



MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

November 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>	<div style="border: 1px solid black; padding: 5px;"> CORE STRENGTH Laurie 12:30 pm 60 Min Lvl ML </div>	<div style="border: 1px solid black; padding: 5px;"> STRETCH & FLEX Michael 12 pm 60 Min Lvl ML </div>	<div style="border: 1px solid black; padding: 5px;"> YOGA FLOW Mary 12 pm 90 Min Lvl ML <i>*Advanced*</i> </div>	YOGA FLOW Cynthia 11:30 am 90 Min Lvl ML <i>*Beginner & Intermediate*</i>	YOGA - LATES Chat 10:00 am 60 Min Lvl 1
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Cynthia 1:30 pm 90 Min Lvl ML		YOGA Cynthia 1:00 pm 60 Min Lvl ML			<div style="border: 1px solid black; padding: 5px;"> TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1 </div>
PILATES FUSION Aida 5:30 pm 60 Min Lvl ML			STRENGTH TRAINING FOR MATURE ADULTS Cynthia 2:00 pm 90 Min Lvl ML			



**Check Out Our
Newly Redesigned
Website!**

www.mcleanrhclub.com

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Internet @**



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***ASK ABOUT OUR CLUB SOCIAL ORGANIZATION
TEAM ECO!**

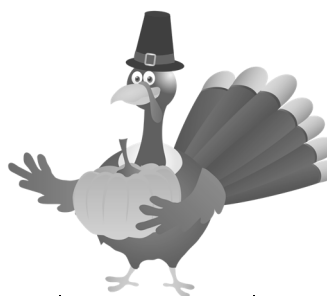
MU = Multi-Use Room



GROUP EXERCISE SCHEDULE

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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOTCAMP JC 7:25 - 7:55 am 30 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 Kelly 9 am - 10 am 60 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 / Katie 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	ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	ZUMBA Izumi 9:00 am 60 Min Lvl ML		BOLLYWOOD Sandy 11:00 am 60 Min Lvl ML (Not held on last Sunday Each month)
ZUMBA Sandra 9:00 am 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Cynthia 1:30 pm 90 Min Lvl ML	CORE STRENGTH Laurie 12:30 pm 60 Min Lvl ML	STRETCH & FLEX Michael 12 pm 60 Min Lvl ML	SERIOUS CYCLE Mary 9:00 am 60 Min Lvl ML	ZUMBA Izumi 10:30 am 60 Min Lvl 2	JUMP & JAM Laurie 11:00 am 60 Min Lvl ML (Last Sunday Each month)
BODY PUMP Mary M. 10:00 am 60 Min Lvl 2	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML	MUSCLE HUSTLE Katie 5:30 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		TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML			SPINNING Katie 6:00 pm 60 Min Lvl ML	MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML		
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML		ZUMBA Sandra 6:30 pm 60 Min Lvl ML		LINE DANCE NANCY 4:00 pm 60 mins		
Pilates Fusion Aida 5:30 pm 60 Min Lvl ML						
CARDIO/ BARRE STRENGTH Parastoo 6:30 pm 60 Min Lvl ML			Follow Us on Instagram @mcleanracquet			WELCOME Aida Join her on Mondays at 5:30 pm for Pilates Fusion!
Club Hours Mon.- Fri. 6:00 am - 10:00 pm Sat. - Sun. 7:00am - 8:00 pm						
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