

McDowell Mountain Ranch Park and Aquatic Center

2025 Leisure Education Classes—JUNE JULY AUGUST

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
<p>Barre Express 6:10–7:00 a.m. #51516 (6/1–8/10)</p> <p>Strength Training—Beginning 9:00–10:00 a.m. #52592 (6/1–8/20)</p> <p>Pilates 10:00–11:00 a.m. #51664 (6/1–8/17)</p>	<p>Strength & Conditioning 8:00–9:00 a.m. #52591 (6/2–8/20)</p> <p>Zumba Toning 10:30–11:30 a.m. #51789 (6/2–7/7)</p>	<p>Yoga All Levels 9:30–10:45 a.m. #53302 (6/3–7/15)</p> <p>Yoga Basics 11:00 a.m.– 12:00 p.m. #53303 (6/3–7/15)</p>	<p>Strength & Conditioning 8:00–9:00 a.m. #52591 (6/2–8/20)</p> <p>Strength Training—Beginning 9:00–10:00 a.m. #52592 (6/1–8/20)</p>	<p>Strength Training – Intermediate/Advanced 9:00–9:55 a.m. #54570 (6/5–8/21)</p> <p>Yoga Stars 9:30–10:15 a.m. #51774 (6/5–7/10)</p>
<p>Barre Express 5:45–6:35 p.m. #51515 (6/1–8/10)</p> <p>Hatha Yoga 6:00–7:15 p.m. #53307 (6/1–7/6)</p>	<p>Totally Toning 5:30–6:30 p.m. #51753 (6/2–8/18)</p> <p>Tai Chi – Intermediate 6:00–7:00 p.m. #51730 (6/9–8/25)</p>	<p>Superhero Training 5:00–5:40 p.m. #51716 (6/3–6/24)</p> <p>Superhero Training 5:00–5:40 p.m. #51717 (7/8–7/29)</p> <p>Multi-Sport & Fitness Fun 5:45–6:25 p.m. #51603 (6/3–6/24)</p> <p>Yoga – All Levels 6:00–7:15 p.m. #51759 (6/3–7/8)</p>	<p>Core and More 5:30–6:30 p.m. #51547 (6/4–8/20)</p>	<p>SATURDAY BollyX 10:30–11:30 a.m. 53288 (6/6–8/22)</p>

** Class is available for drop-in



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

