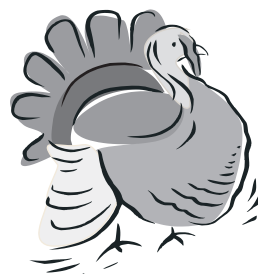


www.mcleanracquetandhealthclub.com

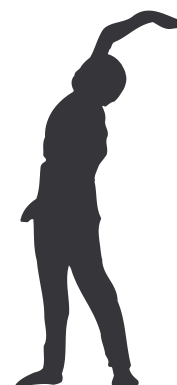


# November 2006



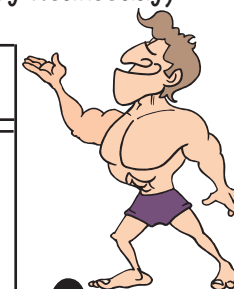
**COURTSIDE CAFE**  
**LUNCH**  
 11 am-3 pm (Everyday)  
 11:30 am-2 pm (Buffet)  
**DINNER**  
 5-9 pm (M-F)  
 5:30-8:30 pm (Buffet ex Wed.)  
 6-8:30 (Pizza/Pasta Every Wednesday)

**Fall 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



**We Now Have Private Pilates Reformer Sessions! See Fitness For Details**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>The NEW Cybex Equipment Has Arrived!</b> <b>Trainers are standing by to assist you!</b>			1	2 3.5 Women's Flight Men's 4.0 Doubles 8:30-10 PM	3 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	4 Junior Match Play 8 - 10 PM
5 Junior Clinics 12:30-2 PM	6 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-7 PM	7 4.0 Women's Flight 9-10:30 AM 3.5 Mixed Doubles Flight 8:30-10 PM	8 Ladies Singles Flight 10:30-11:30	9 3.5 Women's Flight Men's 4.0 Doubles 8:30-10 PM	10 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	11 Century Tournament 8 AM - 6 PM
12 Century Tournament 8 AM - 6 PM	13 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	14 4.0 Women's Flight 9-10:30 AM 3.5 Mixed Doubles Flight 8:30-10 PM	15 Ladies Singles Flight 10:30-11:30	16 3.5 Women's Flight Men's 4.0 Doubles 8:30-10 PM	17 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	18 Junior Match Play 8 - 10 PM
19 Junior Clinics 12:30-2 PM	20 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	21 4.0 Women's Flight 9-10:30 AM 3.5 Mixed Doubles Flight 8:30-10 PM	22 Ladies Singles Flight 10:30-11:30	23 CLOSED Thanksgiving Day	24 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	25 Junior Match Play 8 - 10 PM
26 No Junior Clinics	27 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	28 4.0 Women's Flight 9-10:30 AM 3.5 Mixed Doubles Flight 8:30-10 PM	29 Ladies Singles Flight 10:30-11:30	30 3.5 Women's Flight Men's 4.0 Doubles 8:30-10 PM	<b>Our Group Exercise Schedule Can't Be Beat! See You There!</b>	



**Stay Fit This Fall!**

