



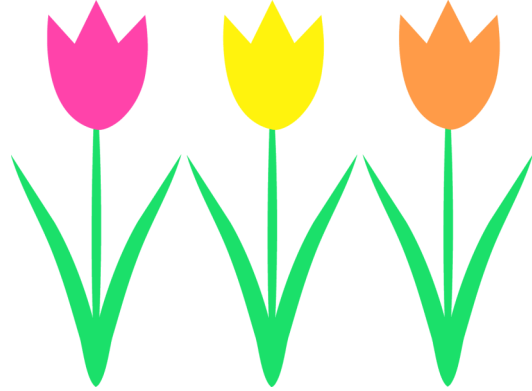



MIND & BODY SCHEDULE

May 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 CHAIR YOGA Cynthia 3:30 pm 60 Min Lvl ML <i>*Great for Beginners*</i>	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
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML						
BALANCE & CORE Katie 5:30 pm 60 Min Lvl ML 						
						
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Check Out Our Newly Redesigned Website!</p> <p>www.mcleanrhclub.com</p> </div>						
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>*ASK ABOUT OUR CLUB SOCIAL ORGANIZATION TEAM ECO!</p> </div>						
					<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Now, 3x Faster Internet @</p>  <p>Like Us on Facebook</p> </div>	
					<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Follow Us on Instagram</p> <p>@mcleanracquet</p> </div>	
						<p>MU = Multi-Use Room</p>



GROUP EXERCISE SCHEDULE

May 2025

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

See Other Side For
Mind & Body
Schedule

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOTCAMP Donna 7:15 - 8:00 am 45 Min Lvl ML <i>NEW CLASS</i>	SPIN / YOGA Mary M. 9:00 am 90 Min Lvl ML	HITT Strength Kelly 9:00 am 60 Min Lvl ML	TABATA Kelly 9:00 am 60 Min Lvl ML	BOOTCAMP* Donna 7:15 - 8:00 am 45 Min Lvl ML <i>NEW CLASS</i>	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	ZUMBA Margarit 11:00 am 60 Min Lvl <i>NEW CLASS</i>
ZUMBA Sandra 9:00 am 60 Min Lvl ML	CARDIO SCULPT Katie 9 am - 10 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	CARDIO INTERVAL Izumi 8:00 am 60 Min Lvl ML	BODYPUMP Rachel 9:15 am 60 Min Lvl 2	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	ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML	STRETCH & FLEX Michael 12 pm 45 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
MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	MUSCLE HUSTLE Donna 11:00 am 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	SERIOUS CYCLE Mary 9:00 am 60 Min Lvl ML	BOLLYWOOD Izumi 1:00 pm 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	MUSCLE HUSTLE Katie 5:30 pm 60 Min Lvl ML	SPINNING Katie 5:30 pm 60 Min Lvl ML	BODYPUMP Mary M. 10:00 am 60 Min Lvl ML		
Balance and Core Katie 5:30 pm 60 Min Lvl ML <i>NEW CLASS</i>	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML	ZUMBA Sandra 6:30 pm 60 Min Lvl ML		MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML		
CARDIO/ BARRE STRENGTH Parastoo 6:30 pm 60 Min Lvl ML	INTERNATIONAL ZUMBA Jessica 7:00 pm 60 Min Lvl ML <i>NEW CLASS</i>			LINE DANCE NANCY 4:00 pm 60 mins		



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

Follow Us on Instagram
[@mcleanracquet](#)

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

Like Us on Facebook

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

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