

McDowell Mountain Ranch Park and Aquatic Center

Leisure Education Classes— April & May

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. 50566 4/6-5/13</p>	<p>Strength & Conditioning 8:00-9:00 a.m. 50677 4/7-5/21</p>	<p>Barre Express 6:10-7:00 a.m. 50566 4/6-5/13</p>	<p>Strength & Conditioning 8:00-9:00 a.m. 50677 4/7-5/21</p>	
<p>Strength Training (Beginner) 9:00-10:00 a.m. 50722 4/6-5/21</p>	<p>Zumba 9:15-10:15 a.m. 50791 4/7-5/19</p>	<p>Yoga All Levels 9:30-10:45 a.m. 50783 4/8-5/20</p>	<p>Strength Training (Beginner) 9:00-10:00 a.m. 50722 4/6-5/21</p>	
<p>Pilates 10:00-11:00 a.m. 50698 4/6-5/18</p>	<p>Zumba Toning 10:30-11:30 a.m. 50798 4/7-5/19</p>	<p>Pilates (Int./Adv.) 10:00-11:00 a.m. 50707 4/8-5/20</p>		
<p>Traditional Hula 10:30-11:30 a.m. 50678 4/20-5/18</p>		<p>Yoga Basics 11:00-12:00 p.m. 50784 4/8-5/20</p>		
<p>Barre Express 5:45-6:35 p.m. 50565 4/6-5/18</p>	<p>Totally Toning 5:30-6:30 p.m. 50765 4/7-5/19</p>	<p>Superhero Training 5:00-5:40 p.m. 50738 4/1-5/27</p>	<p>Core and More 5:30-6:30 p.m. 50607 4/9-5/21</p>	
<p>Hatha Yoga 6:00-7:00 p.m. 50640 4/6-5/18</p>	<p>Tai Chi (Beginners) 6:00-7:00 p.m. 50753 4/7-5/19</p>	<p>Superhero Training 5:45-6:25 p.m. 50739 4/1-5/27</p>		
		<p>Yoga All Levels 6:00-7:15 p.m. 50771 4/8-5/20</p>		

SATURDAY
BollyX
 10:00-11:00 a.m. 50581
 4/11-5/23

** Class is available for drop-in



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

