

McDowell Mountain Ranch Park and Aquatic Center

Leisure Education Classes—APRIL MAY

For the most up-to-date class information and to register, please visit Recreation.ScottsdaleAZ.gov

MORNING 6 - 11 A.M.
AFTERNOON 12 - 4 P.M.
EVENING 5 - 9 P.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Barre Express 6:10-7:00 a.m. #41587 (4/1-5/24)</p> <p>Senior Strength Training 9:00-10:00 a.m. #41703 (4/1-5/23)</p> <p>Pilates 10:00-11:00 a.m. #41692 (4/1-5/20)</p>	<p>ADDED Strength Training 8:00-9:00 a.m. #43550 (4/2-5/23)</p> <p>Zumba** 9:15-10:15 a.m. #41674 (4/2-5/21)</p> <p>Zumba Toning** 10:30-11:30 a.m. #41774 (4/2-5/21)</p>	<p>Strength Training-Adv 8:00-8:55 a.m. #41910 (4/3-5/24)</p> <p>Yoga-All 9:30-10:45 a.m. #41756 (4/3-5/22)</p> <p>Pilates-Int/Adv 10:00-11:00 a.m. #41700 (4/3-5/24)</p> <p>Yoga-Basics 11:00 a.m.-12:00 p.m. #41757 (4/3-5/22)</p>	<p>ADDED Strength Training 8:00-9:00 a.m. #43550 (4/2-5/23)</p>	<p>Barre Express 6:10-7:00 a.m. #41587 (4/1-5/24)</p> <p>Strength Training-Adv 8:00-8:55 a.m. #41910 (4/3-5/24)</p>
	<p>Tot Ballet 3:55-4:40 p.m. #41734 (4/2-5/21)</p> <p>Pilates-Golf Conditioning 4:45-5:35 p.m. #41698 (4/2-5/21)</p>		<p>Tot Dance Stars 3:30-4:15 p.m. #41736 (4/4-5/23)</p>	
<p>Barre Express 5:45-6:35p.m. #41586 (4/1-5/20)</p> <p>Hatha Yoga 6:00-7:00 p.m. #41666 (4/1-5/20)</p>	<p>Totally Toning 5:30-6:30 p.m. #41737 (4/2-5/21)</p>	<p>Superhero Training 5:00-5:40 p.m. #41900 & #42647 (4/3-5/24) & (5/1-5/22)</p> <p>Superhero Training 5:45-6:25 p.m. #41901 & #42647 (4/3-5/24) & (5/1-5/22)</p> <p>Yoga-All 6:30-7:45 p.m. #41906 (4/3-5/22)</p>	<p>Core and More 5:30-6:30 p.m. #41620 (4/4-5/23)</p>	

** Class is available for drop-in



McDowell Mountain Ranch
Aquatic and Fitness Center
15525 N. Thompson Peak Pkwy.
Scottsdale, AZ 85260

