



MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

January 2023
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 Lori 12 pm 60 Min Lvl ML <i>NEW CLASS</i>	STRETCH & FLEX Emily 12 pm 60 Min Lvl ML	YOGA FLOW Mary 12 pm 90 Min Lvl ML <i>*Advanced*</i>	YOGA FLOW Cynthia 11:30 pm 90 Min Lvl ML <i>*Beginner & Intermediate*</i>	YOGA - LATES Chat 10:15 am 60 Min Lvl 1
MAT PILATES Emily 1:30 pm 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Cynthia 1:30 pm 90 Min Lvl ML	MAT PILATES Emily 1:00 pm 60 Min Lvl ML <i>NEW CLASS</i>	YOGA Cynthia 1:00 pm 60 Min Lvl ML Strength Training for Mature Adults Cynthia 2:00 pm 90 Min Lvl ML			<div style="border: 1px solid black; padding: 5px;"> TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1 </div>



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Internet @**



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***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 7:30 am 45 Min Lvl ML	BODYPUMP Stephen 6:00 am 60 Min Lvl ML <i>NEW CLASS</i>	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	SPIN / YOGA Mary M. 9:00 am 90 Min Lvl ML	HITT Strength Kelly 9:00 am 60 Min Lvl ML	BODY BLAST Kelly 10:00 - 11:00 am 60 Min Lvl ML	CARDIO INTERVAL JC 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	TABATA Kelly 9 am - 10 am 60 Min Lvl ML	ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	ZUMBA Junko 9:00 am 60 Min Lvl ML	ZUMBA Izumi 10:30 am 60 Min Lvl 2 <i>NEW TIME</i>	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	TAI CHI Chat 10:00 am 60 Min Lvl ML	RESTORATIVE CORE II Lori 12 pm 60 Min Lvl ML	STRETCH & FLEX Emily 12 pm 60 Min Lvl ML <i>NEW CLASS</i>	SERIOUS CYCLE Mary 9:00 am 60 Min Lvl ML	* INTRODUCTORY FENCING Coach Sasha 2:00 pm 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 Cynthia 1:30 pm 90 Min Lvl ML	MAT PILATES Emily 1:00 pm 60 Min Lvl ML	Strength Training for Mature Adults Cynthia 2:00 pm 90 Min Lvl ML	BODYPUMP Mary M. 10:00 am 60 Min Lvl ML	* ADVANCED FENCING Coach Sasha 4:00 pm 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	CARDIO DANCE/SCULPT Laurie 5:30 pm 60 Min Lvl ML	* INTRODUCTORY FENCING Coach Sasha 5:00 pm Lvl ML	MUSCLE HUSTLE Emily 11:00 am 60 Min Lvl ML		
MAT PILATES Emily 1:30 pm 60 Min Lvl ML		ZUMBA Sandra 6:30 pm 60 Min Lvl ML	SPINNING Katie 6:00 pm 60 Min Lvl ML	LINE DANCE NANCY 4:00 pm 60 mins		
STABILITY BALL FITNESS Michael 5:30 pm 60 Min Lvl ML			* ADVANCED FENCING Coach Sasha 7:00 pm Lvl ML			
STEP / BARRE Parastoo 6:30 pm 60 Min Lvl ML						

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

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BISTRO & WINE BAR
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NOW AVAILABLE

PR = Play Room MU = Multi-Use Room TBA = To Be Announced L1 = Beginners L2 = Intermediate L3 = Advanced
Please Note: 9, 10, 11 AM Classes, Triple Fit, Body Blast and Zumba Classes - Music Higher Volume ML = Beginners—Intermediate