

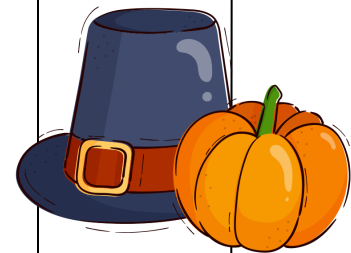


MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

November 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 STRENGTH TRAINING FOR MATURE ADULTS Katie 1:30 pm 90 Min Lvl ML	RESTORATIVE CORE II Deb 12 pm 60 Min Lvl ML	CARDIO CORE / FOAM ROLLER Deb 12 pm 60 Min Lvl ML CHAIR YOGA Cynthia 2:00 pm 90 Min Lvl ML	YOGA FLOW Monika 12 pm 90 Min Lvl ML <i>*Advanced*</i>	MULTILEVEL PILATES Monika 11:30 am 60 Min YOGA FLOW Monika 12:30 pm 90 Min Lvl ML <i>*Beginner & Intermediate*</i>	YOGA - LATES Chat 10:15 am 60 Min Lvl 1 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1 </div>



Fresh Air Fitness Outdoor Classes

BOOTCAMP JC 7:15 – 8:15 am		CIRCUIT TRAINING JC 7:15 – 8:15 am STRETCH / YOGA Monika 6:30 - 8:00 pm	TRIPLE FIT Mary 8:30 – 9:30 am	BOOTCAMP JC 7:15 – 8:15 am	TRIPLE FIT (1st & 3rd Saturday of Each Month) Kelly 8:00 – 9:15 am (Allow Time for Setup)
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**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

November 2020

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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOTCAMP JC 7:15 —8:15 am (Outdoor Class)	SPIN / YOGA Mary M. 9:00 am 90 Min Lvl ML	CIRCUIT TRAINING JC 7:15 —8:15 am (Outdoor Class)	TRIPLE FIT Mary 8:30 —9:30 am (Outdoor Class)	BOOTCAMP JC 7:15 —8:15 am (Outdoor Class)	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3 (1st & 3rd Saturday held Outside)	BODYPUMP JC 9:00 am 60 Min Lvl ML
STEP INTERVAL Nancy 8:00 am 60 Min Lvl ML	TABATA Katie 9 am - 10 am	STRETCH / YOGA Monika 6:30 - 8:00 pm (Outdoor Class)	BODY COMBAT JC 9:00 am 60 Min Lvl ML	CARDIO INTERVAL Katie 8:00 am 60 Min Lvl ML		 SPRINT JC 10:15 am 30 Min Lvl ML
SPRINT JC 9:15 am 30 Min Lvl ML	TAI CHI Chat 10:00 am 60 Min Lvl ML	SERIOUS CYCLE Dave 9:00 am 60 Min Lvl ML	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	ZUMBA Nataliya 9:00 am 60 Min Lvl ML	BODYPUMP Rachel 9:15 am 60 Min Lvl 2	ZUMBA Nataliya 11:30 am 60 Min Lvl ML (Not held on last Sunday Each month)
ZUMBA Sandra 9:00 am 60 Min Lvl ML	RESTORATIVE CORE Deb 11:00 am 60 Min Lvl ML	GRIT STRENGTH Katie 9:00 am 45 Min Lvl ML	CARDIO CORE / FOAM ROLLER Deb 12 pm 60 Min Lvl ML	SERIOUS CYCLE Katie 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)
BODY PUMP Mary M. 10:00 am 60 Min Lvl 2	STRENGTH TRAINING FOR MATURE ADULTS Katie 1:30 pm 90 Min Lvl ML	BODY BLAST Kelly 10:00 am 60 Min Lvl ML	SPINNING Katie 5:30 pm 60 Min Lvl ML	BODYPUMP Mary M. 10:00 am 60 Min Lvl ML		TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	BODYPUMP Rachel 5:30 pm 60 Min Lvl ML	ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML	HIP HOP FITNESS Tina 6:30 pm 60 Min Lvl ML	MUSCLE HUSTLE Monika 11:00 am 60 Min Lvl ML		
BODY COMBAT JC 6:00 pm 60 Min Lvl ML		RESTORATIVE CORE II Deb 12 pm 60 Min Lvl ML				
		CROSS TRAIN CHALLENGE Harvey 5:30 pm 60 Min Lvl ML (BOOTCAMP FORMAT)				
Most Classes Available via Zoom		ZUMBA Sandra 6:30 pm 60 Min Lvl ML	Club is Closed Thanksgiving Day		Follow Us on Instagram "mcleanracquet"	
Club Hours Mon.- Fri. 7:00 am - 10:00 pm Sat. - Sun. 8:00am - 8:00 pm						
			Like Us on Facebook		Visit BISTRO & WINE BAR SERVE BISTRO (CURBSIDE PICKUP AVAILABLE)	

