

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 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 Core Fit 12-12:30 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 Core Fit 12:30 - 1:30 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 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 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-9:30 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 4:15-8:00 pm Lap Swim 8:00-9:30 pm

MIND & BODY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Betterback 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 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 5:30 - 6:30 pm Yoga Fusion 7:30 - 8:45 pm	Yoga Flow 12-1:15 pm Ashtanga Yoga 4-5:30 pm	Multilevel 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 6-6:45 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	Early AM Challenge 6-7 am Osteo-Impact 6:15-7 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 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 6-7 pm Cycle Fusion 6-7 pm	Boot Camp 6-7 am Formula One Cycle 6:15-7:15 am Core & More 9-10 am Body Blast 10-11 am Muscle Hustle 11 am-12 pm Body Blast 4-5 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 Total Tone 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 XXX 9:15-10:30 am Cardio Dance 10:30-11:30 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

March 2009 Calendar of Events

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