



MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

October 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> | 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 |
| <div style="border: 1px solid black; padding: 2px; transform: rotate(-45deg); font-size: 8px; font-weight: bold;">NEW CLASS</div> MAT PILATES Emily 1:30 pm 60 Min Lvl ML | STRENGTH TRAINING FOR MATURE ADULTS Katie 1:30 pm 90 Min Lvl ML | <div style="border: 1px solid black; padding: 2px; transform: rotate(-45deg); font-size: 8px; font-weight: bold;">NEW CLASS</div> MAT PILATES Emily 1:00 pm 60 Min Lvl ML | YOGA Cynthia 1:00 pm 60 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> |
| | | | CHAIR YOGA Cynthia 2:00 pm | | | |



**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

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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 | CARDIO DANCE Donna 9:00 am 60 Min Lvl ML | ZUMBA Izumi 10:30 am 60 Min Lvl 2 | BOLLYWOOD (Doonya) Jaya 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 | SPINNING Katie 6:30 pm 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 6:30 pm 60 Min Lvl ML | BODYPUMP Mary M. 10:00 am 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 | BODYPUMP Rachel 6:00 pm 60 Min Lvl ML | RESTORATIVE CORE II Monika 12 pm 60 Min Lvl ML | SPINNING Katie 6:30 pm 60 Min Lvl ML | LINE DANCE NANCY 4:00 pm 60 mins | WELCOME OUR NEW INSTRUCTOR Emily Watson for Mat Pilates Monday 1:30 & Wednesday 1:00 | Follow Us on Instagram "mcleanracquet" |
| MAT PILATES Emily 1:30 pm 60 Min Lvl ML | MAT PILATES Emily 1:30 pm 60 Min Lvl ML | MAT PILATES Emily 1:30 pm 60 Min Lvl ML |  | WELCOME OUR NEW INSTRUCTOR Emily Watson for Mat Pilates Monday 1:30 & Wednesday 1:00 | Follow Us on Instagram "mcleanracquet" | Visit BISTRO & WINE BAR SERVE BISTRO (CURBSIDE PICKUP AVAILABLE) |
| BODY COMBAT JC 6:00 pm 60 Min Lvl ML | BODY COMBAT JC 6:00 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 | WELCOME OUR NEW INSTRUCTOR Emily Watson for Mat Pilates Monday 1:30 & Wednesday 1:00 | Follow Us on Instagram "mcleanracquet" | Visit BISTRO & WINE BAR SERVE BISTRO (CURBSIDE PICKUP AVAILABLE) |
| BOLLYWOOD IS HERE!! Sundays 11:30am | | | | | | |
| Club Hours Mon.- Fri. 6:00 am - 10:00 pm Sat. - Sun. 7:00am - 8:00 pm | | | | | | |
| Like Us on Facebook | | | | | | |