



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.
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>
MAT PILATES Alaa 5:30 pm 60 Min Lvl ML			STRENGTH TRAINING FOR MATURE ADULTS Cynthia 2:00 pm 90 Min Lvl ML			



April Showers Bring May Flowers



**Check Out Our
Newly Redesigned
Website!**

www.mcleanrhclub.com

**Now,
3x Faster**



Like Us on Facebook

Follow Us on Instagram
[@mcleanracquet](https://www.instagram.com/mcleanracquet)

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

MU = Multi-Use Room



GROUP EXERCISE SCHEDULE

April 2024

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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
STEP INTERVAL Nancy 8:00 am 60 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)
ZUMBA Sandra 9:00 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)
BODY PUMP Mary M. 10:00 am 60 Min Lvl 2	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;"> MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML </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		
CORE STRENGTH Laurie 1:30 pm 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	
MAT PILATES Alaa 5:30 pm 60 Min Lvl ML	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML		SPINNING Katie 5:30 pm 60 Min Lvl ML			
CARDIO/ BARRE STRENGTH 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

Follow Us on Instagram
@mcleanracquet

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

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Visit
BISTRO & WINE BAR
SERVE
BISTRO

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