



GROUP EXERCISE SCHEDULE

September 2026

www.mcleanrhclub.com 703-356-3300

See Other Side For
Class
Descriptions

MON	TUES	WED	THURS	FRI	SAT	SUN
BOOTCAMP Donna 7:15 am 45 Min Lvl ML	SPIN / YOGA Mary 9:00 am 90 Min Lvl ML	CARDIO SCULPT Kelly 9:00 am 60 Min Lvl ML	TABATA Kelly 9:00 am 60 Min Lvl ML	BOOTCAMP Donna 7:15 am 45 Min Lvl ML	TRIPLE FIT Kelly (Higher Music Volume) 8:00 am 75 Min Lvl 3	YOGA - LATES Chat 10:00 am 60 Min Lvl 1
ZUMBA Yuri / Sandra 9:00 am 60 Min Lvl ML	CARDIO SCULPT Katie 9:00 am 60 Min Lvl ML	ZUMBA Nancy 11:00 am 60 Min Lvl ML	MAT PILATES Rita 10:00 am 60 Min Lvl ML	NEW CLASS SERIOUS CYCLE Mary 9:00 am 60 Min Lvl ML	BODYPUMP Rachel 9:15 am 60 Min Lvl 2	TABATA TOTAL BODY Laurie 11:00 am 60 Min Lvl ML (Last Sunday Each month)
BODYPUMP Mary 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	MUSCLE HUSTLE Donna 11:00 am 60 Min Lvl ML	ZUMBA Jessica 9:00 am 60 Min Lvl 2	ZUMBA 10:30 am 60 Min Lvl ML Rotating Instructors	CARDIO DANCE Gavhar 11:00 am 60 Min Lvl ML 9/13, 9/20
MUSCLE HUSTLE Laurie 11:00 am 60 Min Lvl ML	MAT PILATES Rita 11:00 am 60 Min Lvl ML	NEW CLASS MUSCLE HUSTLE Katie 5:30 pm 60 Min Lvl ML	BALANCE YOGA Cynthia 1:00 pm 60 Min Lvl ML	BODYPUMP Mary 10:00 am 60 Min Lvl ML	YOGA FLOW Cynthia 11:30 am 90 Min Lvl ML	NEW CLASS KIDS KARATE (Ages 7-12) Mami 1:00 pm 60 Min Fee Required
BETTER BACK YOGA Cynthia 12 pm 90 Min Lvl ML	NEW CLASS CHAIR CLASS (Beginners) Donna 12 pm 60 Min L1	ZUMBA Yuri / Sandra 6:30 pm 60 Min Lvl ML	MATURE FITNESS Cynthia 2:00 pm 90 Min Lvl ML	MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML	NEW CLASS KIDS KARATE (Ages 4-7) Mami 1:00 pm 60 Min Fee Required	TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML	MATURE FITNESS Cynthia 2:00 pm 90 Min Lvl ML		CARDIO DANCE Parastoo 5:45 pm 60 Min Lvl ML	YOGA FLOW Mary 12 pm 90 Min Lvl ML *Advanced*		
CORE BALANCE 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 DANCE Parastoo 6:30 pm 60 Min Lvl ML	ZUMBA Jessica 7:00 pm 60 Min Lvl ML					
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		Like Us on Facebook		
Club Hours Mon.- Fri. 6:00 am - 10:00 pm Sat. - Sun. 7:00am - 8:00 pm				Follow Us on Instagram @mcleanracquet		

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

CLASS DESCRIPTIONS

Body Pump - Les Mills BODYPUMP is a full-body barbell workout that uses high repetitions to shape, tone, and strengthen major muscle groups. Includes classic strength exercises like squats, presses, lifts, curls, and rows. Can be done using barbells or free weights.

Bootcamp - Cardio, Core, Strength, and Body Weight exercises. This class has it all! Think push-ups, planks, bicycles, squats, lunges, weights, and so much more! Join us for a fun, effective, and sweat-driven workout.

Cardio Sculpt - Combines cardio movement and sculpting exercises for a full body workout. Cardio is typically done using the step but with simplified moves and combinations. All exercises can be done without the step, so it is a class where anyone can participate.

Core Balance - A workout that emphasizes core strength and uses a variety of equipment. Core stability and good balance are the goals of this class.

Core Strength - Enhance the way you move with this full-body class! Through purposeful, functional movements, you will improve posture, increase mobility, and develop the strength and stability needed for everyday activities. With an emphasis on proper movement mechanics and body alignment, this class will leave you feeling stronger, more balanced, and better prepared for the demands of daily life.

Mature Fitness - This class is designed to be less demanding on the joints. It includes low impact cardio, resistance tubing, weights, and stretching for a well rounded workout.

Muscle Hustle - A muscle and strength training workout that utilizes weights, resistance tubing, and body bars. Take this class to improve strength in your arms, legs, and core! Options are given for all fitness levels.

Serious Cycle - An indoor cycling session focusing on cardio endurance, leg strength, and high-intensity intervals using a stationary exercise bike. Spin Studio is located on the lower level of the Club.

Spin / Yoga - A 60 minute Spin class followed by 30 minutes of yoga. Spin Studio is located on the lower level of the Club.

Tabata - This high intensity interval class uses patterns of 20 seconds of intense training with 10 seconds of rest for 8 rounds. Includes a warmup and cooldown and can be modified for all fitness levels.

Tabata Total Body - This Tabata-style interval class is designed to improve cardio endurance, build functional strength, and enhance core stability. Using timed work and recovery intervals, you will move through a variety of exercises that improve your overall fitness and boost your energy!

Triple Fit - This is a true Step Aerobics class that combines step intervals with weight training and core focused exercises. All exercises can be performed without the step if you prefer. Music volume tends to be louder in this class.

DANCE

Cardio Dance - A fun and exhilarating dance exercise class! Enjoy motivating music and creative dance moves!

Line Dance - This low-impact dance style class features a wide variety of music and clever combinations. Easy to follow and lots of fun!

Zumba - A high energy dance style workout featuring Latin-inspired music and easy-to-follow choreography.

MIND-BODY

Yoga Flow - A dynamic, flowing style of yoga that links physical movements with the breath. You will transition smoothly from one posture to the next rather than holding single poses for a long time.

Balance Yoga - This class has a greater emphasis on balance. Holding poses longer, in balance postures, will strengthen all the recruited muscles. And you will notice your core muscles engaging in all of these poses!

Better Back Yoga - Includes balanced movements of the spine to address better symmetry and prevent injury. No fast movements in this class. All moves are performed cautiously with the health of the spine in mind.

Mat Pilates - A floor-based workout that uses your own body weight for resistance. It focuses on controlled movements, core strength, flexibility, and posture. By targeting the deep muscles of the abdomen, lower back, and hips, it builds stability from the inside out. The fluid, deliberate motions provide a high intensity muscular burn without putting jarring stress on your joints.

Yoga-lates - A modern hybrid workout blending Yoga with the core-strengthening principles of Pilates

Tai Chi - An ancient Chinese mind-body practice known for slow, graceful movements and deep breathing. It improves balance, lowers stress, and builds strength.