

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
BALANCE & CORE Katie 5:30 pm 60 Min Lvl ML						



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TEAM ECO!**

MU = Multi-Use Room



GROUP EXERCISE SCHEDULE

October 2025

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

See Other Side For
Mind & Body
Schedule

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
NEW CLASS BOOTCAMP Donna 7:15 - 8:00 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	TABATA Kelly 9:00 am 60 Min Lvl ML	NEW CLASS BOOTCAMP* Donna 7:15 - 8:00 am 45 Min Lvl ML	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	NEW CLASS BELLY DANCING Gavhar 1100 am 60 Min Lvl ML
ZUMBA Sandra 9:00 am 60 Min Lvl ML	CARDIO SCULPT Katie 9 am - 10 am 60 Min Lvl ML	ZUMBA GOLD Nancy 11:00 am 60 Min Lvl ML	MUSCLE HUSTLE Michael 11:00 am 60 Min Lvl ML	SERIOUS CYCLE Mary 9:00 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	CORE STREGNTH Laurie 12:30 pm 60 Min Lvl ML	STRETCH & FLEX Michael 12 pm 45 Min Lvl ML	ZUMBA Jessica 9:00 am 10/3, 10/17 & 10/31 only 60 Min Lvl 2	ZUMBA Amira 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	MUSCLE HUSTLE Katie 5:30 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		
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Cynthia 1:30 pm 90 Min Lvl ML	ZUMBA Sandra 6:30 pm 60 Min Lvl ML	CARDIO DANCE Parastoo 5:45-6:45 pm 60 Min Lvl ML	NEW TIME MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML		
Balance and Core Katie 5:30 pm 60 Min Lvl ML	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML			LINE DANCE NANCY 4:00 pm 60 mins		
CARDIO STRENGTH Parastoo 6:30 pm	NEW CLASS INTERNATIONAL ZUMBA Jessica 7:00 pm 60 Min Lvl ML					
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