



SUMMER 2017 FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am -- 10:00am					Multi-Sport Camp (8:55-10:05) (6/9) #9329
9:15am -- 10:15am	Senior Strength Training (6/5) #9387			Senior Strength Training (6/8) #9387	
9:30am -- 10:30am		Belly Dancing (9:25-10:35) (6/6) #9190			
10:00am -- 11:00pm			Pilates (9:55-11:05) (6/7) #9373		Multi-Sport Jr (10:10-11:05) (6/9) #9334
10:30am -- 11:30am	Pilates (10:25-11:35) (6/5) #9372	Bollywood (10:35-11:55) (6/6) #9204		Beginning Ballet (10:30-11:20) 6/8 #9175	
11:15am -- 12:15pm					Basketball (11:05-12:25) (6/9) #9186
11:30am -- 12:20pm				Polynesian Dance (6/8) #9381	
3:00pm -- 3:45pm				Ballet (Tots 3-4) (2:50-3:55) (6/8) #9464	
3:30pm -- 4:15pm		Dance Combo (Tot 3-4) (3:25-4:20) (6/6) #9252			
3:30pm-4:15pm					
4:00pm -- 4:45pm				Ballet (Youth) (4-4:55) (6/8) #9176	
4:30pm -- 5:15pm		Dance Combo (5-8) (4:25-5:20) (6/6) #9254		Core & More (3:55p-5p) (6/8) #9245	
5:30pm -- 6:30pm	Belly Dancing (5:40-6:45) (6/5) #9189	Core & More (5:25-6:35) (6/6) #9246		Total Body Boot Camp (6/8) #9472	
6:30pm -- 8:00pm	Bollywood (6:50-8:00) (6/5) #9203		Yoga (All Levels) (6:15-8) (6/7) #9496		

McDowell Mountain Ranch Park and Aquatic Center

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