



MIND & BODY SCHEDULE

September 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 *Class Returns Soon	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
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML						
BALANCE & CORE Katie 5:30 pm 60 Min Lvl ML						
Check Out Our Newly Redesigned Website! www.mcleanrhclub.com						
*ASK ABOUT OUR CLUB SOCIAL ORGANIZATION TEAM ECO!						
					Now, 3x Faster Internet @ Like Us on Facebook	
					Follow Us on Instagram @mcleanracquet	
						MU = Multi-Use Room



GROUP EXERCISE SCHEDULE

September 2025

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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOTCAMP Donna 7:15 - 8:00 am 45 Min Lvl ML ZUMBA Sandra 9:00 am 60 Min Lvl ML BODY PUMP Mary M. 10:00 am 60 Min Lvl 2 MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML Balance and Core Katie 5:30 pm 60 Min Lvl ML CARDIO STRENGTH STRENGTH Parastoo 6:30 pm	SPIN / YOGA Mary M. 9:00 am 90 Min Lvl ML CARDIO SCULPT Katie 9 am - 10 am 60 Min Lvl ML TAI CHI Chat 10:00 am 60 Min Lvl ML MUSCLE HUSTLE Donna 11:00 am 60 Min Lvl ML STRENGTH TRAINING FOR MATURE ADULTS Cynthia 1:30 pm 90 Min Lvl ML BODYPUMP Rachel 6:00 pm 60 Min Lvl ML INTERNATIONAL ZUMBA Jessica 7:00 pm 60 Min Lvl ML	HITT Strength Kelly 9:00 am 60 Min Lvl ML *BIKE THERAPY Cynthia 9:00 am 45 Min Lvl ML *Class Returns Soon ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML CORE STRENGTH Laurie 12:30 pm 60 Min Lvl ML MUSCLE HUSTLE Katie 5:30 pm 60 Min Lvl ML ZUMBA Sandra 6:30 pm 60 Min Lvl ML	TABATA Kelly 9:00 am 60 Min Lvl ML MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML STRETCH & FLEX Michael 12 pm 45 Min Lvl ML Strength Training for Mature Adults Cynthia 2:00 pm 90 Min Lvl ML CARDIO DANCE Parastoo 5:30-6:30 pm 60 Min Lvl ML *Class begins September 4th	BOOTCAMP* Donna 7:15 - 8:00 am 45 Min Lvl ML SERIOUS CYCLE Mary 9:00 am 60 Min Lvl ML ZUMBA 9:00 am No Class 9/5 Yuri 9/12, Jessica 9/19 & 9/26 60 Min Lvl 2 BODYPUMP Mary M. 10:00 am 60 Min Lvl ML MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML LINE DANCE NANCY 4:00 pm 60 mins	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3 BODYPUMP Rachel 9:15 am 60 Min Lvl 2 ZUMBA Amira 10:30 am 60 Min Lvl 2 JOIN GAVHAR FOR BELLY DANCING SUNDAYS 11:00 AM	BELLY DANCING Gavhar 1100 am 60 Min Lvl ML JUMP & JAM Laurie 11:00 am 60 Min Lvl ML (Last Sunday Each month) TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
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						Check Out The New Menu at BISTRO & WINE BAR SERVE BISTRO
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

