



MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

November 2018
1472 Chain Bridge Road, McLean, VA 703-356-3300
www.mcleanrhclub.com

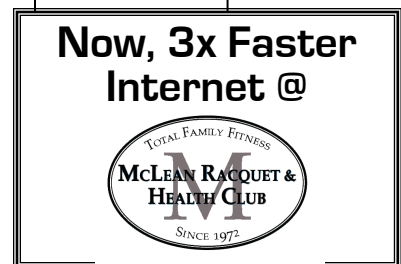
MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BETTER BACK YOGA Cynthia 12 pm 90 Min Lvl ML	STRETCH Paulette 7 am 60 Min Lvl ML	POWER YOGA Monika 6 am 60 Min Lvl ML <i>*Beginners Welcome</i>	STRETCH Paulette 7 am 60 Min Lvl 1	YOGA Monika 6 am 75 Min Lvl ML <i>*Beginners Welcome</i>	MULTILEVEL PILATES Dave L 11:30 am 60 Min	GENTLE YOGA Monika 7:30 am 90 Min Lvl ML <i>*Beginner & Intermediate*</i>
HATHA YOGA Shree 1:30 pm 90 Min Lvl ML	TAI CHI Chat 10:00 am 60 Min Lvl ML	STRETCH & CORE Laura 8:00 am 60 Min Lvl ML	BAR / PILATES Evy 10 am 60 Min Lvl ML	YOGA FLOW Monika 12 pm 90 Min Lvl ML <i>*Advanced*</i>	YOGA FLOW Monika 1 pm 90 Min Lvl ML <i>*Beginner & Intermediate*</i>	FUNDAMENTAL PILATES Dave L. 10:15 am 60 Min Lvl 1
INTERMEDIATE PILATES Ellen 4:30 pm 60 Min Lvl 2	RESTORATIVE CORE I Deb 11 am 60 Min Lvl 1	RESTORATIVE CORE II Deb 12 pm 60 Min Lvl ML	CARDIO CORE / FOAM ROLLER Deb 12 pm 60 Min Lvl ML	RESTORATIVE PILATES Monika 1:30 pm 60 Min Lvl ML <i>*Intermediate*</i>		HATHA YOGA Steve 5:30 pm 90 Min Lvl ML
MULTILEVEL PILATES Dave L. 7:30 pm 60 Min Lvl ML	GENTLE FLOW YOGA Shree 12 pm 90 Min Lvl ML	HATHA YOGA Shree 1:30 pm 90 Min Lvl ML	GENTLE FLOW YOGA Shree 2:30 pm 75 Min Lvl ML			
	HATHA YOGA Alla 7:30 pm 75 Min Lvl ML					

**Check Out Our
Newly Redesigned
Website!**
www.mcleanrhclub.com



MRHC will be closed Thanksgiving Day

***ASK ABOUT OUR CLUB SOCIAL ORGANIZATION
TEAM ECO!**



Like Us on Facebook

MU = Multi-Use Room



GROUP EXERCISE SCHEDULE

November 2018

1472 Chain Bridge Road, McLean, VA 703-356-3300
www.mcleanrhclub.com

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
CROSS FITNESS Alvin 6:00 am / Upper Deck 60 Min Lvl 3	SERIOUS CYCLE David K. 6:00 am 60 Min Lvl 1	POWER YOGA Monika 6:00 am 60 Min Lvl ML	SERIOUS CYCLE Dave 6:00 am 60 Min Lvl 3	YOGA Monika 6:00 am / Upper Deck 75 Min Lvl ML	TRIPLE FIT Kelly K. 8:00 am 75 Min Lvl 3	BODYPUMP Stephanie 9:00 am 60 Min Lvl ML
HEART SPIN Danny 6:00 am 60 Min Lvl ML	BODYPUMP JC 6:00 am 60 Min Lvl ML	HEART SPIN Danny 6:00 am 60 Min Lvl ML	BODYPUMP Steven 6:00 am 60 Min Lvl ML	CARDIO INTERVAL Katie 8:00 am 60 Min Lvl ML	SERIOUS CYCLE Shannon 8:00 am 90 Min Lvl 3	ZUMBA Natalya 11:30 am 60 Min Lvl ML (Not held on last Sunday)
STEP INTERVAL Rita 8:00 am 60 Min Lvl ML	STRETCH Paulette 7:00 am 60 Min Lvl ML	CARDIO & SCULPT Laura 7:00 am 90 Min Lvl ML	INTERVAL TRAINING Monika 8:00 am 60 Min Lvl ML	SERIOUS CYCLE Dave K. 9:00 am 60 Min Lvl ML	BODYPUMP Rachel 9:15 am 60 Min Lvl 2	KIDS ZUMBA Aida 12:30 pm 60 Min Lvl ML (Not held on last Sunday Each month)
CYCLE / SPIN Jennifer 9:00 am 60 Min Lvl ML	CORE & SCULPT Jamie 8:00 am 60 Min Lvl ML	STRETCH & CORE Laura 8:00 am 60 Min Lvl ML	BODIES BOX Evy 9:00 am 60 Min Lvl ML	ZUMBA Nataliya 9:00 am 60 Min Lvl ML	CARDIO DANCE Donna 10:30 am 60 Min Lvl 2	JUMP & JAM Laurie 11:30 am 60 Min Lvl ML (Last Sunday Each month)
ZUMBA Sandra 9:00 am 60 Min Lvl ML	TABATA TRAINING Jamie 9:00 am 60 Min Lvl ML	SERIOUS CYCLE Dave 9:00 am 60 Min Lvl ML	BAR / PILATES* Evy 10:00 am 60 Min Lvl ML	BODYPUMP Mary M. 10:00 am 60 Min Lvl ML	FIT FOR KIDS Laurie 12:30 pm 60 Min Lvl ML (Last Sunday Each month)	
BODY PUMP Mary M. 10:00 am 60 Min Lvl 2	SPIN/YOGA Mary M. 9:30 am 90 Min Lvl ML	GRIT STRENGTH Katie 9:00 am 45 Min Lvl ML	SPIN Shannon 9:00 am 60 Min Lvl ML	MUSCLE HUSTLE Monika 11:00 am 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Jon 2:30 pm 60 Min Lvl 1	
MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	TAI CHI Chat 10:00 am 60 Min Lvl ML	BODY BLAST Kelly 10:00 am 60 Min Lvl ML	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Deb 12 pm 60 Min Lvl ML	BELLY DANCING Suzanne (Higher Music Volume) 6:00 pm 60 Min Lvl ML	
FUN FIT KIDS Aida 4:30-5:30 pm 60 Min PR	RESTORATIVE CORE Deb 11:00 am 60 Min Lvl ML	ZUMBA GOLD Azila 11:00 am 60 Min Lvl ML	CARDIO CORE / FOAM ROLLER Deb 12 pm 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Rita 1:30 pm 60 Min Lvl ML		
BELLY DANCING Suzanne (Higher Music Volume) 5:30 pm 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Shree 1:30 pm 90 Min Lvl ML (Chair Yoga)	RESTORATIVE CORE II Deb 12 pm 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Rita 1:30 pm 60 Min Lvl ML	FUN FIT KIDS 4:00-5:00 pm 60 Min PR		
BODY COMBAT JC 6:30 pm 60 Min Lvl ML	YOUTH CONDITIONING Monika 4:15 pm MU 60 Min Ages 8-13	CROSS TRAIN CHALLENGE Steve 5:30 pm 60 Min Lvl ML	TABATA TRAINING Monika 5:30 pm 60 Min Lvl ML			
SPINNING Mary M. 6:30 pm 60 Min Lvl ML	FUN FIT KIDS Aida 4:30-5:30 pm 60 Min PR	ZUMBA Sandra 6:30 pm 60 Min Lvl ML	SPINNING Katie 5:30 pm 60 Min Lvl ML			
	BODYPUMP Rachel 5:30 pm 60 Min Lvl ML		BODY COMBAT Harvey 6:30 pm 60 Min Lvl ML			

GROUP EXERCISE
Meal Theme for November
"QUICK TAKE-OUT" MONTH
Visit
BISTRO & WINE BAR
SERVE
FOR MORE DETAILS
*NEW MENU ITEMS AVAILABLE



Like Us on Facebook

PR = Play Room MU = Multi-Use Room TBA = To Be Announced
Please Note: 9,10,11 AM Classes, Hip-Hop and Zumba Classes - Music Higher Volume

L1 = Beginners L2 = Intermediate L3 = Advanced ML = Beginners—Intermediate