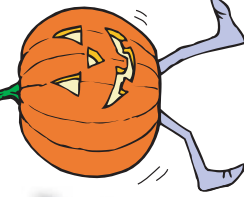


www.mcleanracquetandhealthclub.com

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

**October is  
 Assessment  
 Month!**

Schedule an assessment  
 in Fitness Today.



**Get Fit  
 For  
 Fall!**

**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)

**Don't  
 Miss**

Monday Night  
**RACQUET  
 BOMBOUT**

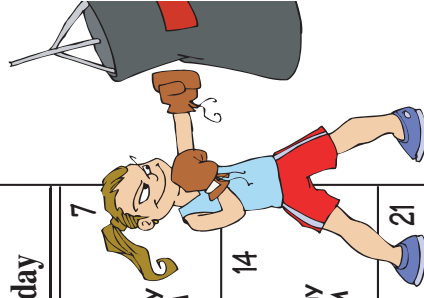


**Great  
 Daytime  
 Massage  
 Specials  
 For**

**October**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Sunday Junior Clinic Begins 12:30-2 PM	2 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	3 Ladies B-3 Team Match 10 AM - 1 PM 3.5 Mixed Doubles Flight 8:30-10 PM	4 Ladies B-1 Team Match 10 AM - 1 PM	5 Men's 4.0 Doubles Flight 8:30-10 PM	6 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles Social 8-10 pm	7 Junior Match Play 8 - 10 PM	
8 Sunday Junior Clinic 12:30-2 PM	9 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	10 3.5 Mixed Doubles Flight 8:30-10 PM	11 Ladies B-1 Team Match 10 AM - 1 PM	12 Men's 4.0 Doubles Flight 8:30-10 PM	13 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles Social 8-10 pm	14 Junior Match Play 8 - 10 PM	
15 Sunday Junior Clinic 12:30-2 PM	16 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	17 Ladies B-3 Team Match 10 AM - 1 PM 3.5 Mixed Doubles Flight 8:30-10 PM	18 Ladies B-1 Team Match 10 AM - 1 PM	19 Men's 4.0 Doubles Flight 8:30-10 PM	20 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles Social 8-10 pm	21 Member Guest Tournament 9 AM -10 PM	
22 Member Guest Tournament 9 AM -10 PM	23 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	24 3.5 Mixed Doubles Flight 8:30-10 PM	25 Wednesday Daytime Adult Clinics and Flights Begin	26 Men's 4.0 Doubles Flight 8:30-10 PM	27 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles Social 8-10 pm	28 Junior Match Play 8 - 10 PM	
29	30 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	31 3.5 Mixed Doubles Flight 8:30-10 PM	<b>SERIOUS ABOUT YOUR WORKOUT?            Bootcamp is now Four Times            Per Week! M, T, Th, F 6 AM</b>				



**Check  
 Out  
 Our  
 Activities  
 For  
 Kids  
 of All  
 Ages!**