



# Summer 2018 FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am -- 10:00am			Yoga (9:15 a-10:30a) (6/6) #13742		
9:15am -- 10:15am	Senior Strength Training (6/4) #13625			Senior Strength Training (6/14) #13625	
9:30am -- 10:30am		World Dance Mixx (9:25-10:35) (6/5) #13736			
10:00am -- 11:00pm			Pilates (9:55-11:05) (6/6) #13604		T-Ball Fundamentals (6/8) #13606
10:30am -- 11:30am	Pilates (10:25-11:35) (6/4) #13603	Bollywood (10:35-11:55) (6/5) #13427	Restorative Yoga (6/6) #13616	Beginning Ballet (10:30-11:20a) (6/14) #13408	6-Sport Fundamentals (6/8) #13517
11:15am -- 12:15pm					
11:30am -- 12:20pm					
3:00pm -- 3:45pm				Ballet (Tots 3-4) (2:50-3:55) (6/14) #13705	
3:30pm -- 4:15pm		Dance Combo (Tot 3-4) (3:25-4:20) (6/5) #13473			
3:30pm-4:15pm					
4:00pm -- 4:45pm				Ballet (Youth) (4-4:55) (6/14) #13409	
4:30pm -- 5:15pm		Dance Combo (5-8) (4:25-5:20) (6/5) #13477		Core and More (3:55-5) (6/14) #13466	
5:30pm -- 6:30pm					
6:30pm -- 8:00pm					

McDowell Mountain Ranch Park and Aquatic Center

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