

# McDowell Mountain Ranch Park and Aquatic Center

## 2025 Leisure Education Classes—SEPTEMBER OCTOBER NOVEMBER

For the most up-to-date class information and to register, please visit [Recreation.ScottsdaleAZ.gov](https://Recreation.ScottsdaleAZ.gov)

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

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

<p>Barre Express 6:10–7:00 a.m. #47588 (9/8–11/26)</p> <p>Strength Training - Beginner 9:00–9:55 a.m. #47801 (9/8–11/24)</p> <p>Pilates 10:00–11:00 a.m. #47775 (9/8–11/24)</p> <p>NEW! Traditional Hula for Gracious Ladies 10:30–11:30 a.m. #49490 (10/6–11/24)</p>	<p>Strength &amp; Conditioning 8:00–9:00 a.m. #49448 (9/9–11/20)</p> <p>Zumba 9:15–10:15 a.m. #47891 (9/9–12/16)</p> <p>Zumba Toning 10:30–11:30 a.m. #47898 (9/9–12/16)</p>	<p>Barre Express 6:10–7:00 a.m. #47588 (9/8–11/26)</p> <p>Strength Training - Adv. 8:00–8:55 a.m. #47800 (9/10–11/26)</p> <p>Yoga All Levels 9:30–10:45 a.m. #47875 (9/10–11/19)</p> <p>Pilates Int./Adv. 10:00–11:00 a.m. #47780 (9/10–11/26)</p> <p>Yoga Basics 11:00 a.m.–noon #47876 (9/10–11/19)</p>	<p>Strength &amp; Conditioning 8:00–9:00 a.m. #49448 (9/9–11/20)</p> <p>Strength Training - Beginner 9:00–9:55 a.m. #47801 (9/8–11/24)</p>	<p>Strength Training - Advanced 8:00–8:55 a.m. #47800 (9/10–11/26)</p>
		<p>Tot Dance Stars 3:30–4:15 p.m. #47836 &amp; #47838 (9/10–10/22 &amp; 10/29–12/10)</p> <p>Youth Dance Stars 4:30–5:15 p.m. #47889 &amp; #47890 (9/10–10/22 &amp; 10/29–12/10)</p>		
<p>Barre Express 5:45–6:35 p.m. #47587 (9/8–11/24)</p> <p>Hatha Yoga 6:00–7:00 p.m. #47677 (9/8–12/15)</p>	<p>Totally Toning 5:30–6:30 p.m. #47840 (9/9–11/25)</p> <p>Tai Chi - Beginning 6:00–7:00 p.m. #47822 (9/9–11/25)</p>	<p>Superhero Training 5–5:40 p.m. #47809 &amp; #47807 (9/3–10/22 &amp; 10/29–11/19)</p> <p>Superhero Training 5:45–6:25 p.m. #47810 &amp; #47808 (9/3–10/22 &amp; 10/29–11/19)</p> <p>Yoga - All Levels 6:30–7:45 p.m. #47854 (9/10–12/17)</p>	<p>Core and More 5:30–6:30 p.m. #47634 (9/11–11/20)</p>	<p><b>SATURDAY</b> Bollywood Dance Workout 10–11 a.m. #47904 (9/13–11/22)</p>



McDowell Mountain Ranch  
Aquatic and Fitness Center  
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Scottsdale, AZ 85260

