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| ADULT FITNESS

AQUATIC CENTER FITNESS FACILITIES

All of the year round aquatic centers have fitness facilities. Strength training, general conditioning, athletic training, toning and much more is offered! All participants are required to wear closed toed shoes and bring a towel to work out. No one under 14 is permitted in the Fitness Center at any time. Ages 14 and 15 are allowed only when accompanied by an adult and youth ages 16 and 17 must have a waiver signed by parent or guardian.

CACTUS AQUATIC & FITNESS CENTER

7202 E. Cactus Road 480.312.7665
Hours: M-Th: 6am-8pm, Fri: 6am- 7pm, Sat: 7am-5pm, Sun: 1pm- 5pm

ELDORADO AQUATIC & FITNESS CENTER

2301 N. Miller Road 480.312.2484
Hours: M-Th 6am-7pm, Fri: 10am- 3pm & 5pm-8pm, Sat/ Sun: 1pm-5pm

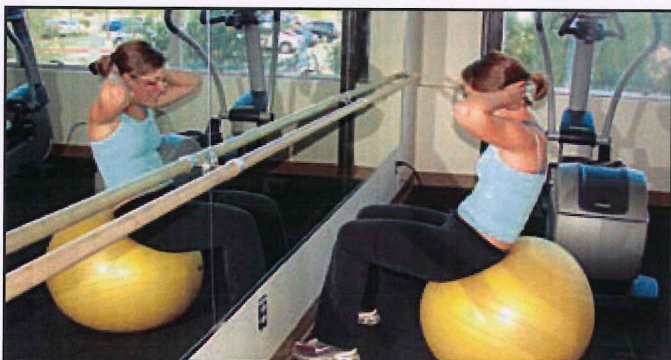
MCDOWELL MOUNTAIN RANCH AQUATIC & FITNESS CENTER

15525 N. Thompson Peak Parkway 480.312.6677
Hours: M-Th: 6am-8pm, Fri: 6am- 3pm, Sat/ Sun: 1pm-5pm

Visit: www.scottsdaleaz.gov/Sports/aquatics/ for specific hours of operation.

FITNESS CENTER FEES

Resident: \$2.00 Non-Resident: \$3.00
Adult Swipe Cards Available
Resident rate: 10 visits for \$20.00 and 30 visits for \$48.00
Non-Resident rate: 10 visits for \$30.00 and 30 visits for \$72.00



FITNESS 101 — SCOTTSDALE HEALTHCARE — CROSS FIT CLASSES AT MCDOWELL MOUNTAIN RANCH PARK FITNESS CENTER

(1hr) The goal of this class is to increase everyday strength and conditioning, and create a solid fitness foundation. Each member may participate in a small group class twice a week for the duration of the course. Included in this class: strength and conditioning based on body weight movements, cardiovascular interval training and posture and functional movement.

If you have any questions please contact Ben Evans or Sean Bondy at 480-990-1236 or Bevans@shc.org.

94655	7:00am	Tu/Th	MMRA	\$99(R)/\$149(NR)	10wk starts 6/5
94656	8:00am	Tu/Th	MMRA	\$99(R)/\$149(NR)	10wk starts 6/5

SENIOR CENTERS FACILITIES

The Granite Reef and Via Linda Senior Centers have year round fitness facilities with a variety of cardiovascular equipment, treadmills, bikes, elliptical, weight stations and free weights.

GRANITE REEF SENIOR CENTER

1700 N. Granite Reef Road 480.312.1700
HOURS: Mon- Fri: 8am- 9pm,
Sat: 8am- 5pm

VIA LINDA SENIOR CENTER

10440 E. Via Linda 480.312.5810
HOURS: Mon- Thur: 7:30am- 9pm,
Fri- Sat: 7:30am- 5pm

FEES

Quarterly Membership Fee:
\$40(R)/\$60(NR)
Daily Drop- In: \$3.00



CLUB SAR

8055 E. Camelback Road
480.312.2669

Club SAR is the City of Scottsdale's Parks and Recreation Division multi-sports instructional program offering classes in boxing, kickboxing, yoga, rowing, spinning, mixed martial arts and circuit weight training. The gym includes a complete line of free weights, treadmills, bikes, stair climbers, rowers, elliptical, and single station weight machines, along with full court basketball. Participants in the Club SAR facility must register on a yearly basis.

Hours: M-Thur: 6am-9pm, Fri: 6am- 8pm, Sat: 8am-1pm, Sun: Closed

ANNUAL MEMBERSHIP FEES

Resident Adult: \$99	Resident Youth (14-17yrs): \$50
Non- Resident Adult: \$150	Non- Resident Youth (14-17yrs): \$75
One Day Drop In: \$3	

CLUB SAR CLASSES

BOXING CLASS	M-F	4:00-5:30pm.
BOXING CONDITIONING	M-Th	6:00-7:00pm
KICKBOXING CONDITIONING	M-Th	6:00-7:00pm
MIXED MARTIAL ARTS	(Inquire at Club SAR for times/days)	
SPINNING	M/W	5:30-6:00pm
WEIGHT ORIENTATION	(by appointment)	
YOGA	M- Th	7:15-8:30pm
YOGA	W/F	6:15-7:30am
YOGA	Sat	10:00-11:15am
ROWING	Tu/Th	5:30-6:00pm
ROWING	W	12:00-12:30pm