McLean Racquet & Health Club
Total Family Fitness
Since 1972

# GROUP EXERCISE SCHEDULE
## November 2026

www.mcleanrhclub.com 703-356-3300

See Other Side For Class Descriptions

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| ZUMBA<br>Sandra<br>9:00 am<br>60 Min Lvl ML | SPIN / YOGA<br>Mary<br>9:00 am<br>90 Min Lvl ML | CARDIO SCULPT<br>Kelly<br>9:00 am<br>60 Min Lvl ML | TABATA<br>Kelly<br>9:00 am<br>60 Min Lvl ML | BOOTCAMP<br>Donna<br>7:15 am<br>45 Min Lvl ML | TRIPLE FIT<br>Kelly<br>(Higher Music Volume)<br>8:00 am<br>75 Min Lvl 3 | YOGA - LATES<br>Chat<br>10:00 am<br>60 Min Lvl 1 |
| BODYPUMP<br>Mary<br>10:00 am<br>60 Min Lvl 2 | CARDIO SCULPT<br>Katie<br>9:00 am<br>60 Min Lvl ML | BODYPUMP<br>Mary<br>10:00 am<br>60 Min Lvl 2 | MAT PILATES<br>Rita<br>10:00 am<br>60 Min Lvl ML<br>NEW CLASS | SERIOUS CYCLE<br>Mary<br>9:00 am<br>60 Min Lvl ML | BODYPUMP<br>Rachel<br>9:15 am<br>60 Min Lvl 2 | TABATA TOTAL BODY<br>Laurie<br>11:00 am<br>60 Min Lvl ML<br>(Last Sunday Each month) |
| MUSCLE HUSTLE<br>Laurie<br>11:00 am<br>60 Min Lvl ML | TAI CHI<br>Chat<br>10:00 am<br>60 Min Lvl ML | ZUMBA<br>Nancy<br>11:00 am<br>60 Min Lvl ML | MUSCLE HUSTLE<br>Donna<br>11:00 am<br>60 Min Lvl ML | ZUMBA<br>Jessica<br>9:00 am<br>60 Min Lvl 2 | CARDIO DANCE<br>Gavhar<br>10:30 am<br>60 Min Lvl ML | KIDS KARATE<br>Ages 7-12)<br>Mami<br>1:00 pm<br>60 Min<br>Fee Required<br>NEW CLASS |
| BETTER BACK YOGA<br>Cynthia<br>12 pm<br>90 Min Lvl ML | MAT PILATES<br>Rita<br>11:00 am<br>60 Min Lvl ML<br>NEW CLASS | CORE STREGNTH<br>Laurie<br>12:30 pm<br>60 Min Lvl ML | BALANCE YOGA<br>Cynthia<br>1:00 pm<br>60 Min Lvl ML | BODYPUMP<br>Mary<br>10:00 am<br>60 Min Lvl ML | YOGA FLOW<br>Cynthia<br>11:30 am<br>90 Min Lvl ML | TAI CHI<br>(Beginners)<br>Chat<br>4:00 pm<br>60 Min Lvl 1 |
| CORE STRENGTH<br>Laurie<br>1:30 pm<br>60 Min Lvl ML | CHAIR CLASS<br>(Beginners)<br>Donna<br>12 pm<br>60 Min L1<br>NEW CLASS | YOGA FLOW<br>Meghan<br>1:30 pm<br>60 Min Lvl ML | MATURE FITNESS<br>Cynthia<br>2:00 pm<br>90 Min Lvl ML | MUSCLE HUSTLE<br>Katie<br>11:00 am<br>60 Min Lvl ML | KIDS KARATE<br>(Ages 4-7)<br>Mami<br>1:00 pm<br>60 Min<br>Fee Required<br>NEW CLASS | |
| CORE BALANCE<br>Katie<br>5:30 pm<br>60 Min Lvl ML | MATURE FITNESS<br>Cynthia<br>2:00 pm<br>90 Min Lvl ML | MUSCLE HUSTLE<br>Katie<br>5:30 pm<br>60 Min Lvl ML | CARDIO DANCE<br>Parastoo<br>5:45 pm<br>60 Min Lvl ML | YOGA FLOW<br>Mary<br>12 pm<br>90 Min Lvl ML<br>*Advanced* | | |
| CARDIO DANCE<br>Parastoo<br>6:30 pm<br>60 Min Lvl ML | BODYPUMP<br>Rachel<br>6:00 pm<br>60 Min Lvl ML | ZUMBA<br>Sandra<br>6:30 pm<br>60 Min Lvl ML | | LINE DANCE<br>NANCY<br>4:00 pm<br>60 mins | | |

**Coming in December**
**"Holiday Series"**
***Dec. 21st - Dec. 31st***

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

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

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 L3 = Advanced
L2 = Intermediate 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.