




MIND & BODY SCHEDULE

June 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	MAT PILATES Rita 10:00 am 60 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	MATURE FITNESS Cynthia 1:30 pm 90 Min Lvl ML		STRETCH & FLEX Donna 12 pm 45 Min Lvl ML			TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1			
CORE BALANCE Katie 5:30 pm 60 Min Lvl ML			YOGA Cynthia 1:00 pm 60 Min Lvl ML						
			MATURE FITNESS Cynthia 2:00 pm 90 Min Lvl ML						
			YOGA FLOW Mary Mignatti 6:45 pm 45 min Lvl ML						
<div style="border: 1px solid black; padding: 10px;"> <p>Check Out Our Newly Redesigned Website! www.mcleanrhclub.com</p> </div>				<div style="border: 1px solid black; padding: 10px;"> <p>Check Out The New Menu</p> <p><small>BISTRO & WINE BAR</small></p> <p>SERVE</p> </div>			<div style="border: 1px solid black; padding: 10px;"> <p>Now, 3x Faster Internet @</p>  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Like Us on Facebook</p> </div> </div>		
<div style="border: 1px solid black; padding: 10px;"> <p>*ASK ABOUT OUR CLUB SOCIAL ORGANIZATION TEAM ECO!</p> </div>				<div style="border: 1px solid black; padding: 10px;"> <p>Follow Us on Instagram @mcleanracquet</p> </div>					
<p>MU = Multi-Use Room</p>									



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	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	TRIPLE FIT Kelly K. (Higher Music Volume) 8:00 am 75 Min Lvl 3	BELLY DANCING Gavhar 11:00 am 60 Min Lvl ML
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	MAT PILATES Rita 10:00 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	MUSCLE HUSTLE Donna 11:00 am 60 Min Lvl ML	ZUMBA Jessica 9:00 am 55 Min Lvl 2	ZUMBA 10:30 am 60 Min Lvl ML *6/6 with Nancy *6/13, with Parastoo *6/20, 6/27 with Michelle	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	GENTLE STRETCH Donna 12 pm 45 Min Lvl ML	BODYPUMP Mary Mignatti 10:00 am 60 Min Lvl ML		
CORE STRENGTH Laurie 1:30 pm 60 Min Lvl ML	MATURE FITNESS Cynthia 1:30 pm 90 Min Lvl ML	ZUMBA Yuri 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		
CORE BALANCE Katie 5:30 pm 60 Min Lvl ML	BODYPUMP Rachel 6:00 pm 60 Min Lvl ML		CARDIO DANCE Parastoo 5:45-6:45 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		YOGA FLOW Mary Mignatti 6:45 pm 45 min Lvl ML			

NEW CLASS

NEW CLASS

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
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