

McDowell Mountain Ranch Park and Aquatic Center

2026 Leisure Education Classes—SEPTEMBER OCTOBER NOVEMBER DECEMBER

For the most up-to-date class information and to register, please visit Recreation.ScottsdaleAZ.gov

MORNING 6 - 11 A.M.
AFTERNOON 12 - 4 P.M.
EVENING 5 - 9 P.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barre Express 6:10–7:00 a.m. #52685 (9/14–12/14) Weights and Conditioning 8:00–9:00 a.m. #54748 (9/9–12/18) Strength Training - Beginner 9:00–9:55 a.m. #52953 (9/9–12/18) Pilates 10:00–11:00 a.m. #52920 (9/14–12/14)	Strength Training—Advanced 8:00–8:55 a.m. #52952 (9/8–12/17) Strength and Conditioning 9:00–10:00 a.m. #52951 (9/8–12/17) Zumba 9:15–10:15 a.m. #53047 (9/8–12/15) Zumba Toning 10:30–11:30 a.m. #53056 (9/8–12/15) Mat Pilates 10:30–11:20 a.m. #54682 (9/15–12/15) Tai Chi Sun Style Beginner 11:30–12:20 p.m. #54681 (9/15–12/15) Dance Combo for Tots 4:00–4:45 p.m. #52748 (9/8–10/27)	Strength Training - Beginner 9:00–9:55 a.m. #52953 (9/9–12/18) Weights and Conditioning 8:00–9:00 a.m. #54748 (9/9–12/18) Yoga All Levels 9:30–10:45 a.m. #53030 (9/9–12/16) Pilates Int./Adv. 10:00–11:00 a.m. #52929 (9/9–12/16) Yoga Basics 11:00–noon #53031 (9/9–12/16)	Strength Training—Advanced 8:00–8:55 a.m. #52952 (9/8–12/17) Strength and Conditioning 9:00–10:00 a.m. #52951 (9/8–12/17) Qigong 9:00–10:00 a.m. #54704 (9/10–10/22)	Weights and Conditioning 8:00–9:00 a.m. #54748 (9/9–12/18) Strength Training - Beginner 9:00–9:55 a.m. #52953 (9/9–12/18) Yoga Stars 9:30–10:15 a.m. #53038 (9/8–10/23)
Barre Express 5:45–6:35 p.m. #52684 (9/14–12/14) Hatha Yoga 6:00–7:15 p.m. #52781 (9/14–10/26)	Totally Toning 5:30–6:30 p.m. #53002 (9/8–12/15) Tai Chi - Intermediate 6:00–7:00 p.m. #52984 (9/15–12/15)	Superhero Training 5–5:40 p.m. #52971 (9/2–10/21) Multisport Fitness Fun 5:45–6:25 p.m. #52972 (9/2–10/21) Yoga - All Levels 6:00–7:15 p.m. #55282 (9/9–10/21)	Core and More 5:30–6:30 p.m. #52736 (10/10–12/17) Zumba Toning 6:00–7:00 p.m. #53055 (9/10–12/17)	Saturday BollyX 10:30–11:30 a.m. #52702 (9/12–10/17)



**McDowell Mountain Ranch
Aquatic and Fitness Center**
15525 N. Thompson Peak Pkwy.
Scottsdale, AZ 85260

