





MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

April 2021

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	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
Fresh Air Fitness Outdoor Classes				CHAIR YOGA Cynthia 2:00 pm 90 Min Lvl ML	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>
BOOT CAMP JC 7:15 –8:00 am (45 mins.)	MID DAY YOGA Monika 12 noon 60 Min Lvl ML	CIRCUIT TRAINING JC 7:15 –8:00 am (45 mins.)		BOOT CAMP JC 7:15 –8:00 am (45 mins)		
				LINE DANCE NANCY 3:00 pm (60 mins)		
						
<p>Check Out Our Newly Redesigned Website! www.mcleanrhclub.com</p>				<p>Now, 3x Faster Internet @</p> 		
<p>*ASK ABOUT OUR CLUB SOCIAL ORGANIZATION TEAM ECO!</p>				<p>Follow Us on Instagram "mcleanracquet"</p>		
<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 (outside)	SPIN / YOGA Mary M. 9:00 am 90 Min Lvl ML	CIRCUIT TRAINING JC 7:15 - 8:00 am 45 Min Lvl ML (outside)	BODY COMBAT JC 9:00 am 60 Min Lvl ML	BOOTCAMP JC 7:15 - 8:00 am 45 Min Lvl ML (outside)	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	BODYPUMP Rachel 9:15 am 60 Min Lvl 2	 SPRINT JC 10:15 am 30 Min Lvl ML
SPRINT JC 9:00 am 30 Min Lvl ML	TAI CHI Chat 10:00 am 60 Min Lvl ML	HITT Strength Katie 9:00 am 60 Min Lvl ML	CARDIO CORE Monika 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	MID DAY YOGA Monika 12 noon 60 Min Lvl ML (outside)	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	STRENGTH TRAINING FOR MATURE ADULTS Katie 1:30 pm 90 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	LINE DANCE NANCY 3:00 pm 60 mins (outside)	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	CROSS TRAIN CHALLENGE Laurie 5:30 pm 60 Min Lvl ML	ZUMBA Sandra 6:30 pm 60 Min Lvl ML			
BODY COMBAT JC 6:00 pm 60 Min Lvl ML						

NEW TIME

NEW CLASS

"Join Nancy every Friday at 3 pm for our Line Dance Class!"
Class is held outside (weather permitting)

Follow Us on Instagram
"mcleanracquet"

Visit
BISTRO & WINE BAR
SERVE BISTRO
(CURBSIDE PICKUP AVAILABLE)

Most Classes Available via Zoom

Club Hours Mon.- Fri. 6:00 am - 10:00 pm
Sat. - Sun. 7:00am - 8:00 pm

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