



# MIND & BODY SCHEDULE

October 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.
<b>BETTER BACK YOGA</b> Cynthia 12 pm 90 Min Lvl ML	<b>TAI CHI</b> Chat 10:00 am 60 Min Lvl ML  <b>STRENGTH TRAINING FOR MATURE ADULTS</b> Cynthia 1:30 pm 90 Min Lvl ML	<b>CORE STRENGTH</b> Laurie 12:30 pm 60 Min Lvl ML	<b>STRETCH &amp; FLEX</b> Michael 12 pm 45 Min Lvl ML  <b>YOGA</b> Cynthia 1:00 pm 60 Min Lvl ML  <b>STRENGTH TRAINING FOR MATURE ADULTS</b> Cynthia 2:00 pm 90 Min Lvl ML	<b>YOGA FLOW</b> Mary 12 pm 90 Min Lvl ML <i>*Advanced*</i>	<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>TAI CHI</b> (Beginners) Chat 4:00 pm 60 Min Lvl 1
<div style="border: 1px solid black; padding: 10px;"> <p><b>Check Out Our Newly Redesigned Website!</b> <a href="http://www.mcleanrhclub.com">www.mcleanrhclub.com</a></p> </div>				<div style="border: 1px solid black; padding: 10px;"> <p><b>Now, 3x Faster Internet @</b></p> <p><b>Like Us on Facebook</b></p> </div>		
<div style="border: 1px solid black; padding: 10px;"> <p><b>Follow Us on Instagram</b> <a href="https://www.instagram.com/mcleanracquet">@mcleanracquet</a></p> </div>						<p>MU = Multi-Use Room</p>
<p><b>*ASK ABOUT OUR CLUB SOCIAL ORGANIZATION TEAM ECO!</b></p>						



# GROUP EXERCISE SCHEDULE

October 2024

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

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>BOOTCAMP</b> Donna 7:15 am 45 Min Lvl ML	<b>SPIN / YOGA</b> Mary M. 9:00 am 90 Min Lvl ML	<b>HITT Strength</b> Kelly 9:00 am 60 Min Lvl ML	<b>CARDIO KICKBOXING</b> Izumi 9:00 am 55 Min Lvl ML <b>NEW CLASS</b>	<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	<b>JUMP &amp; JAM</b> Laurie 11:00 am 60 Min Lvl ML (Last Sunday Each month)
<b>STEP INTERVAL</b> Nancy 8:00 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	<b>BODYPUMP</b> Rachel / Katie 9:15 am 60 Min Lvl 2	<b>TAI CHI</b> (Beginners) Chat 4:00 pm 60 Min Lvl 1
<b>ZUMBA</b> Sandra 9:00 am 60 Min Lvl ML	<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	<b>SERIOUS CYCLE</b> Mary 9:00 am 60 Min Lvl ML	<b>ZUMBA</b> Izumi 10:30 am 60 Min Lvl 2	
<b>BIKE THERAPY</b> Cynthia 9:00 am 45 Min Lvl ML <b>NEW CLASS</b>	<b>MUSCLE HUSTLE</b> Katie 11:00 am 60 Min Lvl ML <b>NEW TIME</b>	<b>MUSCLE HUSTLE</b> Katie 5:30 pm 60 Min Lvl ML	<b>STRETCH &amp; FLEX</b> Michael 12 pm 45 Min Lvl ML	<b>BODYPUMP</b> Mary M. 10:00 am 60 Min Lvl ML	<b>BOLLYWOOD</b> Izumi 1:00 pm 60 Min Lvl ML <b>NEW TIME</b>	
<b>BODY PUMP</b> Mary M. 10:00 am 60 Min Lvl 2	<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>MUSCLE HUSTLE</b> Michael 11:00 am 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>LINE DANCE</b> NANCY 4:00 pm 60 mins		
<b>CORE STRENGTH</b> Laurie 1:30 pm 60 Min Lvl ML						
<b>CARDIO/ BARRE STRENGTH</b> Parastoo 6:30 pm 60 Min Lvl ML						



**October is Breast Cancer Awareness Month**  
Wear your Pink Ribbon in Recognition

**Halloween in Pink**  
Zumba Event  
Wednesday Oct. 30th  
6:30 pm

**Follow Us on Instagram**  
@mcleanracquet

**Check Out The New Menu**  
at  
BISTRO & WINE BAR  
**SERVE BISTRO**

**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

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

**Like Us on Facebook**

PR = Play Room MU = Multi-Use Room TBA = To Be Announced L1 = Beginners L2 = Intermediate L3 = Advanced ML = Beginners—Intermediate  
Please Note: 9, 10, 11 AM Classes, Triple Fit, Body Blast and Zumba Classes - Music Higher Volume