

# Fall 2017 FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am — 10:00am					Multi-Sport Camp (8:55-10:05) (8/4) #9330
9:15am -- 10:15am	Senior Strength Training (7/31) #9388			Senior Strength Training (8/3) #9388	
9:30am -- 10:30am		Belly Dancing (9:25-10:35) (8/1) #9190		Broadway Jazz (9:30-10:20) (9/14) #11238	
10:00am -- 11:00pm			Pilates (9:55-11:05) (8/2) #9373		Multi-Sport Jr (10:10-11:05) (8/4) #9335
10:30am -- 11:30am	Pilates (10:25-11:35) (7/31) #9372	Bollywood (10:35-11:55) (8/1) #9204	Yoga (10:30-11:45) (9/13) #11539	Beginning Ballet (10:30-11:20) (9/14) #11216	
11:15am -- 12:15pm					
11:30am— 12:20pm				Polynesian Dance (9/14) #11311	
3:00pm -- 3:45pm				Ballet (Tots 3-4) (2:50-3:55) (9/14) #11448	
3:30pm -- 4:15pm		Dance Combo (Tot 3-4) (3:25-4:20) (9/12) #11413			
4:00pm -- 4:45pm				Ballet (Youth) (4-4:55) (9/14) #11460	
4:30pm -- 5:15pm		Dance Combo (5-8) (4:25-5:20) (9/12) #11463		Core & More (3:55p-5p) (6/8) #9245	
5:30pm -- 6:30pm					
6:30pm— 8:00pm			Yoga (All Levels) (6:15-8) (6/7) #9496		

McDowell Mountain Ranch Park and Aquatic Center

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