

## AQUATIC SCHEDULE

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

## MIND & BODY SCHEDULE

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

## GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Boot Camp 6-7 am Interval Conditioning 6-7 am Cardio Interval 8-9 am Cycle Fusion 9-10 am Kukuwa Dance 9-10 am XXX 10-11 am Muscle Hustle 11 am-12 pm Fit 4 Kids 3-4 pm Youth Martial Arts 3:30-5:30 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 Evolution Cycle 6:15-7:15 am Super Stretch 7-8 am Core & More 8-9 am Body Blast 9-10 am XXX 10-11 am Core Fit/Stretch 11:30 am - 12:30 pm Body Blast 4-5 pm Youth Conditioning 4-5 pm Fit 4 Kids 4-5 pm Velocity Cycle 5:30-6:30 pm Cardio Jam 5:30-6:30 pm XXX 6:30-7:30 pm	Early AM Challenge 6-7 am Cross Train Challenge 6-7 am Velocity Cycle 6:15-7:15 am Core and More 8-9 am Cycle Fusion 9-10 am Body Blast 9-10 am XXX 10-11 am Muscle Hustle 11 am-12 pm Cross Cycle 12-1 pm Core Fit Intermediate 12:30 - 1:30 pm Fit 4 Kids 3-4 pm Martial Arts 3:30-5:30 pm Cross Train Challenge 5:30-6:30 pm Cycle Fusion 6-7 pm Total Tone 6:30-7:30 pm Zumba 7:30-8:30 pm	Boot Camp 6-7 am Formula One Cycle 6:15-7:15 am Intense Step 7:45-8:45 am Body Blast 9-10 am Balletone 10-11 am Muscle Hustle 11 am-12 pm Youth Conditioning 4-5 pm Fit 4 Kids 4-5 pm Core Fit Intermediate 5:30-6:30 pm Velocity Cycle 6-7 pm Muscle Up 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 XXX 9-10 am Body Blast 10-11 am Muscle Hustle 11 am-12 pm Fit 4 Kids 4-5 pm Youth Conditioning 4-5 pm Cross Train Challenge 5:30-6:30 pm Belly Dancing 6-7 pm	Triple Fit 8-9:15 am XXX 9:15-10:30 am Velocity Cycle 8-9:30 am Cardio Dance 10:30-11:30 am	Cross Train Challenge 9 - 10:15 am Jump & Jam 12 - 1:30 pm Fit Kids 1:30-2:30 pm

★ Please see most current posted class schedules for updates.

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

# September 2009 Calendar of Events

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

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

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Fall Club Hours  
 Monday - Friday 6 am - 11 pm  
 Saturday & Sunday 7 am - 10 pm  
 Pool closes @ 10:30 pm Mon - Fri, 9:30 pm Sat. & Sun.  
 Youth Fitness Hrs: (Ages 8-15) Mon. - Fri. 11 am - 5 pm  
 Sat. & Sun. 10 am - Close  
 Playroom Hours: Mon. - Fri. 8 am - 8 pm  
 Sat. 8 am - 3 pm • Sun. 8:30 am - 3 pm

# September 2009



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 pm (Pizzal/Pasta Every Wednesday)



**NOW THAT SUMMER IS OVER AND THE KIDS ARE BACK IN SCHOOL...**  
 Take adult swim lessons! Improve your strokes!



Ask about our **NEW** **Invigorating SENIOR WELLNESS PROGRAM!** See Fitness For Details



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6  9 AM Blackwater Refuge Bike Ride	7  <b>LABOR DAY</b> Hours: 7 AM - 6 PM	8 3.5 Mixed Doubles Flight 8:30 - 10 PM Fit For Kids Begins	9 Junior Clinic Assessment 5 - 6 PM Racquetball Round Robin 6:30 - 8 PM	10 Tennis Conditioning 10 - 11 AM Men's 4.0 Doubles 8 - 9:30 PM	11 Parents Night Out 4 - 9 PM	12 9 AM KAYAK 	
13 9 AM Blackwater Refuge Bike Ride	14 Adult Weekday ~Clinic & Flights Begin~ Weekend Fall Junior Clinics	15 3.5 Mixed Doubles Flight 8:30 - 10 PM	16 Racquetball Round Robin 6:30 - 8 PM	17 <b>FREE</b> <b>Cholesterol</b> <b>Screenings</b> 8 AM - 12 PM	18 Ladies 3.0 Doubles 6 - 7 PM Mixed Doubles 8 - 10 PM	19 Parents Night Out 4 - 9 PM	
20 Weekend Fall Junior Clinics Begin	21 Squash Round Robin 1st and 3rd Monday ~6:30 - 8 PM~ Men's 5.0 Doubles 8 - 9:30 PM	22 Ladies "B-3" Team Match 10 AM - 1 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	23 7 PM <b>Seagull Social</b>	24 Tennis Conditioning 10 - 11 AM Ladies Tennis Flight 10:30 AM - 12 PM	25 6 PM Belle Haven to Mount Vernon Bike Ride	26 Parent Child Tournament 9 AM - 6 PM	
27 9 AM Great Falls Hike	28 Tennis Conditioning 10 - 11 AM Men's 5.0 Doubles 8 - 9:30 PM	29  <b>BOWLING</b> 7:30 PM	30 Ladies "B-2" Team Match 10 AM - 1 PM Racquetball Club Tournament 6:30 - 8 PM				

**REFER A FRIEND AND RECEIVE ONE MONTH FREE WHEN THEY JOIN!**