Village Talk

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CLUB RANCHO SAHUARITA

At the heart of the community is Club Rancho Sahuarita, where residents will find a variety of lifestyle-enhancing activities for any age or interest. Surrounded by vast and pristine green spaces, inviting walking and biking trails, and refreshing water in our pools, opportunities exist everywhere for residents to enjoy a healthy, fulfilling lifestyle.

Hours of Operation

Monday – Thursday: 5:00 a.m. – 10:00 p.m.

Friday: 5:00 a.m. – 9:00 p.m.

Saturday: 7:00 a.m. – 9:00 p.m.

Sunday: 8:00 a.m. – 10:00 p.m.

Contact

Phone: (520) 207-7730

Email: info@ranchosahuarita.com

Club Rancho Sahuarita provides a full-service recreation center with dance and aerobic studios, lounge, a culinary demonstration kitchen, an outdoor activities park, a full lap pool and the largest private splash park in Southern Arizona. The Clubhouse is available exclusively to Rancho Sahuarita residents and their guests. In addition to being a center for resident activity and recreation, various locations within our Clubhouse are available for rent and use by residents. For availability and pricing information, please visit ActiveNet.

FITNESS CENTER AT CLUB RANCHO SAHUARITA

Club Rancho Sahuarita's Fitness Center includes state-of-the-art cardio equipment, fixed weight machines, and strength training equipment (including dumbbells, barbells, free weights and cable machines). Residents must be 16 or older to use the Fitness Center. (Children 13 to 15 years of age may use the Fitness Center with parental supervision).

Hours of Operation

Monday – Thursday: Open 24 Hours

Friday: 12:00 midnight – 9:00 p.m.

Saturday: 7:00 a.m. – 9:00 p.m.

Sunday: 8:00 a.m. – 12:00 midnight

KIDS TIME

While parents are using the Fitness Center or catching up on work, children can enjoy Kids Time. Rancho Sahuarita offers supervised child care at a cost of $3.00 per hour per child (limit of two hours). This service is available for children 4 months to 6 years of age. (Parents must remain on the premises.)

Hours of Operation

Monday – Thursday:

8:00 a.m. – 12:00 p.m. & 3:00 – 8:00 p.m.

Friday – Saturday: 8:00 a.m. – 12:00 p.m.

Sunday: Closed

PRE-TEEN ROOM

Available to children 6 to 12 years of age, this area provides a fun and safe environment for older children. While being supervised by Clubhouse staff, kids (and parents) can enjoy rich activities including board games, crafts, help with homework, video games, pinball and more. (Parents must remain on the premises.)

Hours of Operation*

Monday – Friday: 3:00 – 8:00 p.m.

Saturday: 8:00 a.m. – 7:00 p.m.

Sunday: 10:00 a.m. – 7:00 p.m.

Extended Summer Hours

May 27 – August 2:

Monday – Saturday: 8:00 a.m. – 8:00 p.m

ADDITIONAL HOURS

Splash Park Hours of Operation

Saturday, May 25 – Sunday, August 4:

Monday – Saturday: 10:00 a.m. – 8:30 p.m.

Sunday: 10:00 a.m. – 7:30 p.m.

Starting August 5, Splash Park is open weekends only until Labor Day.

Flamingo Splash Pad Hours of Operation

Beginning May 1:

Saturday & Sunday: 9:00 a.m. – 9:00 p.m.

Beginning May 25:

Monday – Sunday: 9:00 a.m. – 9:00 p.m.

Parque Del Rio and Parque Del Presidio Hours of Operation

Monday – Friday: 5:00 a.m. – 9:00 p.m.

Saturday: 7:00 a.m. – 9:00 p.m.

Sunday: 8:00 a.m. – 9:00 p.m.

***Special expanded hours of operation for summer, fall and spring breaks may apply.**

Resident Events

Salsa Rancho Sahuarita

Saturday, May 4 | 10:00 a.m. – 1:00 p.m.

Celebrate Cinco de Mayo Rancho Sahuarita style with a few hours of music and salsa. The event includes a salsa making demonstration, a salsa competition for the title of "King/Queen of Salsa" in Sahuarita, live music, crafts for the kids and much more. This free event is open to all residents. Visit ActiveNet for details on how you can enter your famous salsa recipe into the competition!

The Sunday Addition

Sunday, May 5, June 9, July 14, & August 11
2:00 – 4:00 p.m. (While supplies last)

Stop by every second Sunday for some extra family fun! Activities will vary from month to month, and no registration is necessary. Please go to ActiveNet for more details.

Women & Wine

Wednesday, May 8, August 14 | 6:00 – 7:30 p.m.

It's new and it includes wine! Ladies are cordially invited to join us for an evening of wine, appetizers, and friendship. Drop in anytime during this event to unwind, or make a date with your girlfriends to meet at Club Rancho Sahuarita for an hour designed for just women. There is no fee or registration for this resident-only event. **Must be 21 years of age or older.*

Storytime for Tots

Thursday, May 9 & August 8 | 10:30 a.m.

In this fun event, guest readers will share their favorite children's stories and a craft or activity. This activity is perfect for children 3 years of age and older and their parents. No registration is required for this free event. **This event will be on hiatus June–July.*

Coffee Socials

Friday, May 10, August 2, 16 & 30
8:00 – 9:30 a.m.

This resident favorite is held every other Friday and is free to our residents. The morning includes complimentary coffee, donuts, and bagels, along with a few healthier options. No registration is necessary. **This event will be on hiatus the end of May–July.*

Mother's Day Card Making

Saturday, May 11
10:00 a.m. – 12:00 p.m.

Show Mom how much you love her with a custom-made Mother's Day card. Children can come to the Clubhouse to create a special card for Mom and Grandma. The fee is $2.00 per child, and no pre-registration is necessary. Staff will be on hand to help children with their creations.

Movies Under the Stars

Our "Movies Under the Stars" series continues through summer with these great hits:

Saturday, May 11
Saturday, May 18
Sunday, May 26
Saturday, June 15
Saturday, June 22
Saturday, July 13
Saturday, July 20
Saturday July 27
Saturday, August 10
Saturday, August 24

Films begin at 8:00 p.m., with the event area opening at 7:00 p.m. Look for fun giveaways or activities on designated movie nights. Complimentary popcorn will also be available. No fee or registration is required

Bingo Madness

Tuesday, May 14, August 13 & 27 | 6:00 – 8:00 p.m.

Try your luck at a night of BINGO by buying one card or multiple cards with the chance to win great prizes. Space is limited, and entry will be based on a first-come, first-served basis. The cost is three cards for $5.00 or $2.00 per card (multiple games will be offered each evening). You must be 18 years or older to be present. **This event will be on hiatus the end of May–July.*

Toddler Camp

Thursday, May 16 & August 15 | 10:30 a.m.

Children 2 to 4 years of age, along with their parent, can attend a camp featuring arts, crafts, stories, dancing, singing and more! No registration is required, and the camp is free.

Smoothie Sunday

Sunday, May 19, June 16, July 21, & August 18
9:00 – 10:00 a.m.

Stop by Club Rancho Sahuarita for refreshing smoothie samples. Two different smoothie flavors will be offered. This event is free to residents, and no registration is required. *While supplies last.

Memorial Day Weekend Celebration

Saturday, May 25 – Sunday, May 26
10:00 a.m. – 4:00 p.m.

Join us for a special holiday weekend full of sun and family fun. We have a variety of activities planned throughout the entire weekend including music, face painters, a balloon artist, games and other family activities all taking place at the Clubhouse, the Parque Del Rio and the Parque Del Presidio pools. Families can also enjoy getting wet on 4 huge waterslides at Club Rancho Sahuarita on Saturday. No registration is necessary. Please check ActiveNet for a complete schedule of events for the weekend.

Sunrise Remembrance at the Armed Forces Tribute

Monday, May 27 | 7:00 – 8:30 a.m.

Remember those who made the ultimate sacrifice on Memorial Day by attending a morning tribute to our fallen. The morning will include the playing of Taps, followed by a brief benediction, and the placement of a memorial wreath. Coffee and light refreshments will be available. Join us as we take a moment to remember and honor our heroes.

I Can Cook for Kids

Saturday, June 1 & July 27 | Begins at 10:00 a.m.

Please join our staff for this fun, hands-on class. Young chefs will practice basic cooking and preparation skills with a focus on preparing delicious kid-friendly recipes. A fee and registration is required. Participants must be between the ages of 7 and 12 years old. Please go to ActiveNet to register or for more information.

*Dates, times, and locations are subject to change. Please verify with ActiveNet for the most up-to-date information!

Resident Events

Safari Movie Night

Saturday, June 8 | 6:00 – 10:00 p.m.

Come take a walk on the wild side! Join us for a special movie night at the Safari Trail Park. Families can view animal exhibits and enjoy other fun activities. Food Trucks will also be available. The showing will begin at 8:00 p.m.

Father's Day Card Making

Saturday, June 15 | 10:00 a.m. – 12:00 p.m.

Give your Dad a custom-made card for Father's Day! Children can come to the Clubhouse and make their Dad and Grandpa a card from the heart. The fee is $2.00 per child, and no pre-registration is required. Staff will be on hand to help children with their cards.

Characters & Cookies

Friday, June 21 | 10:00 – 11:30 a.m.

Cookie time can be extra fun when it's shared with a host of costumed characters. Children can visit with characters as they decorate their very own cookies and do a variety of other activities. Children should be accompanied by an adult. There is no fee or registration for this event.

American Red Cross Blood Drive

Saturday, June 29 & August 31
9:00 a.m. – 3:00 p.m.

Give the gift of life by donating at one of our many blood drives held throughout the year. To register for a specific blood drive, please call 1-800-733-2767 or log onto redcrossblood.org and enter the sponsor code: Rancho. Remember identification is required to donate at all blood drives.

Friday Movie Matinee

Friday, July 5 | 10:30 a.m. – 12:30 p.m.

Come and join us for a special daytime movie. The movie will begin promptly at 10:30 a.m. in the La Villita Room. Complimentary popcorn will be available. Please note that children should be accompanied by an adult or parent.

Superhero Sundaes

Saturday, July 6 | 10:00 – 11:00 a.m.

Ice Cream and a Superhero- what a combination! Create your own ice cream masterpiece at this free event while you visit with a variety of Superheroes. The first 50 children will receive their very own superhero cape! **Sundaes are available while supplies last.*

Dino Dig at Parque Del Rio

Friday, July 19 | 9:30 a.m.

Calling all Dinosaur enthusiasts! Join us to dig for dinosaurs and other fun activities. The first 50 children will receive a complimentary pith helmet! Children should be accompanied by an adult. No registration or fee is required.

Concert Under the Stars

Saturday, August 17 | 7:00 – 10:00 p.m.

Join us for a free concert under the night sky. The evening will include a live band and an array of food trucks. It will be great fun for the whole family! No fee or registration is required.

Labor Day Event

Saturday, August 31 | 9:00 a.m. – 3:00 p.m.

Join us as we say goodbye to summer 2019 with food, music and fun! Visit with your neighbors and cool off in the pools and Splash Park. Visit ActiveNet for a more detailed description of the activities.

Community Events

Summer Open Rec Program

Monday – Thursday, June 3 – July 11
12:00 – 4:30 p.m. | Anza Trail School

Rancho Sahuarita, SUSD, and the Town of Sahuarita Parks and Recreation Department have teamed up to offer an indoor alternative to the summer heat for children 6 to 13 years of age. Activities designed to engage children's creativity and encourage fitness through play will be available. This program requires pre-registration for each week offered. Children 10 years of age and older may come and go as desired. Children 6 to 9 years of age must be signed in and out. For additional guidelines and to register, please go to www.sahuaritaaz.gov/ParksandRec.

Red, White, and Boom!

Thursday, July 4 | 6:00 – 10:00 p.m.
Sahuarita Lake Park

Rancho Sahuarita, the Town of Sahuarita, and other community partners have teamed up to bring back a firework display to the Sahuarita Lake Park. The evening will include live bands, family entertainment, food vendors and more! The evening will end in a fireworks show!

Canoe Days

Saturday, August 10 - Sunday, August 11
9:00 a.m. – 2:00 p.m. | Sahuarita Lake Park

The Town of Sahuarita, Boy Scouts, and Rancho Sahuarita are proud to bring you Canoe Days 2019. This yearly ritual is a great way to try canoeing in a safe environment. No fee is required, so come and enjoy the lake right in your backyard!

Summer
IN RANCHO SAHUARITA

RANCHO SAHUARITA
BE WELL SUMMER CAMPS

DETAILS

Summer Camps will feature themed weeks with fun games, crafts, sports, health and wellness and nutrition activities, and field trips.

Please register on ActiveNet. Space is limited to 30 participants per camp. Each individual will be limited to participating in one camp per summer.*

*If you register your child for more than one camp they will be moved to the waiting list for the later camp to allow children that have not participated the chance to participate. You will be notified by the Health and Wellness Department by e-mail or phone when this occurs.

SESSIONS

Registration: Monday, May 6 at 8:00 a.m. – Monday, May 20 at 5:00 p.m. for the following camps:

June 3 – 6 (Ages 4 – 6)
June 10 – 13 (Ages 7 – 12)
June 17 – 20 (Ages 4 – 6)

Registration: Monday, June 10 at 8:00 a.m. – Monday, June 24 at 5:00 p.m. for the following camps:

July 8 – 11 (Ages 7 – 12)
July 15 – 18 (Ages 4 – 6)
July 22 – 25 (Ages 7 – 12)

AQUATICS

DETAILS

All lessons run Monday – Thursday. The week of May 27, lessons will be held Tuesday – Friday due to the holiday.

All swim lessons offered in Sessions 1, 2 and 3 will be held at Parque Del Presidio (13850 S Camino Paso Corto). All swim lessons offered in Session 4 will be held at the Clubhouse pool (15455 S Camino Lago Azul).

For Sessions 1, 2, and 3 there will only be private lessons available. For Session 4 there will be both group and private lessons available.

SESSIONS

Session 1: May 28 – June 6
Registration: 8:00 a.m. May 13 – 5:00 p.m. May 20

Session 2: June 10 – 20
Registration: 8:00 a.m. May 27 – 5:00 p.m. June 3

Session 3: June 24 – June 27 & July 8 – 11
Registration: 8:00 a.m. June 10 – 5:00 p.m. June 17

Session 4: July 15 – 25
Registration: 8:00 a.m. July 1 – 5:00 p.m. July 8

***Dates, times and locations are subject to change. Please verify with ActiveNet for the most up-to-date information.**

SAGUARO CLUB EVENTS

For additional information or to register for these Saguaro Club events, please visit ActiveNet.

Saguaro Club Indoor Movie Night

Friday, May 3
6:00 – 9:00 p.m.

The evening will include a pre-movie Happy Hour from 6:00 -7:00 p.m. with complimentary beer, wine, and light appetizers. Free popcorn will also be available. No fee or registration are required for this event.

Saguaro Club Outing: Brunch at The Cup Café

Sunday, May 19
9:00 a.m. – 12:00 p.m.

The Cup Café is located inside the historic Hotel Congress in downtown Tucson. This café is a great place to go for brunch! Outdoor patio seating, great food, and a Bloody Mary bar are a few of the unique features of the Café. Registration and a $5 fee for transportation is required.

Explore AZ: Arizona Diamondbacks Game

Wednesday, June 5
Depart at 10:00 a.m.

There is no better way to spend a hot afternoon than in an indoor stadium watching that great American pastime – baseball! The Arizona Diamondbacks will take on their league rivals the Los Angeles Dodgers in a 12:40 p.m. start. Saguaro Club members will take a chartered bus to Chase Field in downtown Phoenix. It will be a fun day trip that you do not want to miss. Registration and a $30 admission/transportation fee are required.

Saguaro Club Luau

Friday, July 12
6:00 – 9:00 p.m.

Get out your grass skirts and Hawaiian shirts, and let's have a party - Luau style! Enjoy sipping an ice-cold adult beverage while listening to a live steel drum band at the Rancho Sahuarita Clubhouse. This event is open to all Saguaro Club members and any active adult that would like to learn more about the Saguaro Club. No registration required for this free event. We hope to see you there!

Saguaro Club Outing: Laffs Comedy Club

Friday, August 9
6:00 – 11:00 p.m.

They say that laughter is good for the soul! Saguaro Club members are invited to take a chartered bus to the popular Laffs Comedy Club in Tucson. This night will include plenty of clean comedy, adult beverages, and dinner. Registration and a $25 fee are required. Space is limited so don't miss out on the fun!

Events for Families of Children with Special Needs

All special needs events are done through a partnership with the Sahuarita-Green Valley Family Support Network. To register for any of these events or to obtain additional information, contact Jamie Comeau at sgvfsn@gmail.com.

Prom for Families of Children with Special Needs

Saturday, May 25 | 6:00 – 9:00 p.m.

Mark your calendars for our annual Prom for Families of Children with Special Needs. Put on your party clothes and join us for this fun event that includes food, dancing, professional pictures and more.

Indoor Movie Night for Caregivers with Child Care - Families of Children with Special Needs

Saturday, June 29 | 5:00 – 7:30 p.m.

This special movie night, held in the La Villita Lounge, provides Caregivers with the opportunity to enjoy a wonderful film in a safe and accepting environment. Complimentary popcorn will be available.

Water Park Day for Families of Children with Special Needs

Saturday, July 13 | 8:00 – 10:00 a.m.

Families can enjoy the water park without the noise and presence of the crowds. This is a great way for families to use this wonderful amenity without the worries.

Additional Programs

Rancho Sahuarita Homeschool Club*
First and Third Fridays
11:30 a.m. – 1:30 p.m.

Rancho Sahuarita Homeschool Club P.E.*
First and Third Wednesdays
11:00 a.m. - 12:00 p.m.

Contact Danielle Stoker at yellabela@gmail.com.

**On hiatus May-August. The programs will reconvene September 4th.*

Junior Tennis Program
Saturday morning group lessons

Contact Stewart Stanger at (520) 579-0855.

Junior Summer Tennis Camp
Session 1: June 24 – June 28

8:00 – 9:00 a.m. (Ages 5–7)
9:00 – 10:00 a.m. (Ages 8-16)

Session 2: July 22 – July 26

8:00 – 9:00 a.m. (Ages 5-7)
9:00 – 10:00 a.m. (Ages 8-16)

Contact Stewart Stanger (520) 579-0855

Progressive Partner Dancing
Tuesday | 7:00 p.m.

Enter the world of dancing with easy step-by-step instruction. Singles and Couples are welcome. This is a progressive series where one class builds onto the next.

To register and get more information contact:

Stewart Stanger at (520) 579-0855.

Southern Dragon Taekwon-Do
Monday, Wednesday & Friday | 4:35 – 5:25 p.m.
Ages 5 and up: Traditional Taekwon-Do (ITF)

We are affiliated with Jun Tong Taekwon-Do Federation To register and get more information please call Levi Davis (520) 248-6377 or email southerndragontkd@gmail.com.

Lego Club
May 1 – May 22 | Wednesday | 1:45 – 2:45 p.m.
May 31 – August 2 | Friday | 1:00 – 2:30 p.m.
Beginning August 7 | Wednesday | 1:45 – 2:45 p.m.

This program is for children 6 to 12 years of age. Children are challenged to be creative as they build their Lego creations. Legos are supplied and no registration or fees are required for this club. Additional information is available through Kids Time (520) 207-7008.

Sahuarita Dance
Sahuarita dance provides:
Creative Dance/Pre Ballet (Ages 3 – 5)
Ballet/Jazz Combo Classes (Ages 5 – 12)
Hip Hop (Ages 5 – 12)

For more information on days and times of programs and to register, please contact:

Michele Igasan, Sahuarita Dance Center
Sahuaritadance.net
(520) 232-3753
michele@sahuaritadance.com

DancInc
Saturday classes include:
Ballet & Tap Combo (Ages 4 and up)
Twinkle Toes Pre-ballet (Ages 3–4)
Storybook Dance & Drama (Ages 3 and up)
Animal & Tumbling Stars (Ages 2.5–5)

DancInc provides a progressive school-year program and summer session, with ongoing enrollment provided there is space. *Minimum of five students required. For more information, contact Krystyna Parafinczuk Director/Instructor at KPDancInc@gmail.com or call (520) 743-1349.

Residents Join Together and Take Steps to Fight Cancer

On Saturday, March 30th, the second Rancho Sahuarita Cancer Walk united the community to “take steps” in the fight against cancer.

Over 650 people attended the event, and hundreds of others donated to the cause. In total, an estimated $250,000 was raised by efforts of the walk, to benefit the National Brain Tumor Society.

In addition to a Kids Zone, refreshments and musical entertainment, a special ceremony recognized those who are currently fighting, or have won or lost their fight to the devastating condition. The walk and its efforts served as an uplifting event in their honor and memory.

The event was also made possible by its generous sponsors. Northwest Healthcare, which is building a hospital in the Sahuarita Town Center, served as the presenting sponsor for the event. Other sponsors included Fidelity Investments, Alliance Bank, GEO Advertising and Marketing, Territorial Sign Company, Quarles & Brady LLC., and United Community Health Center. iHeartMedia served as the media sponsor for the event.

Health & Wellness Classes

Unless otherwise noted, fitness classes are for individuals 15 years of age and older. Dates, times, and locations are subject to change. Please check ActiveNet via www.myranchosahuarita.com for the most up-to-date information.

Body Burn

Tuesday & Thursday | 8:00 a.m.

This class combines cardio and strength training to work all muscle groups with a focus on core strength and stability.

Busting Booty

Friday | 9:00 a.m.
(On hiatus May 24 – August 2)

This class is all about legs - squats, lunges and more.

Cardio-Kickboxing

Monday & Thursday | 7:00 p.m.
Tuesday & Wednesday | 5:00 a.m.

An intense, full-body interval routine that will empower and motivate you. The work out consists of boxing and kickboxing movements mixed with martial arts.

Circuit Shred

Monday & Wednesday | 8:00 a.m.

This is a high intensity, interval training class using weights and muscular endurance.

Core and More

Monday | 5:00 a.m.
Wednesday | 5:00 p.m.
Friday | 8:00 a.m.

This high intensity strength training class uses balance and total body exercises to build your core.

Cycling

Monday | 8:00 a.m. & 6:00 p.m.
Wednesday | 8:00 a.m.
Thursday | 5:00 a.m.
Friday | 9:30 a.m.

Join us for this calorie-burning workout in which residents use stationary bikes to climb hills and race through sprints; all while listening to great music (racing through the great outdoors with our virtual trip). Please bring water and a towel to class. (Space is limited.)

Hiking Club

Saturday (On hiatus April – September)

The Hiking Club charters weekly expeditions to various hiking areas. The club meets every Saturday morning in the Rancho Sahuarita Clubhouse parking lot, and the weekly hikes are posted on ActiveNet. For further information and to be included in the weekly hiking club email blast, please contact the Health and Wellness Department at Christine@ranchosahuarita.com. (*Please bring plenty of water and snacks.)

JUST FOR FUN Dance Lessons (18+)

Friday | 6:00 p.m.

Cha-Cha, Waltz, Rumba, and Jive! Learn the basic dance steps for all these rhythms, stress free! The emphasis is on having fun, so you and your partner can easily acquire new moves that you can take right to the dance floor. Please dress comfortably and wear non-stick, smooth soled shoes.

Kids Yoga

Saturday | 9:00 a.m.

A 45-minute class that brings fun to Yoga and mindfulness. Lessons are presented with stories brought to life through yoga postures. Amy is certified in the Cosmic Kids Yoga method (which is a program that addresses kids of varying ages and those with additional needs, preferably children ages 4 to 7). Contact Amy at YogaAmy@cox.net.

Line Dancing (18+)

Friday | 9:00 a.m.

Learn the art of line dancing from instructors with over 20 years of experience. This class combines the love of music with choreographed dance moves. The moves are done in a repeated sequence of steps by individuals in a group. This is great low-impact exercise where you can make new friends while dancing to the latest country and western music. Please wear comfortable clothing that allows you to move and shoes that let you slide/glide on the wood flooring. This class is great for residents 18 to 90 years of age, and is held in the Vistoso Studio.

Low Impact Cardio (55+)

Monday & Thursday | 10:30 a.m.

This low impact workout is perfect for active seniors. It incorporates both cardio and light strength training.

Meditation

Tuesday | 11:00 a.m.

This class features 20 minutes of meditation following Yoga.

Pilates

Tuesday & Thursday | 6:00 p.m.

A 45-minute class focusing on cultivating a strong core to support lower back health and more. Please wear comfortable workout clothes, socks or bare feet, and bring water bottle and a towel.

POUND

Monday | 9:00 a.m.
Wednesday | 6:00 p.m.

Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music!

Sculpt & Battle Ropes

Monday | 9:00 a.m.
Tuesday | 6:30 p.m.

This high intensity class is a great way to sculpt the body using free weights, body weight, steps, stability balls, and more. In the second half of the class you will be pushed to your limits incorporating ropes, bands, and more.

Stability Ball

Tuesday | 9:00 a.m.

Join us for this class which features a combination of core, body strength and balance exercises intermittently using a stability ball.

Totally Abs

Thursday | 9:00 a.m.

Firm your ab muscles, shrink your waist, improve your posture, and gain more confidence with this all ab class.

Ultimate Boot Camp

Saturday | 8:00 a.m.

This program incorporates various cardio and strength building exercises in an outdoor environment.

Water Aerobics

Tuesday and Friday | 7:15 a.m. at Parque Del Rio

Tone and sculpt your body with no impact on your joints. Get ready for a fun water workout using a blend of cardio, core, balance, and resistance training that at times may incorporate water weights and noodles.

Yoga

Tuesday, Friday & Saturday | 10:00 a.m.
Tuesday & Thursday | 5:00 p.m.

Join us for classical style yoga for all skill levels. The basis of this class focuses on breathing, strength, and flexibility while moving through different poses.

Zumba

Wednesday | 9:00 a.m.

This class mixes body sculpting movements with Latin American dances. It includes routines featuring aerobic interval training with a combination of fast and slow rhythms.

Zumba Gold (55+)

Monday | 4:30 p.m.

This class is for active seniors who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

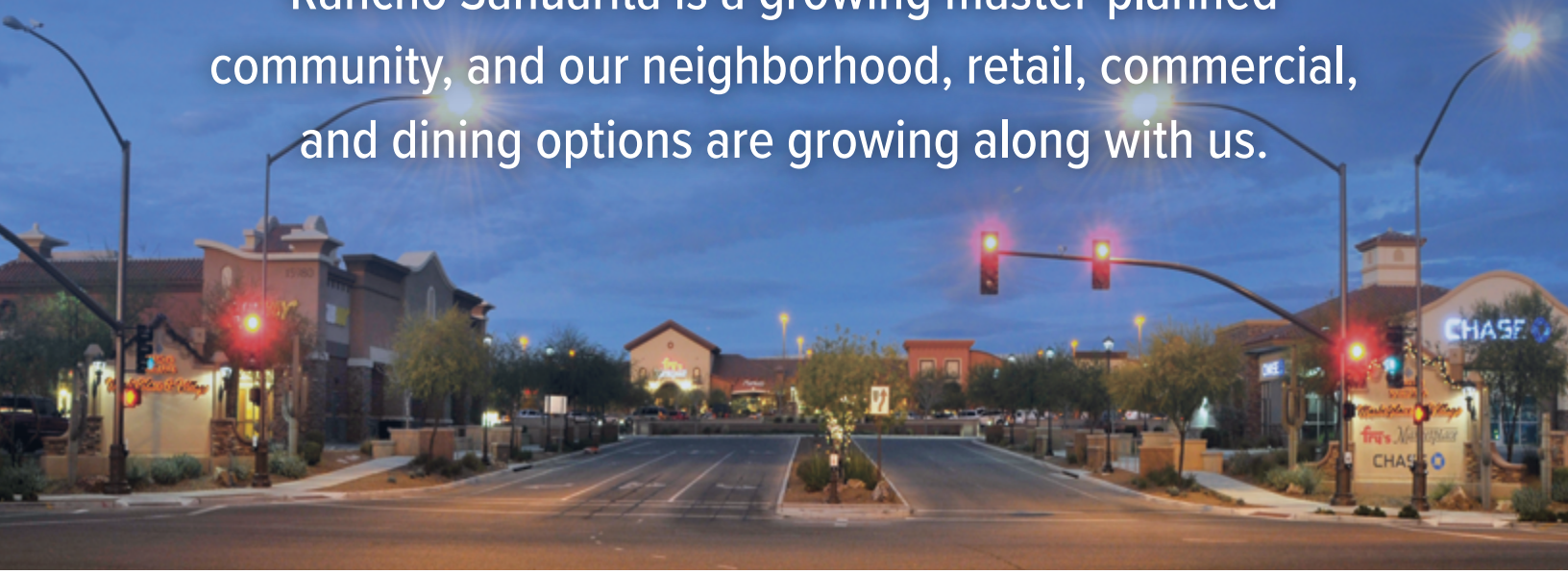
Zumbini

May 23 & August 22 | 10:30 a.m.

Parents and their kids (ages 0-5) are invited to participate in the Zumbini program. This program combines music, dance and educational tools for 45 minutes of can't- stop, won't-stop bonding and fun. Tap your toes, sing-along and get lost in the only program to combine early-childhood development with the magical joy of Zumba.
No registration is necessary.

Come Grow With Us

Rancho Sahuarita is a growing master-planned community, and our neighborhood, retail, commercial, and dining options are growing along with us.



Education

Commerce

Experience

Community

NEW NEIGHBORHOODS ARE NOW OPEN

With stunning options from award-winning homebuilders. Stop by and visit the Sales Centers and see for yourself.

RanchoSahuarita.com/Neighborhoods

RANCHO SAHUARITA
IT'S ALL IN YOUR BACKYARD

LENNAR * INSIGHT HOMES * RICHMOND AMERICAN HOMES

EQUAL HOUSING OPPORTUNITY