



MIND & BODY SCHEDULE

See Other Side For
Group Exercise
Schedule

May 2024

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; display: inline-block; transform: rotate(-15deg); font-size: small;">NEW TIME</div> CORE STRENGTH Laurie 12:30 pm 60 Min Lvl ML	<div style="border: 1px solid black; padding: 5px; display: inline-block; transform: rotate(15deg); font-size: small;">NEW CLASS</div> STRETCH & FLEX Michael 12 pm 60 Min Lvl ML	YOGA FLOW Mary 12 pm 90 Min Lvl ML <i>*Advanced*</i>	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>
<div style="border: 1px solid black; padding: 5px; display: inline-block; transform: rotate(-15deg); font-size: small;">NEW CLASS</div> MAT PILATES Alaa 5:30 pm 60 Min Lvl ML			STRENGTH TRAINING FOR MATURE ADULTS Cynthia 2:00 pm 90 Min Lvl ML			
<p>Check Out Our Newly Redesigned Website!</p> <p>www.mcleanrhclub.com</p>				<p>Now, 3x Faster Internet @</p> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>Like Us on Facebook</p> </div>		
<p>*ASK ABOUT OUR CLUB SOCIAL ORGANIZATION TEAM ECO!</p>				<p>Follow Us on Instagram @mcleanracquet</p>		
<p>MU = Multi-Use Room</p>						



GROUP EXERCISE SCHEDULE

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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOTCAMP Donna 7:15 am 45 Min Lvl ML	SPIN / YOGA Mary M. 9:00 am 90 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> HITT Strength Kelly 9:00 am 60 Min Lvl ML </div>	<div style="border: 1px solid black; padding: 5px;"> CARDIO KICKBOXING Izumi 9:00 am 55 Min Lvl ML <i>NEW CLASS</i> </div>	CARDIO INTERVAL Izumi 8:00 am 60 Min Lvl ML	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	BOLLYWOOD Izumi 11:00 am 60 Min Lvl ML (Not held on last Sunday Each month)
STEP INTERVAL Nancy 8:00 am 60 Min Lvl ML	TABATA Kelly 9 am - 10 am 60 Min Lvl ML	ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML	BODY BLAST Kelly 10:00 - 11:00 am 60 Min Lvl ML	ZUMBA Izumi 9:00 am 60 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> BODYPUMP Rachel / Katie 9:15 am 60 Min Lvl 2 </div>	JUMP & JAM Laurie 11:00 am 60 Min Lvl ML (Last Sunday Each month)
ZUMBA Sandra 9:00 am 60 Min Lvl ML	TAI CHI Chat 10:00 am 60 Min Lvl ML	CORE STRENGTH Laurie 12:30 pm 60 Min Lvl ML	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> SERIOUS CYCLE Mary 9:00 am 60 Min Lvl ML </div>	ZUMBA Izumi 10:30 am 60 Min Lvl 2	<div style="border: 1px solid black; padding: 5px;"> TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1 </div>
<div style="border: 1px solid black; padding: 5px;"> BODY PUMP Mary M. 10:00 am 60 Min Lvl 2 </div>	<div style="border: 1px solid black; padding: 5px;"> MUSCLE HUSTLE Katie 11:30 am 60 Min Lvl ML <i>NEW CLASS</i> </div>	MUSCLE HUSTLE Katie 5:30 pm 60 Min Lvl ML	STRETCH & FLEX Michael 12 pm 60 Min Lvl ML	BODYPUMP Mary M. 10:00 am 60 Min Lvl ML		
MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Cynthia 1:30 pm 90 Min Lvl ML	ZUMBA Sandra 6:30 pm 60 Min Lvl ML	Strength Training for Mature Adults Cynthia 2:00 pm 90 Min Lvl ML	MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML		LINE DANCE NANCY 4:00 pm 60 mins
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML		SPINNING Katie 5:30 pm 60 Min Lvl ML		<div style="border: 1px solid black; padding: 10px;"> <p>Welcome Back Donna Metz! Join her for Monday Bootcamp at 7:15 am</p> </div>	
MAT PILATES Alaa 5:30 pm 60 Min Lvl ML	<div style="border: 1px solid black; padding: 10px;"> <p>Memorial Day Hours Monday May 27th 10 a.m. - 6 p.m.</p> </div>				<div style="border: 1px solid black; padding: 10px;"> <p>Follow Us on Instagram @mcleanracquet</p> </div>	
CARDIO/ BARRE STRENGTH Parastoo 6:30 pm 60 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> PLAYROOM HOURS M-F 8:00am - 7:00pm Sat. 9:00am - 1:00pm Sun. closed </div>	<div style="border: 1px solid black; padding: 5px;"> RESTAURANT HOURS M-F 8:00am - 9:00pm Sat. 10:30am - 8:00pm Sun. 10:30am - 5:00pm </div>			<div style="border: 1px solid black; padding: 10px;"> <p>Check Out The New Menu at BISTRO & WINE BAR SERVE BISTRO</p> </div>	
<div style="border: 1px solid black; padding: 10px;"> <p>Club Hours Mon.- Fri. 6:00 am - 10:00 pm Sat. - Sun. 7:00am - 8:00 pm</p> </div>						
<div style="border: 1px solid black; padding: 5px;"> <p>Like Us on Facebook</p> </div>						