

AQUATIC SCHEDULE

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

MIND & BODY SCHEDULE

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

GROUP EXERCISE SCHEDULE

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

THE MCLEAN RACQUET
ESTABLISHED 1972 **& HEALTH CLUB**

OCTOBER 2004

Calendar of Events

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

www.mcleanracquetandhealthclub.com