



Winter 2018 FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am -- 10:00am			Restorative Yoga (8:45-10a) (1/10) #12267		
9:15am -- 10:15am	Senior Strength Training (1/8) #12322			Senior Strength Training (1/11) #12322	
9:30am -- 10:30am		World Dance Mixx (9:25-10:35) (1/9) #12162			
10:00am -- 11:00pm			Pilates (9:55-11:05) (1/10) #12308		
10:30am -- 11:30am	Pilates (10:25-11:35) (1/8) #12307	Bollywood (10:45-11:55) (1/9) #12170	Yoga (1/10) #12414	Beginning Ballet (10:30-11:20a) (1/11) #12147	
11:15am -- 12:15pm					
11:30am -- 12:20pm				Polynesian Dance (1/11) #12314	
3:00pm -- 3:45pm				Ballet (Tots 3-4) (2:50-3:55) (1/11) #12383	
3:30pm -- 4:15pm		Dance Combo (Tot 3-4) (3:25-4:20) (1/9) #12212			
3:30pm-4:15pm					
4:00pm -- 4:45pm				Ballet (Youth) (4-4:55) (1/11) #12148	
4:30pm -- 5:15pm		Dance Combo (5-8) (4:25-5:20) (1/9) #12216			
5:30pm -- 6:30pm	Belly Dancing (1/9) #12161	Core & More (1/9) #12205		Total Body Bootcamp (1/11) #12387	
6:30pm -- 8:00pm	Bollywood (1/9) #12169		Yoga (1/10) #12413		

McDowell Mountain Ranch Park and Aquatic Center

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