



# MIND & BODY SCHEDULE

See Other Side For  
Group Exercise  
Schedule

September 2019  
1472 Chain Bridge Road, McLean, VA 703-356-3300  
www.mcleanrhclub.com

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

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Newly Redesigned  
Website!**  
[www.mcleanrhclub.com](http://www.mcleanrhclub.com)



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School!**

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

MU = Multi-Use Room

# GROUP EXERCISE SCHEDULE

September 2019

1472 Chain Bridge Road, McLean, VA 703-356-3300  
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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>CROSS FITNESS</b> Alvin 6:00 am / Upper Deck 60 Min Lvl 3 (BOOTCAMP FORMAT)	<b>SERIOUS CYCLE</b> David K. 6:00 am 60 Min Lvl 1	<b>POWER YOGA</b> Monika 6:00 am 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Dave 6:00 am 60 Min Lvl 3	<b>YOGA</b> Monika 6:00 am / Upper Deck 75 Min Lvl ML	<b>TRIPLE FIT</b> Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	<b>BODYPUMP</b> Stephanie 9:00 am 60 Min Lvl ML
<b>HEART SPIN</b> Danny 6:00 am 60 Min Lvl ML	<b>BODYPUMP</b> JC 6:00 am 60 Min Lvl ML	<b>HEART SPIN</b> Danny 6:00 am 60 Min Lvl ML	<b>BODYPUMP</b> Steven 6:00 am 60 Min Lvl ML	<b>SPRINT</b> JC 7:00 am 30 Min Lvl ML	<b>SERIOUS CYCLE</b> Shannon 8:00 am 90 Min Lvl 3	<b>ZUMBA</b> Natalya 11:30 am 60 Min Lvl ML (Not held on last Sunday)
<b>STEP INTERVAL</b> Rita 8:00 am 60 Min Lvl ML	<b>STRETCH</b> Monika (temp) 7:00 am 60 Min Lvl ML	<b>STRETCH &amp; SCULPT</b> Deb 7:00 am 60 Min Lvl ML	<b>INTERVAL TRAINING</b> Monika 8:00 am 60 Min Lvl ML	<b>CARDIO INTERVAL</b> Katie 8:00 am 60 Min Lvl ML	<b>BODYPUMP</b> Rachel 9:15 am 60 Min Lvl 2	<b>KIDS ZUMBA</b> Yomna 12:30 pm 60 Min Lvl ML (Not held on last Sunday Each month)
<b>CYCLE / SPIN</b> Jennifer 9:00 am 60 Min Lvl ML	<b>CORE &amp; SCULPT</b> Jamie 8:00 am 60 Min Lvl ML	<b>CARDIO INTERVAL</b> Rita 8:00 am 60 Min Lvl ML	<b>BODIES</b> BOX Evy 9:00 am	<b>SERIOUS CYCLE</b> Dave K. 9:00 am 60 Min Lvl ML	<b>CARDIO DANCE</b> Donna 10:30 am 60 Min Lvl 2	<b>JUMP &amp; JAM</b> Laurie 11:30 am 60 Min Lvl ML (Last Sunday Each month)
<b>ZUMBA</b> Sandra 9:00 am 60 Min Lvl ML	<b>TABATA TRAINING</b> Jamie 9:00 am 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Dave 9:00 am 60 Min Lvl ML	<b>SPIN</b> Shannon 9:00 am 60 Min Lvl ML	<b>ZUMBA</b> Nataliya 9:00 am 60 Min Lvl ML	<b>SPRINT</b> Stacia / JC 12 noon 30 Min Lvl ML	<b>FUN FIT KIDS</b> Laurie 12:30 pm 60 Min Lvl ML (Last Sunday Each month)
<b>BODY PUMP</b> Mary M. 10:00 am 60 Min Lvl 2	<b>SPIN/YOGA</b> Mary M. 9:30 am 90 Min Lvl ML	<b>GRIT</b> STRENGTH Katie 9:00 am 45 Min Lvl ML	<b>MUSCLE HUSTLE</b> Michael 11:00 am 60 Min Lvl ML	<b>BODYPUMP</b> Mary M. 10:00 am 60 Min Lvl ML	<b>MUSCLE HUSTLE</b> Monika 11:00 am 60 Min Lvl ML	<b>NEW LES MILLS "SPRINT" 3 CLASSES</b> TUESDAY 6:30 PM WITH STACIA FRIDAY 7:00 AM WITH JC SUNDAYS 12 NOON WITH JC / STACIA
<b>MUSCLE HUSTLE</b> Michael 11:00 am 60 Min Lvl ML	<b>TAI CHI</b> Chat 10:00 am 60 Min Lvl ML	<b>BODY BLAST</b> Kelly 10:00 am 60 Min Lvl ML	<b>CARDIO CORE / FOAM ROLLER</b> Deb 12 pm 60 Min Lvl ML	<b>MUSCLE HUSTLE</b> Monika 11:00 am 60 Min Lvl ML	<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Jon 2:30 pm 60 Min Lvl 1	<b>Meal Theme for September "RICE BOWL" MONTH</b> Visit BISTRO & WINE BAR <b>SERVE</b> FOR MORE DETAILS
<b>FUN FIT KIDS</b> Monika 4-5 pm 60 Min PR	<b>RESTORATIVE CORE</b> Deb 11:00 am 60 Min Lvl ML	<b>ZUMBA GOLD</b> Nancy 11:00 am 60 Min Lvl ML	<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Shree 2:30 pm 90 Min Lvl ML (Chair Yoga)	<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Shree 2:30 pm 90 Min Lvl ML (Chair Yoga)	<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Jon 2:30 pm 60 Min Lvl 1	
<b>BELLY DANCING</b> Nica (Higher Music Volume) 5:30 pm 60 Min Lvl ML	<b>YOUTH CONDITIONING</b> Monika 4:15 pm MU 60 Min Ages 8-13	<b>RESTORATIVE CORE II</b> Deb 12 pm 60 Min Lvl ML	<b>FUN FIT KIDS</b> Monika 4:30-5:30 pm 60 Min PR	<b>FUN FIT KIDS</b> Monika 4:30-5:30 pm 60 Min PR		
<b>BODY COMBAT</b> JC 6:30 pm 60 Min Lvl ML	<b>FUN FIT KIDS</b> Steve Doc 4:30-5:30 pm 60 Min PR	<b>CROSS TRAIN CHALLENGE</b> Steve 5:30 pm 60 Min Lvl ML (BOOTCAMP FORMAT)	<b>BELLY DANCING</b> Suzanne (Higher Music Volume) 5:30 pm 60 Min Lvl ML	<b>BELLY DANCING</b> Suzanne (Higher Music Volume) 5:30 pm 60 Min Lvl ML		
<b>SPINNING</b> Mary M. 6:30 pm 60 Min Lvl ML	<b>BODYPUMP</b> Rachel 5:30 pm 60 Min Lvl ML	<b>ZUMBA</b> Sandra 6:30 pm 60 Min Lvl ML	<b>SPINNING</b> Katie 5:30 pm 60 Min Lvl ML	<b>SPINNING</b> Katie 5:30 pm 60 Min Lvl ML		
	<b>CARDIO &amp; SCULPT</b> Katie 6:30 pm 60 Min Lvl ML		<b>BODY COMBAT</b> Harvey 6:30 pm 60 Min Lvl ML	<b>BODY COMBAT</b> Harvey 6:30 pm 60 Min Lvl ML		
	<b>SPRINT</b> Stacia 6:30 pm 30 Min Lvl ML					

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PR = Play Room MU = Multi-Use Room TBA = To Be Announced \*Fun Fit Kids Classes are for Kids ages 4 and up.  
Please Note: 9, 10, 11 AM Classes, Triple Fit, Body Blast and Zumba Classes - Music Higher Volume  
L1 = Beginners L2 = Intermediate L3 = Advanced ML = Beginners-Intermediate