





MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

December 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> STRENGTH TRAINING FOR MATURE ADULTS Katie 1:30 pm 90 Min Lvl ML	RESTORATIVE CORE II Monika 12 pm 60 Min Lvl ML	CARDIO CORE Monika 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;"> TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1 </div>
						
<div style="border: 1px solid black; padding: 10px;"> <p>Check Out Our Newly Redesigned Website! www.mcleanrhclub.com</p> </div>				<div style="border: 1px solid black; padding: 10px;"> <p>Now, 3x Faster Internet @</p>  </div>		
<div style="border: 1px solid black; padding: 5px;"> <p>*ASK ABOUT OUR CLUB SOCIAL ORGANIZATION TEAM ECO!</p> </div>				<div style="border: 1px solid black; padding: 5px;"> <p>Follow Us on Instagram "mcleanracquet"</p> </div>		
<p>MU = Multi-Use Room</p>						



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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOTCAMP JC 7:15 - 8:00 am 45 Min Lvl ML	SPIN / YOGA Mary M. 9:00 am 90 Min Lvl ML	CIRCUIT TRAINING JC 7:15 - 8:15 am 60 Min Lvl ML	BODY COMBAT JC 9:00 am 60 Min Lvl ML	BOOTCAMP JC 7:15 - 8:00 am 45 Min Lvl ML	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	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 60 Min Lvl ML	SERIOUS CYCLE Dave 9:00 am 60 Min Lvl ML	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	CARDIO INTERVAL Katie 8:00 am 60 Min Lvl ML	BODYPUMP Rachel 9:15 am 60 Min Lvl 2	 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	GRIT STRENGTH Katie 9:00 am 45 Min Lvl ML	CARDIO CORE Minika 12 pm 60 Min Lvl ML	ZUMBA Nataliya 9:00 am 60 Min Lvl ML	CARDIO DANCE Donna 10:30 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	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	SERIOUS CYCLE Katie 9:00 am 60 Min Lvl ML	BODYPUMP Mary M. 10:00 am 60 Min Lvl ML	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	BODYPUMP Rachel 5:30 pm 60 Min Lvl ML	ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML	RESTORATIVE CORE II Monika 12 pm 60 Min Lvl ML	MUSCLE HUSTLE Monika 11:00 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		CROSS TRAIN CHALLENGE Harvey 5:30 pm 60 Min Lvl ML (BOOTCAMP FORMAT)				
BODY COMBAT JC 6:00 pm 60 Min Lvl ML		ZUMBA Sandra 6:30 pm 60 Min Lvl ML				



Most Classes Available via Zoom

Club is Closed Christmas 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)