

www.mcleanracquetandhealthclub.com

Check Out ...  
Enhanced Sports  
Performance  
For Teens

# January 2007

Great Seminars!!

- Golf Instruction
- Ballroom Dancing/Instruction
- The Good Health Club

COURTSIDE CAFE

LUNCH

11 am-3 pm (Everyday)

11:30 am-2 pm (Buffet)

DINNER

5-9 pm (M-F)

5:30-8:30 pm (Buffet ex Wed.)

6-8:30 (Pizza/Pasta Every Wednesday)

Winter Club Hours  
Monday - Friday 6am - 11 pm  
Saturday & Sunday 7 am - 10 pm  
Pool closes @ 10:30 pm Mon. - Fri., 7:30 pm Sat. & Sun.  
Youth Fitness Hrs: (Ages 8-15) Mon. - Fri. 11 am - 5 pm  
Sat. & Sun. 10 am - 3 pm  
Playroom Hours: Mon. - Fri. 8 am - 8 pm  
Sat. & Sun. 8:30 am - 3 pm



Bring  
In The  
New  
Year  
With  
a NEW  
Fitness  
Program!  
See a  
Fitness  
Professional

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy New Year! Hours 10 AM - 6 PM	2 PALA Continues Women's Advanced Flight 9-10:30 PM 3.5 Mixed Doubles Flight 8:30-10 PM	3 Ladies Singles Flight 10:30-11:30	4 3.5 Women's Flight Men's 4.0 Doubles 8:30-10 PM	5 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	6 Junior Match Play 8 - 10 PM
7 Adult Tennis Clinics 8-10 AM Junior Clinics 12:30-4 PM	8 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-7 PM	9 Totercise Begins Women's Advanced Flight 9-10:30 PM 3.5 Mixed Doubles Flight 8:30-10 PM	10 Ladies Singles Flight 10:30-11:30	11 3.5 Women's Flight Men's 4.0 Doubles 8:30-10 PM	12 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	13 Junior Match Play 8 - 10 PM
14 Adult Tennis Clinics 8-10 AM Junior Clinics 12:30-4 PM	15 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	16 Women's Advanced Flight 9-10:30 PM 3.5 Mixed Doubles Flight 8:30-10 PM	17 Ladies Singles Flight 10:30-11:30	18 3.5 Women's Flight Men's 4.0 Doubles 8:30-10 PM	19 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	20 Junior Match Play 8 - 10 PM
21 Adult Tennis Clinics 8-10 AM Junior Clinics 12:30-4 PM	22 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	23 Women's Advanced Flight 9-10:30 PM 3.5 Mixed Doubles Flight 8:30-10 PM	24 Ladies Singles Flight 10:30-11:30	25 3.5 Women's Flight Men's 4.0 Doubles 8:30-10 PM	26 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	27 Junior Match Play 8 - 10 PM
28 Adult Tennis Clinics 8-10 AM Junior Clinics 12:30-4 PM	29 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	30 Women's Advanced Flight 9-10:30 PM 3.5 Mixed Doubles Flight 8:30-10 PM	31 Ladies Singles Flight 10:30-11:30	Our Group Exercise Program Will Take You To The Next Level - See Schedules!		

