

## 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-9 pm | Swim Lessons/Open Swim<br>10:30 am-7:30 pm | Swim Lessons/Open Swim<br>11:15 am-4:15 pm |
| Swim Lessons/Open Swim<br>11:30 am-7:30 pm | Swim Clinics 4-7 pm                     | Aqua-Core<br>7-8 pm                     | Hydro Fit<br>7-8 pm                     | Swim Lessons/Lap Swim<br>9-10:30 pm     |  | Swim Clinics<br>4:15-8:00 pm               |
| Open Swim<br>7:30-9 pm                     | Hydro Fit 7-8 pm                        | Swim Lessons/Open Swim<br>8-9 pm        | Swim Lessons/Open Swim<br>8-9 pm        |   |  |  |
| Lap Swim<br>9-10:30 pm                     | Swim Lessons/Open Swim<br>8-9 pm        | Swim Lessons/Lap Swim<br>9-10:30 pm     | Swim Lessons/Lap Swim<br>9-10:30 pm     |   |  |  |
|  | Swim Lessons/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>6:15-7 am | Yoga Flow<br>12-1:15 pm    | ML Pilates<br>11:30 am-12:30 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          | Core & More<br>9-10 am           | Ashtanga Yoga<br>4-5:30 pm | Tai Chi - Beginners<br>11 am-12 pm | Fundamental<br>Pilates<br>10:30-11:30 am         |
| ML Pilates<br>7:30-8:30 pm     | Core Fit<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>12:30-1:45 pm | Ashtanga Yoga<br>4-5:30 pm                | Core Fit<br>5:30 - 6:30 pm       |                            | Hatha Yoga<br>12:30-1:30 pm        | Yoga Fusion<br>5:30-7 pm                         |
|                                | Yoga Fusion<br>7:30-8:45 pm          |   | Yoga Fusion<br>7:30 - 8:45 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                      | Step Reebok 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          | Osteo-Impact 6-7 am                | Formula One Cycle<br>6:15-7:15 am     | Boot Camp 6-7 am                      | Velocity Cycle<br>8-9:30 am           | Jump & Jam<br>12-1:30 pm              |
| Cardio Interval 8-9 am             | Super Stretch 7-8 am                  | Velocity Cycle 6:15-7:15 am        | Intense Step 7:45-8:45 am             | Cardio Interval 8-9 am                | XXX<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                  | Fit 4 Kids 4-5 pm                     |                                       |
| Body Blast 9-10 am                 | Body Blast 9-10 am                    | Cycle Fusion 9-10 am               | Body Blast 9-10 am                    | XXX 9-10 am                           | Cross Train Challenge<br>5:30-6:30 pm |                                       |
| XXX 10-11 am                       | Total Tone 10-11 am                   | Body Blast 9-10 am                 | Core & More 10-11 am                  | Body Blast 10-11 am                   | Belly Dancing<br>6-7 pm               |                                       |
| Muscle Hustle 11 am-12 pm          | Core Fit<br>11:30 am - 12:30 pm       | XXX 10-11 am                       | Muscle Hustle 11 am-12 pm             | Muscle Hustle 11 am-12 pm             |                                       |                                       |
| Fit 4 Kids 3-4 pm                  | Body Blast 4-5 pm                     | Muscle Hustle 11 am-12 pm          | Body Blast 4-5 pm                     | Fit 4 Kids 4-5 pm                     |                                       |                                       |
| Youth Martial Arts<br>3:30-5:30 pm | Youth Conditioning 4-5 pm             | Cross Cycle 12-1 pm                | Youth Conditioning 4-5 pm             | Cross Train Challenge<br>5:30-6:30 pm |                                       |                                       |
| Belly Dancing 5:30-6:30 pm         | Fit 4 Kids 4-5 pm                     | Core Fit 12:30 -1:30 pm            | Fit 4 Kids 4-5 pm                     | Belly Dancing<br>6-7 pm               |                                       |                                       |
| Velocity Cycle 6-7 pm              | Velocity Cycle 5:30-6:30 pm           | Fit 4 Kids 3-4 pm                  | Core Fit Intermediate<br>5:30-6:30 pm |                                       |                                       |                                       |
| Body Blast 6:30-7:30 pm            | Cardio Jam 5:30-6:30 pm               | Martial Arts 3:30-5:30 pm          | Velocity Cycle 6-7 pm                 |                                       |                                       |                                       |
|                                    | Cross Train Challenge<br>6:30-7:30 pm | Youth Conditioning 4-5 pm          | Muscle Up 6:30-7:30 pm                |                                       |                                       |                                       |
|                                    | XXX 7:30-8:30 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                 |                                       |                                       |                                       |                                       |

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

# June 2009 Calendar of Events

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