

AQUATIC SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Swim Lessons/Lap Swim 6-9:30 am	Swim Lessons/Lap Swim 6-9:30 am	Swim Lessons/Lap Swim 6-9:30 am	Swim Lessons/Lap Swim 6-9:30 am	Swim Lessons/Lap Swim 6-11:30 am	Lap Swim 7-9 am	Lap Swim 7-10 am
Power Plunge! 10:00-10:45 am	H2O Turbo 9:30-10:45 am	H2O Total Tone 9:30-10:45 am	Splash Dance 9:30-10:45 am	H2O Turbo 9:30-10:45 am	Water Works 9-10:30 am	Aqua-Mix 10-11:15 am
Strength & Flexibility 10:45-11:30 am	Swim Lessons/Open Swim 11:30-7 pm	Swim Lessons/Open Swim 10:30-6:30 pm	Swim Lessons/Open Swim 11-7 pm	Swim Lessons/Open Swim 1-9:30 pm	Swim Lessons/Open Swim 10:30-7:30 pm	Swim Lessons/Open Swim 11:30-4 pm
Swim Lessons/Open Swim 11-6:30 pm	Hydro Fit 7-8 pm	Aqua-Core 7:00-8:00 pm	Soft Core (Fitness) 11:30 am	Lap Swim 9-10:30 pm		Water Works 3:15-5 pm
Soft Core (Fitness) 12:00 pm	Open Swim 8-9 pm	Open Swim 7:30-9 pm	Hydro Fit 7-8 pm			Open Swim 5-7 pm
Open Swim 7:30-9 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Open Swim 8-9 pm			
Lap Swim 9-10:30 pm			Lap Swim 9-10:30 pm			

MIND & BODY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Pilates with Props 7:15-8:00 Am	Hatha Yoga 6-7 am	Core & More 8-9 am	Yoga Fusion 7:30-8:45 pm	Core & More 8-9 am	Family Martial Arts 9-10:30 am	Hatha Yoga 8-9 am
Core & More 8-9 am	Pilates 7:00-8:00am	Pilates 9:30-10:30 am	Core & More 8-9 am	Yoga Flow 12-1:15 pm	Cycle Stretch 9:30-10:00 am	Fundamental/Beginners Pilates 4:30-5:30 pm
Soft Core 12-12:30 pm	Core & More 8-9 am	In Sync Yoga 12-1 pm	Soft Core 11:30 - 12:00 pm	Ashtanga Yoga 4-5:30 pm	Multilevel Pilates 11:30-12:30 pm	Yoga Fusion 5:30-7 pm
Betterback Yoga 12-1:15 pm	Soft Core 12-12:30 pm	1/2 Hour Power Stretch 12-12:30 pm	Yoga 12-1:15 pm		Tai Chi* - Beginners 11:30-12:30 pm	
Martial Arts Youth 4-5 pm	Yoga Pilates Fusion 12:30-1:45 pm	Martial Arts Youth 4-5:30 pm	Yoga 7:30 - 8:30 pm		In Sync Yoga 12:30-1:30 pm	
Intermediate Pilates 4-5 pm	Iyengar Yoga 7:30-8:30 pm	Ashtanga Yoga 4-5:30 pm			Tai Chi* - Intermediate 12:30-1:30 pm	
Hatha Yoga 7:30-8:30 pm		Cycle Stretch 7-7:30 pm				
		Hatha Yoga 7:30-8:30 pm				

* additional fee

GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Boot Camp 6-7 am	Formula One 6:15-7:15 am	Early AM Challenge 6-7 am	Boot Camp 6-7 am	Step Reebok 6-7 am	Triple Fit 7:45-9 am	Step It Up 9-10:15 am
Interval Conditioning 6-7 am	OsteoImpact 6:15-7:00 am	Power Yoga ABCs 7-7:30 am*	Formula One Cycle 6:15-7:15 am	Chisel 7-7:45 am	Velocity Cycle 8-9:30 am	Shape Up! 10:15-11:30 am
Core & More 8-9 am	Evolution Cycle 7:15-8:15 am	Osteo-impact 7-8 am	Core & More 8-9 am	Core & More 8-9 am	Super XXX 9-10:15 am	Jump & Jam 12:00 -1:30 pm
Spin 9-10 am	Core & More 8-9 am	Core & More 8-9 am	Body Blast 9-10 am	Cycle Fusion 9-10 am	Dance Enhanced 10:15-11:30 am	Fit Kids 1:30-2:30 pm
Body Blast 9-10 am	Body Blast 9-10 am	Cycle Fusion 9-10 am	Belly Dancing 10-11 am	Body Blast 9-10 am		
XXX 10-11 am	Muscle Madness 10-11 am	Body Blast 9-10 am	Soft Core 11:30-12 pm	XXX 10-11 am		
Muscle Hustle 11-12 pm	Dance Enhanced 11 am - 12 pm	XXX 10-11 am	Dance Enhanced 11-12 pm	Muscle Hustle 11-12 pm		
Soft Core 12-12:30 pm	Soft Core 12-12:30 pm	Muscle Hustle 11-12 pm	Body Blast 4-5 pm	Core Fit 5:30-6:30 pm		
Belly Dancing 5:30-6:30 pm	Body Blast 4-5 pm	Jump & Jam 5:30 - 7:00 pm	Total Tone 5-6 pm	Belly Dancing 6:30-7:30 pm		
Velocity Cycle 6-7 pm	Velocity Cycle 5:30-6:30 pm	Cycle Fusion 6-7 pm	Body Blast 6:30-7:30 pm			
Body Blast 6:30-7:30 pm	Cardio Jam 5:30-6:30 pm	Dance Enhanced 7:00 - 8:00 pm	Velocity Cycle 6-7 pm			
	Total Tone 6:30-7:30 pm					
	Power Circuit 8:30-9 pm*					

Note: Classes subject to change.

THE MCLEAN RACQUET
ESTABLISHED 1972 & HEALTH CLUB

May 2006 Calendar of Events

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

www.mcleanracquetandhealthclub.com