



MIND & BODY SCHEDULE

July 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		YOGA Cynthia 1:00 pm 60 Min Lvl ML			TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
CORE BALANCE Katie 5:30 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			
Check Out Our Newly Redesigned Website! www.mcleanrhclub.com				Check Out The New Menu BISTRO & WINE BAR SERVE		
				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

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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 1100 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	NEW CLASS 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 *7/4 CLUB CLOSED *7/11 Master Class 7/18 & 7/25 with Parastoo	TAI CHI (Beginners) Chat 4:00 pm 60 Min Lvl 1
MUSCLE HUSTLE Mary Mignatti 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	MATURE FITNESS 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	MATURE FITNESS Cynthia 1:30 pm 90 Min Lvl ML	ZUMBA 6:30 pm 60 Min Lvl ML *7/1 with Parastoo 7/8, 7/15, 7/22 & 7/29 with Yuri	CARDIO DANCE Parastoo 5:45-6:45 pm 60 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		YOGA FLOW Mary Mignatti 6:45 pm 45 min Lvl ML	NEW CLASS 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					
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	