

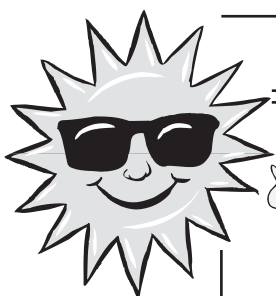
Spring Club Hours  
 Monday - Friday 6am - 11 pm  
 Saturday & Sunday 7 am - 10 pm  
 Pool closes @ 10:30 pm Mon. - Fri., 7:30 pm Sat. & Sun.  
 Youth Fitness Hrs: (Ages 8-15) Mon. - Fri. 11 am - 5 pm  
 Sat. & Sun. 10 am - 3 pm  
 Playroom Hours: Mon. - Fri. 8 am - 8 pm  
 Sat. & Sun. 8:30 am - 3 pm



# May 2007

**SPRING Into Fitness!**  
**Get a NEW Program**  
*Contact Fitness 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 (Pizza/Pasta Every Wednesday)

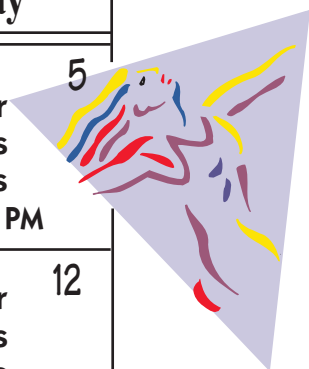


**Summer  
 Camps  
 Start  
 Next  
 Month!**

**Don't Miss It!  
 Sign Up  
 At The  
 Front Desk**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 6 Adult Tennis Clinics 8-10 AM Junior Tennis Clinics 12:30-4 PM	7 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 PM	1 3.5 Mixed Doubles Flight 8:30-10 PM	2 Ladies GWTA Team Tennis Match 10 AM - 1 PM	3 3.5 Women's Flight 10:30-12 PM Men's 4.0 Doubles 8:30-10 PM	4 Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles 8-10 pm	5 Junior Tennis Clinics 2:30 - 6 PM
6 Adult Tennis Clinics 8-10 AM Junior Tennis Clinics 12:30-4 PM	7 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 PM	8 3.5 Mixed Doubles Flight 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM - 1 PM	9 Ladies GWTA Team Tennis Match 10 am-1pm	10 Men's 4.0 Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM - 1 PM	11 Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles 8-10 pm	12 Junior Tennis Clinics 2:30 - 6 PM
13 Adult Tennis Clinics 8-10 AM Junior Tennis Clinics 12:30-4 PM	14 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 PM	15 3.5 Mixed Doubles Flight 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM - 1 PM	16 Ladies GWTA Team Tennis Match 10 am-1pm	17 Men's 4.0 Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM - 1 PM	18 Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles 8-10 pm	19 Junior Tennis Clinics 2:30 - 6 PM
20 Adult Tennis Clinics 8-10 AM Junior Tennis Clinics 12:30-4 PM	21 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 PM	22 3.5 Mixed Doubles Flight 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM - 1 PM	23 Ladies GWTA Team Tennis Match 10 am-1pm	24 Men's 4.0 Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM - 1 PM	25 Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles 8-10 pm	26
27 NO TENNIS CLINICS	28 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 PM	29 3.5 Mixed Doubles Flight 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM - 1 PM	 30 Cardio Tennis 7-8 AM	31 Men's 4.0 Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM - 1 PM		



**Pamper  
 Mom  
 For  
 Mother's  
 Day  
 With  
 A  
 Massage!**

## AQUATIC SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Swim lessons/Lap Swim 6:9-3:0 am	Swim lessons/Lap Swim 6:9-3:0 am	Swim lessons/Lap Swim 6:9-3:0 am	Swim lessons/Lap Swim 6:9-3:0 am	Swim lessons/Lap Swim 6:9-3:0 am	Swim lessons/Lap Swim 7:9 am	Swim lessons/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	H2O Turbo 9:30-10:45 am	Total Tone 9:30-10:45 am	Aqua Core 9-10:30 am	Aqua-Mix 10-11:15 am
Strength & Flexibility 10:45-11:30 am	Swim lessons/Open Swim 10:45-4 pm	Swim lessons/Open Swim 10:45-7 pm	Swim lessons/Open Swim 10:45-7 pm	Swim lessons/Open Swim 10:45 am-9:00 pm	Swim lessons/Open Swim 10:30-9:30 pm	Swim lessons/Open Swim 11:30-3 pm
Swim Lessons/Open Swim 11:30-7:30 am	Swim Clinics 4-7 pm	Aqua Core 7:00-8:00 pm	Hydro Fit 7-8 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Water Works 3-1:54:15 pm
Soft Core (Fitness) 12:00 pm	Hydro Fit 7-8 pm	Open Swim 8-9 pm	Open Swim 8-9 pm	Open Swim 8-9 pm	Open Swim 8-9 pm	Swim Clinics 4:15-7:00 pm
Open Swim 7:30-9 pm	Open Swim 8-9 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Open Swim/ Swim Lessons 7-9:30 pm
Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm

MON	TUE	WED	THU	FRI	SAT	SUN
Balletback Yoga 12-1:15 pm	Hatha Yoga 6-7 am	Plates 9:30-10:30 am	Plates 7-1:58:00 am	Yoga Flow 12-1:15 pm	Multilevel Plates 11:30-12:30 pm	Hatha Yoga 8-9 am
Intermediate Plates 4-5 pm	Plates 7-8 am	In Sync Yoga 12-1 pm	Core & More 8-9 am	Ashanga Yoga 4:5-3:0 pm	Tai Chi* - Beginners 11:30-12:30 pm	Fundamental/Beginners Plates 4:30-5:30 pm
Plates 7:30-8:30 pm	Core & More 8-9 am	1/2 Hour Power Stretch 12-12:30 pm	Yoga 12-1:15 pm	Yoga 7:30 - 8:30 pm	Tai Chi* - Intermediate 12:30-1:30 pm	Yoga Fusion 5:30-7 pm
	Soft Core 12-12:30 pm	Ashanga Yoga 4-5:30 pm				
	Yoga 12:30-1:45 pm					
	7:30-8:30 pm					

\* additional fee

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 7:45-9 am	Step It Up 9-10:15 am
Cardio Interval 8-9 am	Formula One 6:15-7:15 am	Osethpaat 6:7 am	Formula One Cycle 6:15-7:15 am	Boot Camp 6:7 am	Cardio Interval 8-9 am	Jump & Jam 12:00-1:30 pm
Spin 9-10 am	Evolution Cycle 7:15-8:15 am	Power Yoga ABCs 7:30 am*	Cardio Interval 8-9 am	Cardio Interval 8-9 am	Velocity Cycle 8-9:30 am	Fit Kids 1:30-2:30 pm
Body Blast 9-10 am	Core & More 8-9 am	Osethpaat 7-8 am	Cardio Interval 8-9 am	Cycle Fusion 9-10 am	Super XXX 9-10:15 am	
XXX 10-11 am	Spin 9-10 am	Cardio Interval 8-9 am	Body Blast 9-10 am	Body Blast 9-10 am	XXX 10-11 am	
Muscle Hustle 11-12 pm	Body Blast 9-10 am	Body Blast 9-10 am	Soft Core 11:30-12 pm	Muscle Hustle 11-12 pm	Muscle Hustle 11-12 pm	
Marital Arts 3:30-5 pm	Dance Enhanced 11 am - 12 pm	Muscle Hustle 11-12 pm	Dance Enhanced 11-12 pm	Cross Train Challenge 5:30-6:30 pm	Dance Enhanced 10:15-11:30 am	
Youth Conditioning 4-5 pm	Dance Enhanced 11 am - 12 pm	Marital Arts 3:30-4:30 pm	Body Blast 4-5 pm	Belly Dancing 6:30-7:30 pm		
Belly Dancing 5:30-6:30 pm	Soft Core 12-12:30 pm	Marital Arts 3:30-4:30 pm	Youth Conditioning 4-5 pm	Belly Dancing 6:30-7:30 pm		
Velocity Cycle 6-7 pm	Body Blast 4-5 pm	Cross Train Challenge 5:30 - 6:30 pm	Total Tone 5:30-6:30 pm			
Body Blast 6:30-7:30 pm	Body Blast 4-5 pm	Cycle Fusion 6:7 pm	Velocity Cycle 6-7 pm			
	Youth Conditioning 4-5 pm	Cardio Jan 5:30-6:30 pm	Body Blast 6:30-7:30 pm			
	Velocity Cycle 5:30-6:30 pm	Dance Lessons* 7:30 - 9:30 pm				
	Cardio Jan 5:30-6:30 pm					
	Total Tone 6:30-7:30 pm					

Note: Classes subject to change.

\* Additional Fee

# THE McLEAN RACQUET & HEALTH CLUB

ESTABLISHED 1972

## May 2007 Calendar of Events

1472 Chain Bridge Road  
McLean, Virginia 22101

(703) 356-3300

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