



# MIND & BODY SCHEDULE

See Other Side For  
Group Exercise  
Schedule

April 2024

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           </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 am 90 Min Lvl ML <i>*Beginner &amp; Intermediate*</i>	<b>YOGA - LATES</b> Chat 10:00 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>MAT PILATES</b> Alaa 5:30 pm 60 Min Lvl ML			<b>STRENGTH TRAINING FOR MATURE ADULTS</b> Cynthia 2:00 pm 90 Min Lvl ML			



April Showers Bring May Flowers



**Check Out Our  
Newly Redesigned  
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[www.mcleanrhclub.com](http://www.mcleanrhclub.com)

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3x Faster**



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

MU = Multi-Use Room



# GROUP EXERCISE SCHEDULE

April 2024

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www.mcleanrhclub.com

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>STEP INTERVAL</b> Nancy 8:00 am 60 Min Lvl ML	<b>SPIN / YOGA</b> Mary M. 9:00 am 90 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> <b>HITT Strength</b> Kelly 9:00 am 60 Min Lvl ML         </div>	<div style="border: 1px solid black; padding: 5px;"> <b>CARDIO KICKBOXING</b> Izumi 9:00 am 55 Min Lvl ML <i>NEW CLASS</i> </div>	<b>CARDIO INTERVAL</b> Izumi 8:00 am 60 Min Lvl ML	<b>TRIPLE FIT</b> Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	<div style="border: 1px solid black; padding: 5px;"> <b>BODYPUMP</b> Derrick 9:00 am 60 Min Lvl ML         </div>
<b>ZUMBA</b> Sandra 9:00 am 60 Min Lvl ML	<b>TABATA</b> Kelly 9 am - 10 am 60 Min Lvl ML	<b>ZUMBA GOLD</b> Nancy 11:00 am 60 Min Lvl ML	<b>BODY BLAST</b> Kelly 10:00 - 11:00 am 60 Min Lvl ML	<b>ZUMBA</b> Izumi 9:00 am 60 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> <b>BODYPUMP</b> Rachel / Katie 9:15 am 60 Min Lvl 2         </div>	<b>BOLLYWOOD</b> Izumi 11:00 am 60 Min Lvl ML (Not held on last Sunday Each month)
<b>BODY PUMP</b> Mary M. 10:00 am 60 Min Lvl 2	<b>TAI CHI</b> Chat 10:00 am 60 Min Lvl ML	<b>CORE STRENGTH</b> Laurie 12:30 pm 60 Min Lvl ML	<b>MUSCLE HUSTLE</b> Michael 11:00 am 60 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> <b>SERIOUS CYCLE</b> Mary 9:00 am 60 Min Lvl ML         </div>	<b>ZUMBA</b> Izumi 10:30 am 60 Min Lvl 2	<b>JUMP &amp; JAM</b> Laurie 11:00 am 60 Min Lvl ML (Last Sunday Each month)
<div style="border: 1px solid black; padding: 5px;"> <b>MUSCLE HUSTLE</b> Michael 11:00 am 60 Min Lvl ML         </div>	<div style="border: 1px solid black; padding: 5px;"> <b>MUSCLE HUSTLE</b> Katie 11:30 am 60 Min Lvl ML <i>NEW CLASS</i> </div>	<b>MUSCLE HUSTLE</b> Katie 5:30 pm 60 Min Lvl ML	<b>STRETCH &amp; FLEX</b> Michael 12 pm 60 Min Lvl ML	<b>BODYPUMP</b> Mary M. 10:00 am 60 Min Lvl ML	<b>MUSCLE HUSTLE</b> Katie 11:00 am 60 Min Lvl ML	<div style="border: 1px solid black; padding: 5px;"> <b>TAI CHI (Beginners)</b> Chat 4:00 pm 60 Min Lvl 1         </div>
<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>ZUMBA</b> Sandra 6:30 pm 60 Min Lvl ML	<b>Strength Training for Mature Adults</b> Cynthia 2:00 pm 90 Min Lvl ML	<b>MUSCLE HUSTLE</b> Katie 11:00 am 60 Min Lvl ML	<b>LINE DANCE</b> NANCY 4:00 pm 60 mins	
<b>MAT PILATES</b> Alaa 5:30 pm 60 Min Lvl ML	<b>BODYPUMP</b> Rachel 6:00 pm 60 Min Lvl ML		<b>SPINNING</b> Katie 5:30 pm 60 Min Lvl ML			
<b>CARDIO/ BARRE STRENGTH</b> Parastoo 6:30 pm 60 Min Lvl ML						



**Team ECO**  
**Launch Party and**  
**Event Tuesday**  
**April 23rd 5:30 - 7:00 pm**  
Additional information available at front desk

**PLAYROOM HOURS**  
M-F 8:00am - 7:00pm  
Sat. 9:00am - 1:00pm  
Sun. closed

**RESTAURANT HOURS**  
M-F 8:00am - 9:00pm  
Sat. 10:30am - 8:00pm  
Sun. 10:30am - 5:00pm

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**@mcleanracquet**

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

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