

McDowell Mountain Ranch Park and Aquatic Center

Leisure Education Classes—SEPT OCT

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.

<p>Barre Express 6:10-7:00 a.m. #42877 (9/9-12/11)</p> <p>Strength Training-Beginner 9:00-9:55 a.m. #43067 (9/9-12/19)</p> <p>Pilates 10:00-11:00 a.m. #43049 (9/9-12/16)</p>	<p>Zumba 9:15-10:15 a.m. #43164 (9/10-12/17)</p> <p>Zumba Toning 10:30-11:30 a.m. #43171 (9/10-12/17)</p>	<p>Barre Express 6:10-7:00 a.m. #42877 (9/9-12/11)</p> <p>Strength Training-Adv 8:00-8:55 a.m. #43007 (9/11-12/20)</p> <p>Yoga-All 9:30-10:45 a.m. #43151 (9/11-12/18)</p> <p>Pilates-Int/Adv 10:00-11:00 a.m. #42248 (9/11-12/18)</p> <p>Yoga-Basics 11:00 a.m.-12:00 p.m. #43153 (9/11-12/18)</p>	<p>Strength Training-Beginner 9:00-9:55 a.m. #43067 (9/9-12/19)</p>	<p>Strength Training-Adv 8:00-8:55 a.m. #43007 (9/11-12/20)</p>
	<p>Tot Ballet 3:05-3:50 p.m. #44876 (10/29-12/17)</p> <p>Tot Ballet 3:55-4:40 p.m. #43109 & #44875 (9/10-10/22) & (10/29-12/17)</p> <p>Pilates-Golf Conditioning 4:45-5:35 p.m. #43054 (9/10-12/17)</p>	<p>Yoga Stars 3:30-4:15 p.m. #43013 & #43014 (9/11-10/23) & (10/30-12/11)</p> <p>Yoga Stars 4:30-5:15 p.m. #43016 (10/30-12/11)</p>	<p>Tot Dance Stars 3:30-4:15 p.m. #43114 & #43116 (9/12-10/24) & (10/31-12/12)</p> <p>Youth Dance Stars 4:30-5:15 p.m. #43162 & #43163 (9/12-10/24) & (10/31-12/12)</p>	
<p>Barre Express 5:45-6:35 p.m. #42876 (9/9-12/9)</p> <p>Hatha Yoga 6:00-7:00 p.m. #42959 (9/23-12/16)</p>	<p>Totally Toning 5:30-6:30 p.m. #43117 (9/10-9/17)</p> <p>Tai Chi - Beginning 6:00-7:00 p.m. #43213 (9/10-12/17)</p>	<p>Superhero Training 5:00-5:40 p.m. #43086 & #44880 (9/18-10/16) & (10/23-12/4)</p> <p>Superhero Training 5:45-6:25 p.m. #43087 & #44881 (9/18-10/16) & (10/23-12/4)</p> <p>Yoga-All 6:30-7:45 p.m. #43133 (9/18-12/18)</p>	<p>Core and More 5:30-6:30 p.m. #42919 (9/12-12/19)</p>	

** Class is available for drop-in



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

