



MIND & BODY SCHEDULE

May 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.
<p>BETTER BACK YOGA Cynthia 12 pm 90 Min Lvl ML</p>	<p>TAI CHI Chat 10:00 am 60 Min Lvl ML</p>	<p>CORE STRENGTH Laurie 12:30 pm 60 Min Lvl ML</p>	<p>STRETCH & FLEX Donna 12 pm 45 Min Lvl ML</p>	<p>YOGA FLOW Mary Mignatti 12 pm 90 Min Lvl ML *Advanced*</p>	<p>YOGA FLOW Cynthia 11:30 am 90 Min Lvl ML *Beginner & Intermediate*</p>	<p>YOGA - LATES Chat 10:00 am 60 Min Lvl 1</p>
<p>CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML</p>	<p>STRENGTH TRAINING FOR MATURE ADULTS Cynthia 1:30 pm 90 Min Lvl ML</p>		<p>YOGA Cynthia 1:00 pm 60 Min Lvl ML</p>			<p>TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1</p>
<p>BALANCE & CORE Katie 5:30 pm 60 Min Lvl ML</p>			<p>STRENGTH TRAINING FOR MATURE ADULTS Cynthia 2:00 pm 90 Min Lvl ML</p>			



**Check Out
The New Menu**

BISTRO & WINE BAR
SERVE

**Now, 3x Faster
Internet @**



Like Us on Facebook

**Check Out Our
Newly Redesigned
Website!**

www.mcleanrhclub.com

**Follow Us on Instagram
@mcleanracquet**

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

MU = Multi-Use Room



GROUP EXERCISE SCHEDULE

May 2026

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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	ZUMBA Nancy 11:00 am 60 Min Lvl ML	MUSCLE HUSTLE Donna 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	CORE STRENGTH Laurie 12:30 pm 60 Min Lvl ML	STRETCH & FLEX Donna 12 pm 45 Min Lvl ML	ZUMBA Jessica 9:00 am 55 Min Lvl 2	ZUMBA 10:30 am 60 Min Lvl ML *5/2 with Jessica *5/9, 5/23 with Michelle *5/16, 5/30 with Parastoo	TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
MUSCLE HUSTLE Laurie 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 Yuri 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 STRENGTH Parastoo 6:30 pm 60 Min Lvl ML	INTERNATIONAL ZUMBA Jessica 7:00 pm 60 Min Lvl ML					



Coming Soon
Our Youth
Karate Classes
in May

Sign up Now for
Summer Fitness
Classes

See front desk for details

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

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