



# SPRING 2017 FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am -- 10:00am					Multi-Sport (1/13) #7933 (3/3) #7934
9:15am -- 10:15am	Senior Strength Training (1/9) #7991 (3/20) #7992			Senior Strength Training (1/9) #7991 (3/20) #7992	
9:30am -- 10:30am		Belly Dancing (1/10) #7818			
10:00am -- 11:00pm			Pilates (1/11) #7977		Multi-Sport Jr (10:15-11) (1/13) #7938 (3/3) #7939
10:30am -- 11:30am	Pilates (1/9) #7976	Bollywood (10:45-11:45) (1/10) #7828			
11:15am -- 12:15pm					Basketball (1/13) #7816
11:30am— 12:20pm				Polynesian Dance (1/13) #7983	T-Ball (11:15-12:15) (3/3) #8019
3:00pm -- 3:45pm				Ballet (Tots 3-4) (1/12) #8050 (3/2) #8053	
3:30pm -- 4:15pm		Dance Combo (Tot 3-4) (1/10) #7866 (2/28) #7869			
3:30pm- 4:15pm					
4:00pm -- 4:45pm		Dance combo (youth5-8) (1/10) #7870 (3/22) #7871		Ballet (Youth) (1/12) #7806 (3/2) #7807	
4:30pm -- 5:15pm				Core & More (4p-5p) (1/12) #7860	
5:30pm -- 6:30pm	Belly Dancing (5:45-6:45) (1/9) #7817	Core & More (1/10) #7861		Total Body Boot Camp (1/12) #8055	
6:30pm— 8:00pm	Bollywood (7:00-8:00) (1/9) #7827		Yoga (All Levels) (1/11) #8081		

McDowell Mountain Ranch Park and Aquatic Center

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