Major Pentatonic Scale -

Think of this as almost a major scale (CDEFGABC), leaving out the 4th and 7th scale step.

CDEGA or 12357 scale tones

Minor Pentatonic Scale -

Think of this as a natural minor (CDEbFGAbBbC) scale leaving out the 2nd and 6th scale step.

C Eb F G Bb or 1 3 4 5 7 scale tones.

The minor pentatonic is a "safe" way to introduce yourself to improvisation especially in Blues.

Blues Scale - Now think of this as a Minor Pentatonic Scale but adding a passion tone

C Eb F (F#) G Bb or 1 3 4 b5 6 7

I indicated a b5 instead of a #4 because this is a very common way for players and notation to be communicated. It is very common to see a chord written Cmin7(b5) using chord tones of the Blues Scale but making sure players are not using the G.

Many Blues progressions have changes between a Major chord and a minor chord of the same name C7 to a Cmin7 (CEGBb to CEbGBb) giving a wonderful blues feel.

One last note. It is a givin' that in blues progressions all 7 chords are Dominate unless otherwise indicated. So a C7 means that 7, is a Bb not a B like in the major scale.