

## 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! 10:00-10:45 am	H2O Turbo 9:30-10:45 am	H2O Total Tone 9:30-10:45 am	H2O Turbo 9:30-10:45 am	H2O Turbo 9:30-10:45 am	Water Works 9-10:30 am	Aqua-Mix 10-11:15 am
Strength & Flexibility 10:45-11:30 am	Swim Lessons/Open Swim 11:30-7 pm	Swim Lessons/Open Swim 10:30-6:30 pm	Swim Lessons/Open Swim 11-7 pm	Swim Lessons/Open Swim 1-9:30 pm	Swim Lessons/Open Swim 10:30-7:30 pm	Swim Lessons/Open Swim 11:30-4 pm
Swim Lessons/Open Swim 11-6:30 pm	Hydro Fit 7-8 pm	Aqua-Core 6:30-7:30 pm	Soft Core (Fitness) 11:30 am	Lap Swim 9-10:30 pm		Water Works 4-5 pm
Soft Core (Fitness) 12:00 pm	Open Swim 8-9 pm	Open Swim 7:30-9 pm	Hydro Fit 7-8 pm			Open Swim 5-7 pm
Open Swim 7:30-9 pm	Lap Swim 9-10:30 pm	Lap Swim 9-10:30 pm	Open Swim 8-9 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	Hatha Yoga 6-7 am	1/2 Hour Power Yoga 7-7:30 am	Multi-Stretch 7:30-8 am	Yoga Flow 12-1:15 pm	Martial Arts Adult 9-10 am	Hatha Yoga 8-9 am
Martial Arts Youth 3:30-5 pm	Fundamental/Beginners Pilates 11:30-12:30 pm	Pilates 9:30-10:30 am	Yoga Flex 12-1 pm	Ashtanga Yoga 4-5 pm	Multilevel Pilates 10:30-11:30 pm	Fundamental/Beginners Pilates 4:30-5:30 pm
Intermediate Pilates 4-5 pm	Yoga Flow 12:30-1:45 pm	In Sync Yoga 12-1 pm	Yoga Fusion 7:30-8:45 pm		In Sync Yoga 12:30-1:30 pm	Yoga Fusion 5:30-7 pm
Hatha Yoga 7:30-8:30 pm	Iyengar Yoga 7:30-8:30 pm	1/2 Hour Power Stretch 12-12:30 pm				
		Yoga 12:30-1:30 pm				
		Martial Arts Youth 3:30-5 pm				
		Ashtanga Yoga 4-5:30 pm				
		Cycle Stretch 7-7:30 pm				
		Multilevel Pilates 7-8 pm				

\* additional fee

## GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Boot Camp 6-7 am	Formula One 6:15-7:15 pm	Boot Camp 6-7 am	Body Blast 6-6:30 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 am	Early AM Challenge 6-7 am	Power Hour 6:30-7:30 am	Chisel 7-7:30 am	Velocity Cycle 8-9:30 am	Shape Up! 10:15-11:30 am
Step 8-9 am	Core & More 8-9 am	Power Yoga ABCs 7-7:30 am*	Formula One Cycle 6:15-7:15 am	Cycle Fusion 9-10 am	Dance Enhanced 9-10:15 am	Jump & Jam 12-1 pm
Spin 9-10 am	Shape Up! 9-9:30 am	Osteo-Impact 7-8 am	Move & Groove 10-11 am	Body Blast 9-10 am		
Move and Groove 9-10 am	Step Combo 9:30-10:30 am	Step 8-9 am	Core & More 8-9 am	Body Blast 10-11 am		
Body Blast 10-11 am	Muscle Madness 10:30-11:30 am	Cycle Fusion 9-10 am	Body Blast 9-10 am	Total Tone 11-12 pm		
Muscle Hustle 11-12 pm	Body Blast 4-5 pm	Body Blast 9-10 am	Move & Groove 10-11 am	Power Circuit 6-6:30 pm*		
Soft Core 12-12:30 pm	Youth Conditioning 4-5 pm	Body Blast 10-11 am	Shape Up! 11-12 pm			
Youth Martial Arts 3:30-5 pm	Power Chisel 5-5:30 pm*	Muscle Hustle 11-12 pm	Soft Core 11:30-12 pm			
Body Blast 5-6 pm	Step It Up 5:30-6:30 pm	Youth Martial Arts 3:30-5 pm	Body Blast 4-5 pm			
Hi Fi Fun 6-6:45 pm	Velocity Cycle 5:30-6:30 pm	Hi Fi Fun 6-6:45 pm	Youth Conditioning 4-5 pm			
Velocity Cycle 6-7 pm	Total Tone 6:30-7:30 pm	Fusion 6-7 pm	Core Fit 5-6 pm			
Shape Up! 6:45-7:30 pm	Power Circuit 8:30-9 pm*	Shape Up! 6:45-7:30 pm	Velocity Cycle 6-7 pm			
			Power Chisel 6-6:30 pm			
			Kardio Kick 6:30-7:30 pm			

\* Power 1/2 Hour Series

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

# September 2005 Calendar of Events

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

[www.mcleanracquetandhealthclub.com](http://www.mcleanracquetandhealthclub.com)