

AQUATIC SCHEDULE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------------------------------|--------------------------------------|--|------------------------------------|-------------------------------------|---|--------------------------------------|
| 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 6-11:30 am | Lap Swim 7-9 am | Lap Swim 7-10 am |
| Power Plunge! 9:30-10:15 am | H2O Turbo 9:30-10:30 am | H2O Total Tone 9:30-10:30 am | Splash Dance 9:30-10:15 am | H2O Total Tone 11:30-12:30 pm | Water Works 9-10:30 am | Aqua-Mix 10-11:15 am |
| Strength & Flexibility 10:15-11 am | Osteo-Arthritis 10:30-11:30 am | Swim Lessons/Open Swim 10:30-12:30 pm | Yoga Float 10:15-11 am | H2O Turbo 12:30-1:30 pm | Swim Lessons/Open Swim 10:30-7:30 pm | Swim Lessons/Open Swim 11:30-4 pm |
| Swim Lessons/Open Swim 11-6:30 pm | Swim Lessons/Open Swim 11:30-7 pm | H2O Turbo 12:30-1:30 pm | Swim Lessons/Open Swim 11-7 pm | Swim Lessons/Open Swim 1-9:30 pm | Lap Swim | Water Works 4-5 pm |
| Soft Core (Fitness) 11:30 am | Hydro Fit 7-8 pm | Swim Lessons/Open Swim 1:30-6:30 pm | Soft Core (Fitness) 11:30 am | | | Open Swim 5-9 pm |
| Open Swim 7:30-9 pm | Open Swim 8-9 pm | Aqua-Core 6:30-7:30 pm | Hydro Fit 7-8 pm | | | Lap Swim |
| | | Open Swim | Open Swim 8-9 pm | | | |

MIND & BODY SCHEDULE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------------------------|--|---------------------------------------|---|---|---|--|
| Betterback Yoga 12-1:15 pm | Hatha Yoga 6-7 am | 1/2 Hour Power Yoga 7-7:30 am | Fundamental/Beginners Pilates 6:15-7 am | Yoga Flow 12-1:15 pm | Martial Arts Adult 9-10 am | Hatha Yoga 8-9 am |
| Core Fit 3-4 pm | 1/2 Hour Power Pilates 7-7:30 am | Pilates Reformer Level 1* 11-12 pm | Pilates Reformer 7-8 am | Ashtanga Yoga 4-5 pm | Pilates Reformer Level 1* 10:30-11:30 am | Fundamental/Beginners Pilates 4:30-5:30 pm |
| Martial Arts Youth 3:30-5 pm | Pilates Reformer Level 1* 9:15-10:15 am | In Sync Yoga 12-1 pm | Multi Stretch 7:30-8 am | Pilates Reformer Level 1* 11:30-12:30 pm | T'ai Chi* 11:30-12:30 pm | Yoga Fusion |
| Intermediate Pilates 4-5 pm | Pilates Reformer Level 2* 10:15-11:15 am | Multilevel Pilates 12-1 pm | Multilevel Pilates 10-11 am | Multilevel Pilates 11:30-12:30 pm | T'ai Chi Intermediate* 12:30-1:30 pm | |
| Yoga Fusion 7:30-8:45 pm | Fundamental/Beginners Pilates 11:30-12:30 pm | Fabulous Facercise 2-3 pm | Pilates Reformer Level 2* 11:15-12:15 pm | | | |
| | | Martial Arts Youth 3:30-5 pm | Yoga Flex 12-1 pm | | | |
| | | Ashtanga Yoga 4-5:30 pm | | | | |
| | | Cycle Stretch 7-7:30 pm | | | | |
| | | Multilevel Pilates | | | | |

* additional fee

GROUP EXERCISE SCHEDULE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------------------------------|-------------------------------|----------------------------|--------------------------------|---------------------------|--------------------------|-----------------------|
| Boot Camp 5:45-7 am | Formula One 6:15-7:15 pm | Boot Camp 5:45-7 am | Power Hour 6-7 am | Step Reebok 6-7 am | Triple Fit 7:45-9 am | Step It Up 9-10:15 am |
| Interval Conditioning 6-7 am | Evolution Cycle 7:15-8:15 am | Early AM Challenge 6-7 am | Formula One Cycle 6:15-7:15 am | Power Circuit 7-7:30 am | Velocity Cycle 8-9:30 am | Shape Up! 10:15- |
| Power Circle Step 7-7:30 am* | Power Pilates 7-7:30 am* | Power Yoga ABCs 7-7:30 am* | Power Awesome Abs 7-7:30 am | Core & More 8-9 am | XXX 9-10:15 am | |
| Step 8-9 am | Core & More 8-9 am | Osteo-Impact 7-8 am | Core & More 8-9 am | Cycle Fusion 9-10 am | Dance Enhanced | |
| Spin 9-10 am | Shape Up! 9-9:30 am | Step 8-9 am | Move & Groove 9-10 am | Cardio Ball 9-10 am | | |
| Shimmey & Shake 9-10 am | Step Combo 9:30-10:30 am | Cycle Fusion 9-10 am | Shape Up! 11-12 pm | Serve It Up 9:30-10:15 am | | |
| Serve It Up 9:30-10:15 am | Muscle Madness 10:30-11:30 am | Shape Up! 9-10 am | Soft Core 11:30-12 pm | Serve It Up 9:30-10:15 am | | |
| Body Blast 10-11 am | Body Blast 4-5 pm | Body Blast 10-11 am | Triple Fit 1-2 pm | Body Blast 10-11 am | | |
| Muscle Hustle 11-12 pm | Youth Conditioning 4-5 pm | Muscle Hustle 11-12 pm | Body Blast 4-5 pm | Total Tone 11-12 pm | | |
| Soft Core 11:30-12 pm | Power Chisel 5-5:30 pm | Muscle Sculpt 1-2 | Youth Conditioning 4-5 pm | | | |
| | | | Core Fit 5-6 pm | | | |

* Power 1/2 Hour

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

JANUARY 2005

Calendar of Events

1472 Chain Bridge Road
McLean, Virginia 22101
(703) 356-3300
www.mcleanracquetandhealthclub.com