

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! 9:30-10:15 am	H2O Turbo 0-0 am	H2O Total Tone 9:30-10:30 am	Splash Dance 9:30-10:15 am	H2O Total Tone 11:30-12:30 pm	Water Works 9-10:30 am	Aqua-Mix 10-11:15 am
Strength & Flexibility 10:15-11 am	Osteo-Arthritis 10:30-11:30 am	Swim Lessons/Open Swim 10:30-12:30 pm	Yogart Afloat 10:15-11 am	H2O Turbo 12:30-1:30 pm	Swim Lessons/Open Swim 10:30-12:30 pm	Swim Lessons/Open Swim 11:30-4 pm
Swim Lessons/Open Swim 11-6:30 pm	Swim Lessons/Open Swim 11:30-7 pm	H2O Turbo 12:30-1:30 pm	Swim Lessons/Open Swim 11-7 pm	Swim Lessons/Open Swim 1-9:30 pm	Lap Swim	Water Works 4-5 pm
Soft Core (Fitness) 11:30 am	Water Waves 7-8 pm	Swim Lessons/Open Swim 1:30-6:30 pm	Soft Core (Fitness) 11:30 am			Open Swim 5-9 pm
Class 6:30-7:30 pm	Open Swim 8-9 pm	Aqua-Core 6:30-7:30 pm	Water Waves 7-8 pm			Lap Swim
Open Swim 7:30-9 pm		Open Swim	Open Swim 8-9 pm			

MIND & BODY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Betterbac Yoga 12-1:15 pm	Hatha Yoga 6-7 am	Power Yoga 7-7:30 am	Fundamental/Beginners Pilates 6:15-7 am	Yoga Flow 12-1:15 pm	Martial Arts Adult 9-10 am	Hatha Yoga 8-9 am
Core Fit 3-4 pm	Power Pilates 7-7:30 am	Pilates Reformer Level 1 11-12 pm	Pilates Reformer 7-8 pm	Ashtanga Yoga 4-5 pm	Pilates Reformer Level 1 10:30-11:30 am	Fundamental/Beginners Pilates 4:30-5:30 pm
Martial Arts Youth 3:30-5 pm	Pilates Reformer Level 1 9:15-10:15 am	In Sync Yoga 12-1 pm	Pilates Reformer 7-8 pm	Pilates Reformer Level 1	T'ai Chi 11:30-12:30 pm	Yoga Fusion
Intermediate Pilates 4-5 pm	Pilates Reformer Level 2 10:15-11:15 am	Multilevel Pilates 12-1 pm	Multi Stretch 7:30-8 am		Multilevel Pilates 11:30-12:30 pm	
Yoga Fusion 7:30-8:45 pm	Fundamental/Beginners Pilates 11:30-12:30 pm	Fabulous Facercise 2-3 pm	Multilevel Pilates 10-11 am		T'ai Chi Intermediate 12:30-1:30 pm	
	Yoga Flow	Martial Arts Youth 3:30-5 pm	Pilates Reformer Level 2 11:15-12:15 pm		In Sync Yoga	
		Ashtanga Yoga 4-5:30 pm	Yoga Flex 12-1 pm			
		Cycle Stretch 7-7:30 pm				
		Multilevel Pilates				

GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Boot Camp 5:45-7 am	Formula One 6:15-7:15 pm	Boot Camp 5:45-7 am	Power Hour 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	Evolution Cycle 7:15-8:15 pm	Early AM Challenge 6-7 am	Formula One Cycle 6:15-7:15 am	Power Circuit 7-7:30 am	Velocity Cycle 8-9:30 am	Shape Up! 10:15-
Power Circle Step 7:30 am	Power Pilates 7-7:30 am	Power Yoga ABCs 7-7:30 am	Power Awesome Abs 7-7:30 am	Core & More 8-9 am	XXX 9-10:15 am	
Step 8-9 am	Core & More 8-9 am	Osteo-Impact 7-8 am	Core & More 8-9 am	Fusion 9-10 am	Dance Enhanced	
Spin 9-10 am	Shape Up! 9-9:30 am	Step 8-9 am	Move & Groove 9-10 am	Cardio Ball 9-10 am		
Shimmey & Shake 9-10 am	Step Combo 9:30-10 am	Fusion 9-10 am	Shape Up! 11-12 pm	Serve It Up 9:30-10:15 am		
Serve It Up 9:30-10:15 am	Muscle Madness 10:30-11:30 am	Shape Up! 9-10 am	Soft Core 11:30-12 pm	Step It Up 10-11 am		
Muscle Hustle 11-12 pm	Yoga 12:30-1:30 pm	Body Blast 10-11 am	Triple Fit 1-2 pm	Total Zone 11-12 pm		
Soft Core 11:30-12 pm	Body Blast 4-5 pm	Muscle Hustle 11-12 pm	Body Blast 4-5 pm	Triple Fit 5:30-6:30		
	Youth Conditioning 4-5 pm	Muscle Sculpt 1-2 pm	Youth Conditioning 4-5 pm			
	Power Chisel 5-5:30		Core Fit 5-6 pm			

THE MCLEAN RACQUET
ESTABLISHED 1972 & HEALTH CLUB

NOVEMBER 2004

Calendar of Events

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

www.mcleanracquetandhealthclub.com