



MIND & BODY SCHEDULE

January 2025

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 *Advanced*	YOGA FLOW Cynthia 11:30 am 90 Min Lvl ML *Beginner & Intermediate*	YOGA - LATES Chat 10:00 am 60 Min Lvl 1 TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
<div style="border: 1px solid black; padding: 10px;"> <p>Check Out Our Newly Redesigned Website! www.mcleanrhclub.com</p> </div>				<div style="border: 1px solid black; padding: 10px;"> <p>Now, 3x Faster Internet @</p> <p>Like Us on Facebook</p> </div>		
<div style="border: 1px solid black; padding: 10px;"> <p>*ASK ABOUT OUR CLUB SOCIAL ORGANIZATION TEAM ECO!</p> </div>						<div style="border: 1px solid black; padding: 10px;"> <p>Follow Us on Instagram @mcleanracquet</p> </div>
<p>MU = Multi-Use Room</p>						



GROUP EXERCISE SCHEDULE

January 2025

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See Other Side For
Mind & Body
Schedule

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
ZUMBA Sandra 9:00 am 60 Min Lvl ML	SPIN / YOGA Mary M. 9:00 am 90 Min Lvl ML	NEW CLASS BOOTCAMP* Paulette 7:15 - 8:00 am 45 Min Lvl ML *held on select dates	CARDIO KICKBOXING Izumi 9:00 am 55 Min Lvl ML	NEW CLASS BOOTCAMP* Paulette 7:15 - 8:00 am 45 Min Lvl ML *held on select dates	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	NEW CLASS ZUMBA Margarit 11:00 am 60 Min Lvl (Starting Dec.8th)
BODY PUMP Mary M. 10:00 am 60 Min Lvl 2	TABATA Katie 9 am - 10 am 60 Min Lvl ML	HITT Strength Kelly 9:00 am 60 Min Lvl ML	BODY BLAST Kelly 10:00 - 11:00 am 60 Min Lvl ML	CARDIO INTERVAL Izumi 8:00 am 60 Min Lvl ML	BODYPUMP Rachel / Katie 9:15 am 60 Min Lvl 2	JUMP & JAM Laurie 11:00 am 60 Min Lvl ML (Last Sunday Each month)
MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	TAI CHI Chat 10:00 am 60 Min Lvl ML	BIKE THERAPY Cynthia 9:00 am 45 Min Lvl ML	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	ZUMBA Izumi 9:00 am 60 Min Lvl ML	ZUMBA Izumi 10:30 am 60 Min Lvl 2	TAI CHI (Beginners) Chat 4:00 pm 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	ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML	STRETCH & FLEX Michael 12 pm 45 Min Lvl ML	SERIOUS CYCLE Mary 9:00 am 60 Min Lvl ML	BOLLYWOOD Izumi 1:00 pm 60 Min Lvl ML	
CARDIO/ BARRE STRENGTH Parastoo 6:30 pm 60 Min Lvl ML	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML	CORE STRENGTH Laurie 12:30 pm 60 Min Lvl ML	Strength Training for Mature Adults Cynthia 2:00 pm 90 Min Lvl ML	BODYPUMP Mary M. 10:00 am 60 Min Lvl ML		
	ZUMBA NEW CLASS Jessica 7:00 pm 60 Min Lvl ML	MUSCLE HUSTLE Katie 5:30 pm 60 Min Lvl ML	SPINNING Katie 5:30 pm 60 Min Lvl ML	MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML		
		ZUMBA Sandra 6:30 pm 60 Min Lvl ML		LINE DANCE NANCY 4:00 pm 60 mins		



New Class
Join Margarit
For Sunday Morning
Zumba

New Class
Tuesday Evening's
International Zumba
7 pm with Jessica

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
Please Note: 9, 10, 11 AM Classes, Triple Fit, Body Blast and Zumba Classes - Music Higher Volume

L1 = Beginners L2 = Intermediate L3 = Advanced ML = Beginners—Intermediate