

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Barre Express
6:10–7:00 a.m.
#51516
(6/1–8/10)

**Strength Training—
Beginning**
9:00–10:00 a.m.
#52592
(6/1–8/20)

Pilates
10:00–11:00 a.m.
#51664
(6/1–8/17)

**Strength & Condi-
tioning**
8:00–9:00 a.m.
#52591
(6/2–8/20)

Zumba Toning
10:30–11:30 a.m.
#52216
(7/14–8/18)

Yoga All Levels
9:30–10:45 a.m.
#51770
(7/22–8/19)

Yoga Basics
11:00 a.m.–12:00
p.m. #51771
(7/22–8/19)

**Strength &
Conditioning**
8:00–9:00 a.m.
#52591
(6/2–8/20)

**Strength Training—
Beginning**
9:00–10:00 a.m.
#52592
(6/1–8/20)

**Strength Training –
Intermediate/
Advanced**
9:00–9:55 a.m.
#54570
(6/5–8/21)

Yoga Stars
9:30–10:15 a.m.
#51776
(7/17–8/21)

Barre Express
5:45–6:35 p.m.
#51515
(6/1–8/10)

Hatha Yoga
6:00–7:15 p.m.
#53308
(7/13–8/17)

Totally Toning
5:30–6:30 p.m.
#51753
(6/2–8/18)

**Tai Chi –
Intermediate**
6:00–7:00 p.m.
#51730
(6/9–8/25)

Superhero Training
5:00–5:40 p.m.
#51717
(7/8–7/29)

**Multi-Sport &
Fitness Fun**
5:45–6:25 p.m.
#51605
(8/5–8/26)

Core and More
5:30–6:30 p.m.
#51547
(6/4–8/20)

Yoga – All Levels
6:00–7:15 p.m.
#53290
(7/15–8/19)

SATURDAY

BollyX

10:30–11:30 a.m. 53288
(6/6–8/22)

** Class is available for drop-in



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

