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

Calendar of Events

JUNE 2004

THE McLEAN RACQUET & HEALTH CLUB
ESTABLISHED 1972

AEROBIC CLASS SCHEDULE

The Event Calendar is prepared a month in advance. Please double check class day, times & instructor changes with the front desk.

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00 am* INTERVAL CARDIO	6:00 am* YOGA	6:00 am* EARLY AM CHALLENGE	6:00 am* POWER HOUR	6:00 am* STEP REEBOK	7:45 am** ✔CARDIO COMBO	8:00 am* YOGA
8:00 am* STEP	6:15 am* CYCLE	7:15 am (45) OSTEO-IMPACT	6:15 am (45) WAKE ME UP PILATES	8:00 am* CARDIO COMBO	8:00 am*** CYCLE	9:00 am* STEP INTERVAL
9:00 am SPIN*	7:15* BEGINNER'S CYCLE	8:00 am* STEP	6:15 am* CYCLE	9:00 am (55) CYCLE	9:00 am** ✔CARDIO DANCE	10:15 am** BSC/STRETCH
9:30 am* ✔CARDIO DANCE	8:00 am* CORE STABILITY	8:45 am* SPIN	7:30 am (30) STRETCH	9:30 am* ✔STEP	10:30 pm* PILATES	12:00 pm* LAURIE'S JAM
10:45 am* CARDIO SCULPT	9:00 am* BCS (45)	9:30 pm* FUNCTIONAL CROSS TRAINING	8:00 am* CORE STABILITY	11:00 am* BSC	12:00 pm* YOGA	1:00 pm*** ✔LAURIE'S FAMILY JAM
11:45 am** GENTLE YOGA	9:30 am* CARDIO COMBO	10:45 am* CARDIO SCULPT	✔9:15 am* CARDIO DANCE	12:00 pm** YOGA (MULTI LEVEL)		Check Front Desk for dates
2:00 pm* YOGA/STRETCH	10:30 am (45) CIT	12:00 pm* YOGA (R-Ball Court)	10:15 am (45) PILATES	4:00 pm* YOGA (MULTI LEVEL)		5:30 pm*** POWER YOGA
3:00 pm* CORE STABILITY	11:15 am* PILATES FUNDAMENTALS	12:00 pm* PILATES	11:05 am (55) CARDIO/SCULPT COMBO	5:30 pm* HI/LO		
4:00 pm PILATES	12:15 pm** GENTLE YOGA	1:00 pm* BSC	12:00 pm** GENTLE YOGA	6:30 pm* BSC/STRETCH		
4:00 pm* YOUTH MARTIAL ARTS RBCT	4:00 pm* FUNCTIONAL CROSS TRAINING	4:00 pm*** YOGA (MULTI LEVEL)	4:00 pm* FUNCTIONAL CROSS TRAINING			
5:30 pm* CI	✔5:15 pm** STRETCH/ABS	4:00 pm* YOUTH MARTIAL ARTS RBCT	5:10 pm* CORE STABILITY			
6:00 pm* CYCLE	5:30 pm* CYCLE	5:45 pm (45) ✔CI	6:00 pm* SPIN			
6:30 pm* ✔BSC	5:30 pm STEP	6:00 pm* SPIN	✔6:15 pm** CARDIO KICK+ABS			
6:30* ADULT MARTIAL ARTS RBCT	6:30 pm* BSC	6:30 pm (45) ✔BSC	7:45 pm** POWER YOGA			
7:45 pm** POWER YOGA	7:45 pm* GENTLE YOGA	6:30* ADULT MARTIAL ARTS RBCT				
		7:00 SPIN/STRETCH				
		7:15 pm* PILATES				

R-BALL COURT for all SPIN CLASSES

✔Music Volume Increased *60 Minute Class **75 Minute Class ***90 Minute Class

Definition of Classes

A-STEP	=	Advanced level step
LO IMPACT/SCULPT	=	Beginner level aerobics class — 30 minutes of cardio & 30 minutes of strength training
GENTLE YOGA	=	Beginner level class — focus on intro to postures and developing flexibility
BSC AND BSC/STRETCH	=	Body sculpting — total body strength/conditioning class, w/ the latter portion focusing on stretch and flexibility technique
CIRCUIT INTERVAL TRAINING	=	Wake up in the morning with a workout that challenges the whole body. This high intensity training incorporates cardio training stations with strength training stations
CARDIO DANCE	=	High intensity hour of fun/stylish aerobic movement
YOUTH INDOOR CYCLE	=	Youth will learn the fundamentals of cycling. Youth will use the spinning bikes to cycle on as they are guided through an exciting journey in their imaginations. Participants must have a 28 inch inseam to use the spinning bikes
CARDIO INTERVAL	=	Class combines aerobic training and strength training in "interval" segments
CARDIO SCULPT	=	Non stop strength training class
CI & CI SCULPT	=	Combination impact hi/lo — high intensity class (the sculpt portion includes upper body and ab work)
CORE STABILITY	=	Stress the importance of the body's center of power — the core
DOUBLE STEP	=	class utilizes 2 platforms to create combinations
FUNCTIONAL CROSS TRAININIG	=	An advanced level class with an unique mix of aerobic & anaerobic conditioning, incorporating resistance & stability training
CARDIO KICK +ABS	=	This high intensity multi-level class combines an aerobic workout with latter portion focusing on Abs
LATIN GROOVE	=	A multi-level class that incorporates different Latin dance steps and rhythms in order to create a fun "hip shaking" cardio workout
PILATES	=	Functional strength and stretch class
POWER YOGA	=	Advanced level yoga class — focus on perfection of postures, increased flexibility and meditation
SPIN	=	Indoor group cycle
STEP INTERVAL	=	Class combines step and weight training in "interval" segments
STEP	=	A high intensity, low impact cardio class designed to develop cardiovascular and muscle endurance
STRETCH	=	Used to develop muscular and joint flexibility
TAKE IT FROM THE TOP	=	30 minutes of upper body strength training
YOGA	=	Technique used to develop the mind body connection and improve posture, strength and flexibility. The multi level classes are for all fitness levels
TOTAL BODY CONDITIONING	=	Total body workout using strength training techniques, reactive drills, and combinations from hi lo and step workouts. This class works the body's aerobic and anaerobic systems with several of the training techniques listed above. The best part is no two classes are ever alike.

Masters Swimming
Instruction Tues. 8-9 pm. Come Join Us!

JUNE

AQUATICS SCHEDULE

SUMMER POOL HOURS
Mon.-Fri. 6 am-10:30 pm Sat. & Sun. 7 am-7 pm

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6-9:30 am Swim Lesson/Lap Swim	6-9:30 am Swim Lesson/Lap Swim	6-9:30 am Swim Lesson/Lap Swim	6-9:30 am Swim Lesson/Lap Swim	6-10 am Swim Lesson/Lap Swim	7-9 am Lap Swim	7-10 am Lap Swim
9:30-10:15 am Cardio II	9-10 am Cardio I	9:30-10:30 am H2O Func. Crosstraining	9:30-10:15 am Cardio Circuits	10-11 am Cardio I	9-10:30 am Cardio II	10-11:15 am Cardio I
10:15-11:00 am Strength & Flexibility	10-11 am Osteo-Arthritis	10:30-11:30 am Osteo Arthritis	10:15-11 am Yoga-Afloat®	11-12 pm Osteo-Arthritis	10:30-1 pm Swim Lessons	11:15-4 pm Open Swim
11-2 pm Swim Lesson/Open Swim	11-3:30 pm Swim Lesson/Open Swim	1-6:30 pm Swim Lesson/Open Swim	11-7 pm Swim Lesson/Open Swim	1-6 pm Swim Lesson/Open Swim	1-9:30 pm Swim Lesson/Open Swim	4-5 pm Cardio II
2-6:30 pm Swim Lesson/Open Swim	7-8 pm Cardio I	6:30-7:30 pm Cardio I	7-8 pm Cardio I	6-9 pm Open Swim		5-9:30 pm Open Swim
6:30-7:30 pm Cardio I	8-9 pm Open Swim	7:30-9 pm Open Swim	8-9 pm Open Swim	9-10:30 pm Lap Swim		
7:30-9 pm Open Swim	9-10:30 pm Open Swim/Lap Swim	9-10:30 pm Lap Swim	9-10:30 pm Lap Swim			
9-10:30 pm Lap Swim						

*** During Open Swim, lap swimming is only allowed in the reserved lap lane.**
*** One lane will be open at all times for Lap Swimming — PLEASE SHARE THE LANES. CIRCLE SWIM, 30 MINUTE TIME LIMIT WHILE OTHERS ARE WAITING.**
*** No children under 8 years of age may be left unattended.**
*** No children allowed in pool during H_2O aerobic classes.**
*** Any child 8 to 12 unaccompanied by an adult must pass a swim test.(See Lifeguard for details)**
*** During swim clinics only one lane is open, please share the lanes.**
*** During Open Swim time one lane might be used for the swimming lesson.**

Kids under 16 are not permitted to use hot tub

AQUATIC CLASS DESCRIPTION

- **CARDIO I** - Vigorous movement class; this class will improve the participants cardiovascular endurance.
- **CARDIO II** - Intermediate to advanced level water movement class.
- **GROUP SWIM LESSON** - This class consists of 2-6 participants with similar training needs. The minimum age is 6 months old. Please contact the Aquatics Director for further details.
- **LAP SWIM** - One lane will be reserved throughout the day for "lap" swimmers of any age. 30 minute time limit when others are waiting.
- **MASTER SWIM** - Lap and competitive swimming for adults. See Jean Skinner for details.
- **CARDIO CIRCUITS** - A harmonious blend of aerobic conditiong and strength training.
- **OPEN SWIM** - Pool is unreserved and available for members' enjoyment.
- **SWIM CLINIC** - Swim class used to develop stroke technique and racing strategy. See Terri Harper for details.
- **THERAPEUTIC MOVEMENT** - Geared towards opening joints and the need of individuals with arthritis and Fibromyalgia.
- **TONING & FLEXIBILITY** - Lengthen and strengthen muscles using a variety of equipment.
- **YOGA-AFLOAT®** - Combines traditional yoga poses with other dynamic moves to improve flexibility, balance and other muscular strength.
- **HzO FUNCTIONAL X TRAINING** - This class provides both aerobic conditioning with core strength building.