



MIND & BODY SCHEDULE

September 2024

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

See Other Side For
Group Exercise
Schedule

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BETTER BACK YOGA Cynthia 12 pm 90 Min Lvl ML	TAI CHI Chat 10:00 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 45 Min Lvl ML YOGA Cynthia 1:00 pm 60 Min Lvl ML STRENGTH TRAINING FOR MATURE ADULTS Cynthia 2:00 pm 90 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 TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1



**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

September 2024

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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	HITT Strength Kelly 9:00 am 60 Min Lvl ML	CARDIO KICKBOXING Izumi 9:00 am 55 Min Lvl ML <i>NEW CLASS</i>	CARDIO INTERVAL Izumi 8:00 am 60 Min Lvl ML	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	BODY PUMP Dan 9:00 am 60 Min Lvl ML <i>NEW CLASS</i>
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	BODYPUMP Rachel / Katie 9:15 am 60 Min Lvl 2	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	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	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)
BIKE THERAPY Cynthia 9:00 am 45 Min Lvl ML <i>NEW CLASS</i>	MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML <i>NEW TIME</i>	MUSCLE HUSTLE Katie 5:30 pm 60 Min Lvl ML	STRETCH & FLEX Michael 12 pm 45 Min Lvl ML	BODYPUMP Mary M. 10:00 am 60 Min Lvl ML	MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML	TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
BODY PUMP Mary M. 10:00 am 60 Min Lvl 2	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	LINE DANCE NANCY 4:00 pm 60 mins	<div data-bbox="1079 1155 1490 1360" data-label="Text"> <p>September is Prostate Cancer Awareness Month Wear your Blue Ribbon in Recognition</p> </div>	
MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML	<div data-bbox="597 1192 868 1528" data-label="Image"> </div>		<div data-bbox="1079 1375 1490 1554" data-label="Text"> <p>2 New Classes Sundays 9am Body Pump Mondays 9am Bike Therapy</p> </div>		
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML	PLAYROOM HOURS M-F 8:00am - 7:00pm Sat. 9:00am - 1:00pm Sun. 9:00am - 1:00pm			RESTAURANT HOURS M-F 8:00am - 9:00pm Sat. 10:30am - 8:00pm Sun. 10:30am - 5:00pm	<div data-bbox="1079 1564 1490 1711" data-label="Text"> <p>Follow Us on Instagram @mcleanracquet</p> </div>	
CARDIO/ BARRE STRENGTH Parastoo 6:30 pm 60 Min Lvl ML	<div data-bbox="267 1759 1015 1911" data-label="Text"> <p>Club Hours Mon.- Fri. 6:00 am - 10:00 pm Sat. - Sun. 7:00am - 8:00 pm</p> </div>		<div data-bbox="665 1932 987 1995" data-label="Text"> <p>Like Us on Facebook</p> </div>		<div data-bbox="1088 1732 1494 1984" data-label="Text"> <p>Check Out The New Menu at BISTRO & WINE BAR SERVE BISTRO</p> </div>	