

## AQUATIC SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Swim Lessons/Lap Swim 6:30-9:00 am Power Plunge! 10:00-10:45 am Strength & Flexibility 10:45-11:30 am Swim Lessons/Open Swim 11:30-7:30 pm Soft Core (Fitness) 12:00 pm Open Swim 7:30-9 pm Lap Swim 9:10-30 pm	Swim Lessons/Lap Swim 6:30-9:00 am H2O Turbo 9:30-10:45 am Swim Lessons/Open Swim 10:45-4 pm Swim Clinics 4-7 pm Hydro Fit 7-8 pm Open Swim 8-9 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 6:30-9:00 am H2O Total Tone 9:30-10:45 am Swim Lessons/Open Swim 10:45-7 pm Aqua-Core 7:00-8:00 pm Open Swim 8-9 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 6:30-9:00 am H2O Turbo 9:30-10:45 am Swim Lessons/Open Swim 10:45-7 pm Hydro Fit 7-8 pm Open Swim 8-9 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 6:30-9:00 am Total Tone 9:30-10:45 am Swim Lessons/Open Swim 10:45 am-9:00 pm Lap Swim 9-10:30 pm	Swim Lessons/Lap Swim 7-9 am Aqua Core 9-10:30 am Swim Lessons/Open Swim 10:30-7:30 pm	Swim Lessons/Lap Swim 7-10 am Aqua-Mix 10-11:15 am Swim Lessons/Open Swim 11:30-3 pm Swim Clinics 4:15-7:00 pm Swim Lessons /Open Swim 7-9:30 pm

## MIND & BODY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Betterback Yoga 12-1:15 pm Intermediate Pilates 4-5 pm Pilates 7:30-8:30 pm	Hatha Yoga 6-7 am Pilates 7-8 am Core & More 8-9 am Soft Core 12-12:30 pm Yoga Pilates Fusion 12:30-1:45 pm Yoga 7:30-8:30 pm	1/2 Hour Power Stretch 12-12:30 pm Ashtanga Yoga 4-5:30 pm	Pilates 7:15-8:00 am Core & More 9-10 am Yoga 12-1:15 pm Yoga 7:30-8:30 pm	Yoga Flow 12-1:15 pm Ashtanga Yoga 4-5:30 pm	Multilevel Pilates 11:30-12:30 pm Tai Chi* - Beginners 11:30-12:30 pm Tai Chi* - Intermediate 12:30-1:30 pm	Hatha Yoga 8-9 am Fundamental/Beginners Pilates 4:30-5:30 pm Yoga Fusion 5:30-7 pm

\* additional fee

## GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Boot Camp 6-7 am Cardio Interval 8-9 am Spin 9-10 am Body Blast 9-10 am XXX 10-11 am Muscle Hustle 11-12 pm Martial Arts 3:30-5 pm Youth Conditioning 4-5 pm Belly Dancing 5:30-6:30 pm Velocity Cycle 6-7 pm Body Blast 6:30-7:30 pm	Boot Camp 6-7 am Formula One 6:15-7:15 am Evolution Cycle 7:15-8:15 am Core & More 8-9 am Spin 9-10 am Body Blast 9-10 am Muscle Madness 10-11 am Dance Enhanced 11 am - 12 pm Soft Core 12-12:30 pm Body Blast 4-5 pm Youth Conditioning 4-5 pm Velocity Cycle 5:30-6:30 pm Cardio Jam 5:30-6:30 pm Total Tone 6:30-7:30 pm	Early AM Challenge 6-7 am OsteoImpact 6-7 am Power Yoga ABCs 7-7:30 am* OsteoImpact 7-8 am Cardio Interval 8-9 am Cycle Fusion 9-10 am Body Blast 9-10 am XXX 10-11 am Muscle Hustle 11-12 pm Martial Arts 3:30-4:30 pm Youth Conditioning 4-5 pm Cross Train Challenge 6-7 pm Cycle Fusion 6-7 pm Dance Lessons* 7:30-9:30 pm	Boot Camp 6-7 am Formula One Cycle 6:15-7:15 am Core & More 9-10 am Soft Core 11:30-12 pm Dance Enhanced 11-12 pm Body Blast 4-5 pm Youth Conditioning 4-5 pm Muscle Hustle 11-12 pm Martial Arts 3:30-4:30 pm Velocity Cycle 6-7 pm Body Blast 6:30-7:30 pm	Step Reebok 6-7 am Boot Camp 6-7 am Cardio Interval 8-9 am Cycle Fusion 9-10 am Body Blast 9-10 am XXX 10-11 am Muscle Hustle 11-12 pm Cross Train Challenge 5:30-6:30 pm Belly Dancing 6:30-7:30 pm	Triple Fit 8-9:15 am Velocity Cycle 8-9:30 am Dance Enhanced 9:30-10:45 am	Jump & Jam 12:00-1:30 pm Fit Kids 1:30-2:30 pm

\*Additional Fee

Note: Classes subject to change.

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

# September 2007 Calendar of Events

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

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