

## AQUATIC SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Swim Lessons/Lap Swim 6-10 am Power Plunge! 10-10:45 am Strength & Flexibility 10:45-11:30 am Summer Camp Swim 11:30 am-12:30 pm Swim Lessons/Open Swim 11:30 am-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 am-4 pm Summer Camp Swim 11:30 am-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 am-7 pm Summer Camp Swim 11:30 am-12:30 pm Aqua-Core 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 Turbo 9:30-10:45 am Swim Lessons/Open Swim 10:45 am-7 pm Summer Camp Swim 11:30 am-12:30 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 Swim Lessons/Open Swim 10:45 am-9 pm Summer Camp Swim 11:30 am-12:30 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 am-7:30 pm	Swim Lessons/Lap Swim 7-10 am Aqua-Mix 10-11:15 am Swim Lessons/Open Swim 11:15 am-4:15 pm Swim Clinics 4:15-7:30 pm

## MIND & BODY SCHEDULE

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

## 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 am-12 pm Fit 4 Kids 3-4 pm Youth Martial Arts 3:30-5:30 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 Evolution Cycle 6:15-7:15 am Super Stretch 7-8 am Core & More 8-9 am Body Blast 9-10 am Total Tone 10-11 am Core Fit 11:30 am - 12:30 pm Body Blast 4-5 pm Youth Conditioning 4-5 pm Fit 4 Kids 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 XXX 7:30-8:30 pm	Early AM Challenge 6-7 am Osteo-Impact 6-7 am Velocity Cycle 6:15-7:15 am Core and More 8-9 am Cycle Fusion 9-10 am Body Blast 9-10 am XXX 10-11 am Muscle Hustle 11 am-12 pm Cross Cycle 12-1 pm Core Fit 12:30 -1:30 pm Fit 4 Kids 3-4 pm Martial Arts 3:30-5:30 pm Youth Conditioning 4-5 pm Cross Train Challenge 5:30-6:30 pm Cycle Fusion 6-7 pm Total Tone 6:30-7:30 pm Zumba 7:30-8:30 pm	Boot Camp 6-7 am Formula One Cycle 6:15-7:15 am Intense Step 7:45-8:45 am Body Blast 9-10 am Core & More 10-11 am Muscle Hustle 11 am-12 pm Youth Conditioning 4-5 pm Fit 4 Kids 4-5 pm Core Fit Intermediate 5:30-6:30 pm Velocity Cycle 6-7 pm Muscle Up 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 XXX 9-10 am Body Blast 10-11 am Muscle Hustle 11 am-12 pm Fit 4 Kids 4-5 pm Cross Train Challenge 5:30-6:30 pm Belly Dancing 6-7 pm	Triple Fit 8-9:15 am Velocity Cycle 8-9:30 am Cardio Dance 10:00-11:15 am	Cross Train Challenge 9 - 10:15 am Jump & Jam 12 - 1:30 pm Fit Kids 1:30-2:30 pm

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

# July 2009 Calendar of Events

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

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

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Summer Club Hours  
 Monday - Friday 6am - 11 pm  
 Saturday & Sunday 7 am - 8 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 - Close  
 Playground Hours: Mon. - Fri. 8 am - 8 pm  
 Sat. 8 am - 3 pm • Sun. 8:30 am - 3 pm



Have you had your cholesterol tested lately?  
 Sign up at the Front Desk for an appointment.

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 pm (Pizzal/Pasta Every Wednesday)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**NEW TAKE CHARGE OF YOUR HEALTH!**  
 Sign up Now in Fitness for your Microfit Assessment!

 <b>5</b> <b>Bike Ride</b> <b>9 AM</b>	<b>6</b> Men's 5.0 Doubles 8 - 9:30 PM Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM	<b>7</b> Ladies "B-4" Doubles Flight 10:30 AM - 12 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	<b>1</b> Racquetball Round Robin 6:30 - 8 PM Women's Singles Tennis Flight 10:30 - 11:30 AM	<b>8</b> Racquetball Round Robin 6:30 - 8 PM Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM	<b>2</b> Ladies "B" Doubles Flight 10:30 AM - 12 PM Men's 4.0 Doubles 8:30 - 10 PM	<b>3</b> Moon Light Hike 8 PM	<b>4</b>  <b>CLUB CLOSED</b> ★ July 4th ★
<b>12</b> Adult & Junior Tennis Lessons & Clinics 8 AM - 7 PM	<b>13</b> Men's 5.0 Doubles 8 - 9:30 PM Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM	<b>14</b> Ladies "B-4" Doubles Flight 10:30 AM - 12 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	<b>15</b> Racquetball Round Robin 6:30 - 8 PM Women's Singles Tennis Flight 10:30 - 11:30 AM	<b>9</b> Ladies "B" Doubles Flight 10:30 AM - 12 PM Men's 4.0 Doubles 8:30 - 10 PM	<b>10</b> Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	<b>17</b> Old Town Wilson Bridge Walk/Dinner 6 PM	<b>18</b> Junior Tennis Match Play 6 - 8 PM
<b>19</b> Sugar Loaf Mountain Hike Tour 10 AM	<b>20</b> Men's 5.0 Doubles 8 - 9:30 PM Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM	<b>21</b>  <b>BOWLING</b> 7:30 PM	<b>22</b> Racquetball Round Robin 6:30 - 8 PM Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM	<b>23</b> Ladies "B" Doubles Flight 10:30 AM - 12 PM Men's 4.0 Doubles 8:30 - 10 PM	<b>24</b> Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	<b>25</b> Junior Tennis Match Play 6 - 8 PM	
<b>26</b> Adult & Junior Tennis Lessons & Clinics 8 AM - 7 PM	<b>27</b> Men's 5.0 Doubles 8 - 9:30 PM Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM	<b>28</b> Ladies "B-4" Doubles Flight 10:30 AM - 12 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	<b>29</b> Racquetball Round Robin 6:30 - 8 PM Women's Singles Tennis Flight 10:30 - 11:30 AM	<b>30</b> Ladies "B" Doubles Flight 10:30 AM - 12 PM Men's 4.0 Doubles 8:30 - 10 PM	<b>31</b> Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM		

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