



# MIND & BODY SCHEDULE

See Other Side For  
Group Exercise  
Schedule

May 2023  
1472 Chain Bridge Road, McLean, VA 703-356-3300  
www.mcleanrhclub.com

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>BETTER BACK YOGA</b> Cynthia 12 pm 90 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> <b>TAI CHI</b> Chat 10:00 am 60 Min Lvl ML           </div>	<div style="border: 1px solid black; padding: 5px;"> <b>CORE STRENGTH</b> Laurie 12:30 pm 60 Min Lvl ML <i>Beginning April 12th</i> </div>	<div style="border: 1px solid black; padding: 5px;"> <b>STRETCH &amp; FLEX</b> Michael 12 pm 60 Min Lvl ML           </div>	<div style="border: 1px solid black; padding: 5px;"> <b>YOGA FLOW</b> Mary 12 pm 90 Min Lvl ML <i>*Advanced*</i> </div>	<b>YOGA FLOW</b> Cynthia 11:30 pm 90 Min Lvl ML <i>*Beginner &amp; Intermediate*</i>	<b>YOGA - LATES</b> Chat 10:15 am 60 Min Lvl 1
<b>CORE STRENGTH</b> Laurie 1:30 pm 60 Min Lvl ML	<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Cynthia 1:30 pm 90 Min Lvl ML		<b>YOGA</b> Cynthia 1:00 pm 60 Min Lvl ML			<div style="border: 1px solid black; padding: 5px;"> <b>TAI CHI</b> (Beginners) Chat 4:00 pm 60 Min Lvl 1           </div>
			<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Cynthia 2:00 pm 90 Min Lvl ML			



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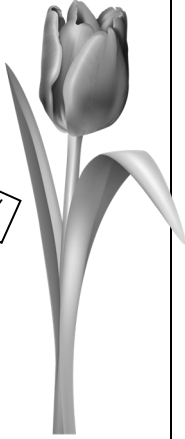
MU = Multi-Use Room



# GROUP EXERCISE SCHEDULE

May 2023

1472 Chain Bridge Road, McLean, VA 703-356-3300  
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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>BOOTCAMP</b> JC 7:30 am 45 Min Lvl ML	<b>SPIN / YOGA</b> Mary M. 9:00 am 90 Min Lvl ML	<b>CIRCUIT TRAINING</b> JC 7:15 - 8:00 am 45 Min Lvl ML	<b>BODY COMBAT</b> JC 9:00 am 60 Min Lvl ML	<b>BOOTCAMP</b> JC 7:15 - 8:00 am 45 Min Lvl ML	<b>TRIPLE FIT</b> Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	<b>BODYPUMP</b> JC 9:00 am 60 Min Lvl ML
<b>STEP INTERVAL</b> Nancy 8:00 am 60 Min Lvl ML	<b>TABATA</b> Kelly 9 am - 10 am 60 Min Lvl ML	<b>HITT Strength</b> Kelly 9:00 am 60 Min Lvl ML	<b>BODY BLAST</b> Kelly 10:00 - 11:00 am 60 Min Lvl ML	<b>CARDIO INTERVAL</b> JC 8:00 am 60 Min Lvl ML	<b>BODYPUMP</b> Rachel / Katie 9:15 am 60 Min Lvl 2	 <b>SPRINT</b> JC 10:15 am 30 Min Lvl ML
<b>SPRINT</b> JC 8:30 am 30 Min Lvl ML	<b>TAI CHI</b> Chat 10:00 am 60 Min Lvl ML	<b>ZUMBA GOLD</b> Nancy 11:00 am 60 Min Lvl ML	<b>MUSCLE HUSTLE</b> Michael 11:00 am 60 Min Lvl ML	<b>ZUMBA</b> Junko 9:00 am 60 Min Lvl ML	<b>ZUMBA</b> Izumi 10:30 am 60 Min Lvl 2	<b>BOLLYWOOD (Doonya)</b> Jaya 11:30 am 60 Min Lvl ML (Not held on last Sunday Each month)
<b>ZUMBA</b> Sandra 9:00 am 60 Min Lvl ML	<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Cynthia 1:30 pm 90 Min Lvl ML	<b>CORE STRENGTH</b> Laurie 12:30 pm 60 Min Lvl ML <i>Beginning April 12th</i>	<b>STRETCH &amp; FLEX</b> Michael 12 pm 60 Min Lvl ML	<b>SERIOUS CYCLE</b> Mary 9:00 am 60 Min Lvl ML	<b>* INTRODUCTORY FENCING</b> Coach Sasha 2:00 pm Lvl ML	<b>JUMP &amp; JAM</b> Laurie 11:30 am 60 Min Lvl ML (Last Sunday Each month)
<b>BODY PUMP</b> Mary M. 10:00 am 60 Min Lvl 2	<b>BODYPUMP</b> Rachel 6:00 pm 60 Min Lvl ML	<b>MUSCLE HUSTLE</b> Katie 5:30 pm 60 Min Lvl ML	<b>Strength Training for Mature Adults</b> Cynthia 2:00 pm 90 Min Lvl ML	<b>BODYPUMP</b> Mary M. 10:00 am 60 Min Lvl ML	<b>* ADVANCED FENCING</b> Coach Sasha 4:00 pm Lvl ML <i>Private sessions Available</i>	<b>TAI CHI (Beginners)</b> Chat 4:00 pm 60 Min Lvl 1
<b>MUSCLE HUSTLE</b> Michael 11:00 am 60 Min Lvl ML		<b>ZUMBA</b> Sandra 6:30 pm 60 Min Lvl ML	<b>* INTRODUCTORY FENCING</b> Coach Sasha 5:00 pm Lvl ML	<b>MUSCLE HUSTLE</b> Katie 11:00 am 60 Min Lvl ML	<b>* ADVANCED FENCING</b> Coach Sasha 4:00 pm Lvl ML <i>Private sessions Available</i>	
<b>CORE STRENGTH</b> Laurie 1:30 pm 60 Min Lvl ML			<b>SPINNING</b> Katie 6:00 pm 60 Min Lvl ML	<b>LINE DANCE</b> NANCY 4:00 pm 60 mins		
<b>STABILITY BALL FITNESS</b> Michael 5:30 pm 60 Min Lvl ML			<b>* ADVANCED FENCING</b> Coach Sasha 7:00 pm Lvl ML <i>Private sessions Available</i>			
<b>CARDIO/ BARRE STRENGTH</b> Parastoo 6:30 pm 60 Min Lvl ML						
<b>Follow Us on Instagram</b> @mcleanracquet						
<b>Club Hours Mon.- Fri. 6:00 am - 10:00 pm</b> <b>Sat. - Sun. 7:00am - 8:00 pm</b>						
<b>Like Us on Facebook</b>						
						<b>Visit</b> BISTRO & WINE BAR <b>SERVE</b> <b>BISTRO</b>

PR = Play Room MU = Multi-Use Room TBA = To Be Announced  
Please Note: 9, 10, 11 AM Classes, Triple Fit, Body Blast and Zumba Classes - Music Higher Volume

L1 = Beginners L2 = Intermediate L3 = Advanced ML = Beginners—Intermediate