

AQUATIC SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Swim Lessons/Lap Swim 6-10 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 6-9:30 am	Swim Lessons/Lap Swim 7-9 am	Swim Lessons/Lap Swim 7-10 am
Power Plunge! 10-10:45 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 am-4 pm	Swim Lessons/Open Swim 10:45 am-7 pm	Swim Lessons/Open Swim 10:45 am-7 pm	Swim Lessons/Open Swim 10:45 am-9 pm	Swim Lessons/Open Swim 10:30 am-9:30 pm	Swim Lessons/Open Swim 11:15 am-4:15 pm
Swim Lessons/Open Swim 11:30 am-9:00 pm	Swim Clinics 4-7 pm	Aqua-Core 7-8 pm	Hydro Fit 7-8 pm	Lap Swim 9-10:30 pm		Swim Clinics 4:15-8:00 pm
Lap Swim 9-10:30 pm	Hydro Fit 7-8 pm	Open Swim 8-9 pm	Open Swim 8-9 pm			Swim Lessons/Open Swim 8:00-9:30 pm
	Open Swim 8-9 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm			
	Lap Swim 9-10:30 pm					

MIND & BODY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Betterback Yoga 12-1:15 pm	Stretch 7-8 am	Core & More 8-9 am	Fundamental Pilates 6-7 am	Yoga Flow 12-1:15 pm	Tai Chi - Beginners 11 am-12 pm	Hatha Yoga 8-9 am
Intermediate Pilates 4-5 pm	Core & More 8-9 am	Stretch and Relax 12-12:30 pm	Balletone 10-11 am	Ashtanga Yoga 4-5:30 pm	ML Pilates 11:30 am-12:30 pm	Fundamental Pilates 10:30-11:30 am
ML Pilates 7:30-8:30 pm	Core Fit/Stretch 11:30 am-12:30 pm	Core Fit Intermediate 12:30-1:30 pm	Better Back Yoga 12-1:15 pm		Tai Chi - Intermediate 12-1 pm	Fundamental/Beginners Pilates 4:30-5:30 pm
	Yoga Pilates Fusion 12:30-1:30 pm	Core Fit Intermediate 12:30-1:30 pm	Core Fit Intermediate 5:30 - 6:30 pm		Hatha Yoga 12:30-1:30 pm	Yoga Fusion 5:30-7 pm
	Be Fit, Be Well 1:30-2:30 pm	Ashtanga Yoga 4-5:30 pm	Yoga Fusion 7:30 - 8:45 pm			
	Yoga Fusion 7:30-8:30 pm					

GROUP EXERCISE SCHEDULE

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	Hi-Lo Combo 6-7 am	Triple Fit 8-9:15 am	Cross Train Challenge 9 - 10:15 am
Interval Conditioning 6-7 am	Evolution Cycle 6:15-7:15 am	Cross Train Challenge 6-7 am	Formula One Cycle 6:15-7:15 am	Boot Camp 6-7 am		
Cardio Interval 8-9 am	Stretch 7-8 am	Velocity Cycle 6:15-7:15 am	Intense Step 7:45-8:45 am	Cardio Interval 8-9 am	Velocity Cycle 8-9:30 am	Jump & Jam 12 -1:30 pm
Cycle Fusion 9-10 am	Core & More 8-9 am	Core and More 8-9 am	Body Blast 9-10 am	Cycle Fusion 9-10 am	Ultimate Fitness 9:15-10:30 am	Fit Kids 1:30-2:30 pm
Kukuwa Dance 9-10 am	Body Blast 9-10 am	Cycle Fusion 9-10 am	Balletone 10-11 am	Ultimate Fitness 9-10 am		
Ultimate Fitness 10-11 am	Ultimate Fitness 10-11 am	Body Blast 9-10 am	Muscle Hustle 11 am-12 pm	Body Blast 10-11 am	Fit 4 Kids 4-5 pm	
Muscle Hustle 11 am-12 pm	Core Fit/Stretch 11:30 am - 12:30 pm	Ultimate Fitness 10-11 am	Youth Conditioning 4-5 pm	Muscle Hustle 11 am-12 pm	Cardio Dance 10:30-11:30 am	
Fit 4 Kids 3-4 pm	Be Fit, Be Well 1:30-2:30 pm	Muscle Hustle 11 am-12 pm	Fit 4 Kids 4-5 pm	Fit 4 Kids 4-5 pm		
Youth Martial Arts 3:30-5:30 pm	Body Blast 4-5 pm	Cross Cycle 12-1 pm	Core Fit Intermediate 5:30-6:30 pm	Youth Conditioning 4-5 pm		
Belly Dancing 5:30-6:30 pm	Youth Conditioning 4-5 pm	Core Fit Intermediate 12:30 - 1:30 pm	Velocity Cycle 6-7 pm	Cross Train Challenge 5:30-6:30 pm		
Velocity Cycle 6-7 pm	Fit 4 Kids 4-5 pm	Fit 4 Kids 3-4 pm	Boot Camp 6:30-7:30 pm	Belly Dancing 6-7 pm		
Cross Training Challenge 6:30-7:30 pm	Velocity Cycle 5:30-6:30 pm	Martial Arts 3:30-5:30 pm				
	Ultimate Fitness 5:30-6:30 pm	Cross Train Challenge 5:30-6:30 pm				
	Muscle Up 6:30-7:30 pm	Cycle Fusion 6-7 pm				
		Total Tone 6:30-7:30 pm				
		Zumba 7:30-8:30 pm				

★ Please see most current posted class schedules for updates.

THE MCLEAN RACQUET
& HEALTH CLUB
ESTABLISHED 1972

November 2009 Calendar of Events

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

www.mcleanracquetandhealthclub.com