



MIND & BODY SCHEDULE

January 2026

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 Mignatti 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
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML	<div style="border: 1px solid black; padding: 2px; transform: rotate(-15deg); display: inline-block;">NEW TIME</div>					
BALANCE & CORE Katie 5:30 pm 60 Min Lvl ML	<div style="border: 1px solid black; padding: 2px; transform: rotate(-15deg); display: inline-block;">NEW CLASS</div>					



**Check Out Our
Newly Redesigned
Website!**
www.mcleanrhclub.com

**Now, 3x Faster
Internet @**



Like Us on Facebook

**Follow Us on Instagram
@mcleanracquet**

***ASK ABOUT OUR CLUB SOCIAL ORGANIZATION
TEAM ECO!**

MU = Multi-Use Room



GROUP EXERCISE SCHEDULE

January 2026

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.
BOOTCAMP Donna 7:15 - 8:00 am 45 Min Lvl ML <i>NEW CLASS</i>	SPIN / YOGA Mary Mignatti 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 <i>NEW CLASS</i>	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	BELLY DANCING Gavhar 11:00 am 60 Min Lvl ML <i>NEW CLASS</i>
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 Mignatti 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 Mignatti 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	ZUMBA 10:30 am with Jessica 1/3 with Donna 1/10 & 1/31 with Parastoo 1/17 with Michelle 1/24 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 Mignatti 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 <i>NEW TIME</i>	MUSCLE HUSTLE Katie 11:00 am 60 Min Lvl ML		
Balance and Core Katie 5:30 pm 60 Min Lvl ML <i>NEW CLASS</i>	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 <i>NEW CLASS</i>					



*The Club
will be open
Thursday
January 1st
10am to 6pm*

Like Us on Facebook

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

Check Out
The New Menu
BISTRO & WINE BAR
SERVE
BISTRO

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 L1 = Beginners L2 = Intermediate L3 = Advanced ML = Beginners—Intermediate
Please Note: 9,10,11 AM Classes, Triple Fit, Body Blast and Zumba Classes - Music Higher Volume