



MIND & BODY SCHEDULE

April 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	CORE STRENGTH Laurie 12:30 pm 60 Min Lvl ML	STRETCH & FLEX Michael 12 pm 45 Min Lvl ML	YOGA FLOW Mary Mignatti 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
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML	YOGA FLOW ALAA 12 pm 60 Min Lvl ML <small>NEW CLASS</small>		YOGA Cynthia 1:00 pm 60 Min Lvl ML			TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
BALANCE & CORE Katie 5:30 pm 60 Min Lvl ML	STRENGTH TRAINING FOR MATURE ADULTS Cynthia 1:30 pm 90 Min Lvl ML		STRENGTH TRAINING FOR MATURE ADULTS Cynthia 2:00 pm 90 Min Lvl ML			



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

Check Out
The New Menu

BISTRO & WINE BAR
SERVE
BISTRO

**Now, 3x Faster
Internet @**



Like Us on Facebook

Follow Us on Instagram
[@mcleanracquet](https://www.instagram.com/mcleanracquet)

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

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 <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 Yuri 9:00 am 60 Min Lvl ML	CARDIO SCULPT Katie 9 am - 10 am 60 Min Lvl ML	MAT PILATES Alaa 10:00 am 55 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)
BODY PUMP Mary Mignatti 10:00 am 60 Min Lvl 2	TAI CHI Chat 10:00 am 60 Min Lvl ML	ZUMBA Nancy 11:00 am 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 60 Min Lvl ML *4/4 with Yuri *4/11, 4/25 with Parastoo *4/18 TBA	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	CORE STRENGTH Laurie 12:30 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	MUSCLE HUSTLE Katie 5:30 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	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Sign up Now for Summer Fitness Classes</p> <p>See front desk for details</p> </div>	
BALANCE AND CORE Katie 5:30 pm 60 Min Lvl ML <i>NEW CLASS</i>	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML	ZUMBA Yuri 6:30 pm	LINE DANCE NANCY 4:00 pm 60 mins			
CARDIO STRENGTH Parastoo 6:30 pm 60 Min Lvl ML	INTERNATIONAL ZUMBA Jessica 7:00 pm 60 Min Lvl ML			<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Join ALAA For our new Yoga Class Tuesday at 12 p.m.</p> </div>		
<div style="border: 1px solid black; padding: 5px;"> <p>PLAYROOM HOURS M-F 8:00am - 7:00pm Sat. 9:00am - 1:00pm Sun. 9:00am - 1:00pm</p> </div>		<div style="border: 1px solid black; padding: 5px;"> <p>RESTAURANT HOURS M-F 8:00am - 9:00pm Sat. 10:30am - 8:00pm Sun. 10:30am - 5:00pm</p> </div>				
<div style="border: 1px solid black; padding: 10px;"> <p>Club Hours Mon.- Fri. 6:00 am - 10:00 pm Sat. - Sun. 7:00am - 8:00 pm</p> </div>						<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Follow Us on Instagram @mcleanracquet</p> </div>