




MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

September 2020
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	<div style="border: 1px solid black; padding: 5px;"> TAI CHI Chat 10:00 am 60 Min Lvl ML </div> RESTORATIVE CORE I Deb 11 am 60 Min Lvl 1	RESTORATIVE CORE II Deb 12 pm 60 Min Lvl ML	SOUL BODY BAR JC 10 am 60 Min Lvl ML	YOGA FLOW Monika 12 pm 90 Min Lvl ML <i>*Advanced*</i>	MULTILEVEL PILATES Monika 11:30 am 60 Min	YOGA - LATES Chat 10:15 am 60 Min Lvl 1	
	STRENGTH TRAINING FOR MATURE ADULTS Katie 1:30 pm 90 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>	YOGA FLOW Monika 12:30 pm 90 Min Lvl ML <i>*Beginner & Intermediate*</i>	<div style="border: 1px solid black; padding: 5px;"> TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1 </div>	
<div style="border: 1px solid black; padding: 10px;">  </div>							

Fresh Air Fitness Outdoor Classes

BOOTCAMP JC 8:15 – 9:15 am	HIP HOP FITNESS Tina 8:30 – 9:30 am	CIRCUIT TRAINING JC 8:15 – 9:15 am	TRIPLE FIT Mary 8:30 – 9:30 am	BOOTCAMP JC 8:15 – 9:15 am	TRIPLE FIT (First Saturday of Each Month) Kelly 8:00 – 9:15 am (Allow Time for Setup)
		STRETCH / YOGA Monika 6:30 - 8:00 pm			

**Check Out Our
Newly Redesigned
Website!**

www.mcleanrhclub.com

**Now, 3x Faster
Internet @**



**Follow Us on Instagram
"mcleanracquet"**

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

MU = Multi-Use Room



GROUP EXERCISE SCHEDULE

September 2020

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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<p>STEP INTERVAL Nancy 8:00 am 60 Min Lvl ML</p>	<p>SPIN / YOGA Mary M. 9:00 am 90 Min Lvl ML</p>	<p>SERIOUS CYCLE Dave 9:00 am 60 Min Lvl ML</p>	<p>BODY COMBAT JC 9:00 am 60 Min Lvl ML</p>	<p>CARDIO INTERVAL Katie 8:00 am 60 Min Lvl ML</p>	<p>TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3 (First Saturday held Outside)</p>	<p>BODYPUMP JC 9:00 am 60 Min Lvl ML</p>
<p>SPRINT JC 9:15 am 30 Min Lvl ML</p>	<p>TABATA Katie 8:30 am - 9:30 am 60 Min Lvl ML</p>	<p>GRIT STRENGTH Katie 9:00 am 45 Min Lvl ML</p>	<p>SOUL BODY BAR JC 10:00 am 60 Min Lvl ML</p>	<p>ZUMBA Nataliya 9:00 am 60 Min Lvl ML</p>	<p>BODYPUMP Rachel 9:15 am 60 Min Lvl 2</p>	<p>ZUMBA Natalya 11:30 am 60 Min Lvl ML (Not held on last Sunday Each month)</p>
<p>ZUMBA Sandra 9:00 am 60 Min Lvl ML</p>	<p>TAI CHI Chat 10:00 am 60 Min Lvl ML</p>	<p>BODY BLAST Kelly 10:00 am 60 Min Lvl ML</p>	<p>MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML</p>	<p>SERIOUS CYCLE Katie 9:00 am 60 Min Lvl ML</p>	<p>CARDIO DANCE Donna 10:30 am 60 Min Lvl 2</p>	<p>JUMP & JAM Laurie 11:30 am 60 Min Lvl ML (Last Sunday Each month)</p>
<p>TABATA Mary M. 10:00 am 60 Min Lvl 2</p>	<p>RESTORATIVE CORE Deb 11:00 am 60 Min Lvl ML</p>	<p>ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML</p>	<p>CARDIO CORE / FOAM ROLLER Deb 12 pm 60 Min Lvl ML</p>	<p>BODYPUMP Mary M. 10:00 am 60 Min Lvl ML</p>	<p>SPRINT JC 12 noon 30 Min Lvl ML</p>	<p>TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1</p>
<p>MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML</p>	<p>STRENGTH TRAINING FOR MATURE ADULTS Katie 1:30 pm 90 Min Lvl ML</p>	<p>RESTORATIVE CORE II Deb 12 pm 60 Min Lvl ML</p>	<p>SPINNING Katie 5:30 pm 60 Min Lvl ML</p>	<p>MUSCLE HUSTLE Monika 11:00 am 60 Min Lvl ML</p>	<p>NEW CLASS</p>	<p>NEW CLASS</p>
<p>BODY COMBAT JC 6:00 pm 60 Min Lvl ML</p>	<p>BODYPUMP Rachel 5:30 pm 60 Min Lvl ML</p>	<p>CROSS TRAIN CHALLENGE Steve 5:30 pm 60 Min Lvl ML (BOOTCAMP FORMAT)</p>	<p>HIP HOP FITNESS Tina 6:30 pm 60 Min Lvl ML</p>	<p>NEW CLASS</p>	<p>LABOR DAY</p>	<p>LABOR DAY</p>
		<p>ZUMBA Sandra 6:30 pm 60 Min Lvl ML</p>				

Most Classes Available via Zoom

*Special Hours Labor Day
7am - 6pm*

**Club Hours Mon.- Fri. 7:00 am - 8:00 pm
Sat. - Sun. 8:00am - 8:00 pm**

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