



MIND & BODY SCHEDULE

December 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
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 @**



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@mcleanracquet**

MU = Multi-Use Room



GROUP EXERCISE SCHEDULE

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MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BOOTCAMP Donna 7:15 - 8:00 am 45 Min Lvl ML NEW CLASS	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 NEW CLASS	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	BELLY DANCING Gavhar 1100 am 60 Min Lvl ML NEW CLASS
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 STRENGTH Laurie 12:30 pm 60 Min Lvl ML	STRETCH & FLEX Michael 12 pm 45 Min Lvl ML	ZUMBA Jessica 9:00 am 55 Min Lvl 2 No Class 11/7	ZUMBA 10:30 am with Jessica 11/1 & 11/8 with Parastoo 11/15, 11/22 & 11/29 55 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 NEW CLASS	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML			LINE DANCE NANCY 4:00 pm 60 mins		
CARDIO STRENGTH Parastoo 6:30 pm	INTERNATIONAL ZUMBA Jessica 7:00 pm 60 Min Lvl ML NEW CLASS					
PLAYROOM HOURS M-F 8:00am - 7:00pm Sat. 9:00am - 1:00pm Sun. 9:00am - 1:00pm		Like Us on Facebook RESTAURANT HOURS M-F 8:00am - 9:00pm Sat. 10:30am - 8:00pm Sun. 10:30am - 5:00pm		The Club will be closed Thursday December 25th for Christmas		
Club Hours Mon.- Fri. 6:00 am - 10:00 pm Sat. - Sun. 7:00am - 8:00 pm				Check Out The New Menu BISTRO & WINE BAR SERVE BISTRO		
				Follow Us on Instagram @mcleanracquet		