Blast 9-10 am                      | Cycle Fusion 9-10 am                | Body Blast 9-10 am                    | Ultimate Fitness 9-10 am              |                                   |                                       |
| Ultimate Fitness 10-11 am                | Ultimate Fitness 10-11 am               | Body Blast 9-10 am                  | Balletone 10-11 am                    | Body Blast 10-11 am                   |                                   |                                       |
| Muscle Hustle 11 am-12 pm                | Core Fit/Stretch<br>11:30 am - 12:30 pm | Ultimate Fitness 10-11 am           | Muscle Hustle 11 am-12 pm             | Muscle Hustle 11 am-12 pm             |                                   |                                       |
| Fit 4 Kids 3-4 pm                        | Be Fit, Be Well 1:30-2:30 pm            | Muscle Hustle 11 am-12 pm           | Youth Conditioning 4-5 pm             | Fit 4 Kids 4-5 pm                     |                                   |                                       |
| Youth Martial Arts<br>3:30-5:30 pm       | Body Blast 4-5 pm                       | Cross Cycle 12-1 pm                 | Fit 4 Kids 4-5 pm                     | Youth Conditioning 4-5 pm             |                                   |                                       |
| Belly Dancing 5:30-6:30 pm               | Youth Conditioning 4-5 pm               | Core Fit Intermediate 12:30-1:30 pm | Core Fit Intermediate<br>5:30-6:30 pm | Cross Train Challenge<br>5:30-6:30 pm |                                   |                                       |
| Velocity Cycle 6-7 pm                    | Fit 4 Kids 4-5 pm                       | Fit 4 Kids 3-4 pm                   | Velocity Cycle 6-7 pm                 | Belly Dancing<br>6-7 pm               |                                   |                                       |
| Cross Training Challenge<br>6:30-7:30 pm | Velocity Cycle 5:30-6:30 pm             | Martial Arts 3:30-5:30 pm           | Boot Camp 6:30-7:30 pm                |                                       |                                   |                                       |
|  | Ultimate Fitness 5:15-6:15 pm           | Cross Train Challenge 5:30-6:30 pm  |                                       |                                       |                                   |                                       |
|  | Muscle Up 6:15-7:15 pm                  | Cycle Fusion 6-7 pm                 |                                       |                                       |                                   |                                       |
|  | MAX AB Endurance 7:15-7:30 pm           | Total Tone 6:30-7:30 pm             |                                       |                                       |                                   |                                       |
|  |   | Zumba 7:30-8:30 pm                  |                                       |                                       |                                   |                                       |

★ Please see most current posted class schedules for updates.

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

# December 2009 Calendar of Events

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

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