



MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

July 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 Cynthia 1:00 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>



**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

July 2021

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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 - 8:00 am 45 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	BODY BLAST Kelly 10:00 - 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 8:30 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	MUSCLE HUSTLE Michael 11:00 am 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	BODY BLAST Kelly 10:00 - 11:00 am 60 Min Lvl ML	CARDIO CORE Monika 12 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)
TABATA 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	SPINNING Katie 5:30 pm 60 Min Lvl ML	MUSCLE HUSTLE Monika 11:00 am 60 Min Lvl ML	LINE DANCE NANCY 4:00 pm 60 mins (returns July 16th)	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	RESTORATIVE CORE II Monika 12 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	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>“Join Nancy every Friday at 4 pm for our Line Dance Class!”</p> <p>Returning Friday July 16th</p> </div>	
BODY COMBAT JC 6:00 pm 60 Min Lvl ML	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Most Classes Available via Zoom</p> </div>			<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Follow Us on Instagram</p> <p>“mcleanracquet”</p> </div>		
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Club Hours Mon.- Fri. 6:00 am - 10:00 pm</p> <p>Sat. - Sun. 7:00am - 8:00 pm</p> </div>						
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Like Us on Facebook</p> </div>						
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Visit</p> <p>BISTRO & WINE BAR</p> <p>SERVE</p> <p>BISTRO</p> <p>(CURBSIDE PICKUP AVAILABLE)</p> </div>						