



# MIND & BODY SCHEDULE

October 2020  
 1472 Chain Bridge Road, McLean, VA 703-356-3300  
 www.mcleanrhclub.com

See Other Side For  
 Group Exercise  
 Schedule

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>BETTER BACK YOGA</b> Cynthia 12 pm 90 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> <b>TAI CHI</b>            Chat            10:00 am            60 Min Lvl ML         </div> <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>SOUL BODY BAR JC</b> 10 am 60 Min Lvl ML	<b>YOGA FLOW</b> Monika 12 pm 90 Min Lvl ML <i>*Advanced*</i>	<b>MULTILEVEL PILATES</b> Monika 11:30 am 60 Min	<b>YOGA - LATES</b> Chat 10:15 am 60 Min Lvl 1
	<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Katie 1:30 pm 90 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>YOGA FLOW</b> Monika 12:30 pm 90 Min Lvl ML <i>*Beginner &amp; Intermediate*</i>	<div style="border: 1px solid black; padding: 5px;"> <b>TAI CHI (Beginners)</b>            Chat            4:00 pm            60 Min Lvl 1         </div>




## Fresh Air Fitness Outdoor Classes

<b>BOOTCAMP</b> JC 7:15 – 8:15 am		<b>CIRCUIT TRAINING</b> JC 7:15 – 8:15 am	<b>TRIPLE FIT</b> Mary 8:30 – 9:30 am	<b>BOOTCAMP</b> JC 7:15 – 8:15 am	<b>TRIPLE FIT</b> (First Saturday of Each Month) Kelly 8:00 – 9:15 am (Allow Time for Setup)
		<b>STRETCH / YOGA</b> Monika 6:30 - 8:00 pm			

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

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 Internet @**



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


MU = Multi-Use Room



# GROUP EXERCISE SCHEDULE

October 2020

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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>BOOTCAMP</b> JC 7:15 –8:15 am (Outdoor Class)	<b>SPIN / YOGA</b> Mary M. 9:00 am 90 Min Lvl ML	<b>CIRCUIT TRAINING</b> JC 7:15 –8:15 am (Outdoor Class)	<b>TRIPLE FIT</b> Mary 8:30 –9:30 am (Outdoor Class)	<b>BOOTCAMP</b> JC 7:15 –8:15 am (Outdoor Class)	<b>TRIPLE FIT</b> Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3 (First Saturday held Outside)	<b>BODYPUMP</b> JC 9:00 am 60 Min Lvl ML
<b>STEP INTERVAL</b> Nancy 8:00 am 60 Min Lvl ML	<b>TABATA</b> Katie 9 am - 10 am	<b>STRETCH / YOGA</b> Monika 6:30 - 8:00 pm (Outdoor Class)	<b>BODY COMBAT</b> JC 9:00 am 60 Min Lvl ML	<b>CARDIO INTERVAL</b> Katie 8:00 am 60 Min Lvl ML		<b>ZUMBA</b> Natalya 11:30 am 60 Min Lvl ML (Not held on last Sunday Each month)
<b>SPRINT</b> JC 9:15 am 30 Min Lvl ML	<b>TAI CHI</b> Chat 10:00 am 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Dave 9:00 am 60 Min Lvl ML	<b>SOUL BODY BAR</b> JC 10:00 am 60 Min Lvl ML	<b>ZUMBA</b> Nataliya 9:00 am 60 Min Lvl ML	<b>BODYPUMP</b> Rachel 9:15 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>RESTORATIVE CORE</b> Deb 11:00 am 60 Min Lvl ML	<b>GRIT STRENGTH</b> Katie 9:00 am 45 Min Lvl ML	<b>MUSCLE HUSTLE</b> Michael 11:00 am 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Katie 9:00 am 60 Min Lvl ML	<b>CARDIO DANCE</b> Donna 10:30 am 60 Min Lvl 2	 <b>SPRINT</b> JC 12 noon 30 Min Lvl ML
<b>BODY PUMP</b> Mary M. 10:00 am 60 Min Lvl 2	<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Katie 1:30 pm 90 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>BODYPUMP</b> Mary M. 10:00 am 60 Min Lvl ML		<b>TAI CHI (Beginners)</b> Chat 4:00 pm 60 Min Lvl 1
<b>MUSCLE HUSTLE</b> Michael 11:00 am 60 Min Lvl ML	<b>BODYPUMP</b> Rachel 5:30 pm 60 Min Lvl ML	<b>ZUMBA GOLD</b> Nancy 11:00 am 60 Min Lvl ML	<b>SPINNING</b> Katie 5:30 pm 60 Min Lvl ML	<b>MUSCLE HUSTLE</b> Monika 11:00 am 60 Min Lvl ML		
<b>BODY COMBAT</b> JC 6:00 pm 60 Min Lvl ML		<b>RESTORATIVE CORE II</b> Deb 12 pm 60 Min Lvl ML	<b>HIP HOP FITNESS</b> Tina 6:30 pm 60 Min Lvl ML			
		<b>CROSS TRAIN CHALLENGE</b> Steve 5:30 pm 60 Min Lvl ML (BOOTCAMP FORMAT)				
		<b>ZUMBA</b> Sandra 6:30 pm 60 Min Lvl ML				



**Most Classes Available via Zoom**

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**Club Hours Mon.- Fri. 7:00 am - 10:00 pm  
Sat. - Sun. 8:00am - 8:00 pm**

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