



Virtual Fitness Classes and Programs via Zoom

Afternoon Story Time

Monday, September 14th | 12:00 p.m.

It's an amazing time to live in a virtual world. Join our incredible guest readers for a lunch time story, followed by a craft/activity. This week's guest reader is Edwina Andrade from Tierra Antigua and she will be reading, **Bruce's Big Storm**.

To join in on the craft, you'll need: ([Click here for the Zoom link](#))

- Black and white construction paper
- Paper plate
- White or blue yarn
- Raindrops Template
- Cotton balls
- Clear tape
- Bruce & Umbrella Template

Art on the Rocks

Tuesday, September 15th | 12:30 p.m.

The possibilities are infinite in rock art. Let's get creative and bring out that inner artist you may have discovered during this time at home. Let's ROCK ON! This week's rock art inspiration: "Colorful Cacti". ([Click here for the Zoom link](#))

*Be sure to stay tuned for a hide-and-seek clue revealed at the end of the tutorial. The rock that was just decorated will be hidden in a specific neighborhood. If you're the lucky one to find it, bring it by the Clubhouse pick-up window and win a gift card. Only one rock will be hidden- GOOD LUCK!

Want to join in on the craft? Here's what you'll need:

- Smooth rock (medium and large)
- Paint of choice (acrylic works great!)
- Paint markers
- Paint brushes (various sizes)
- Clear top coat spray to seal in the colors

Bedtime Stories

Tuesday, September 22nd | 6:30 p.m.

It's an amazing time to live in a virtual world. Join our incredible guest reader(s) and unwind from a busy day with a bedtime story, followed by a craft/activity. The guest reader will be Veronica Camacho, with Banner Health. She will be reading, **I Need a New Butt**.

To join in on the craft, you'll need: ([Click here for the Zoom link](#))

- Paper towel roll
- Cereal box or cardboard
- Paint or markers
- Glue & scissors



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Rancho Sahuarita "At Home"

Simply Smooth(ie)

Thursday, September 24th | 10:30 a.m.

The possibilities are endless when it comes to a tasty and nutritious smoothie! Let's pull together healthy and delicious smoothie options while you're at home. Get the family involved for a fun treat! This month's smoothie selection is the "Beet Berry Smoothie". [Click here for the Zoom link](#)

To make this smoothie, you'll need:

- 2 large frozen bananas
- 1/4 cup frozen raspberries
- 1-2 cups almond milk (or milk of choice)
- 1/4 cup frozen strawberries
- 1/4 cup beet root powder
- 1 Tsp. chia seeds

"How-To" Series

Tuesday, September 29th | 6:00 p.m.

Have you ever wondered, "How did they do that?" In this series, we'll explore many how-to projects, and go behind the scenes with special looks into various businesses and professions. This event's guest is Joe Rieman, owner of Triple Play. Join us as he shows us all they have to offer and how it all got started. [Click here for the Zoom link](#)

LIVE Upcoming Programs and Events

Drive-Thru Coffee Social

Friday, September 18th | 7:00 - 8:30 a.m.

Get your day started with a piping hot cup of coffee or hot chocolate and a donut. You can drive through and a friendly Events Team member will bring it right over, and you won't have to leave your vehicle. This event is free and registration is not required (*while supplies last). Please wear a mask if you plan to walk to the event area. All appropriate safety measures while handling food and drinks will be practiced.

Curbside Crafts

Sunday, September 20th | 10:00 a.m.

Once a month take advantage of a fun DIY craft you can do at home. To wind down from a busy weekend, take a drive by the Clubhouse to pick up this complimentary craft (*limit one per child, while supplies last). This month's craft is a "3D Floating Shark". In continuation of National Read a Book Day (Sept. 6th) we are giving away DIY bookmarks too.



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LIVE Upcoming Fitness Classes and Programs

Cycling with Tracy - *Must register on ActiveNet

Monday, September 14th & 21st | 6:30 - 7:15 a.m.

On the Clubhouse Activities Lawn/Basketball Court

Join us for this calorie burning workout. Residents use stationary bikes to climb and race through sprints; all while listening to great music. Please bring water and a towel to class, (mask required for entry). ***Visit ActiveNet to register and for more details on what to expect!**

Yoga with Selina - *Must register on ActiveNet

Tuesday, September 15th & 22nd | 7:00 - 7:45 a.m.

On the Clubhouse Activities Lawn

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. Please bring a yoga mat, strap, block, water bottle, and mask for entry. ***Visit ActiveNet to register and for more details on what to expect!**

Cardio Kickboxing with Cecilia - *Must register on ActiveNet

Wednesday, September 16th & 23rd | 7:00 - 7:45 a.m.

On the Clubhouse Activities Lawn

An intense, full-body interval routine that will empower and motivate you. The workout consists of boxing and kickboxing movements mixed with martial arts. Please bring hand weights if you desire, a water bottle and a mask for entry. ***Visit ActiveNet to register and for more details on what to expect!**

Water Aerobics with Suzanne - *Please call Club Rancho Sahuarita no earlier than 48 hours in advance to make a reservation*

Thursday, September 17th & 24th | 7:00 - 7:45 a.m.

At the Parque Del Rio Pool

Tone and sculpt your body with no impact on your joints. Water Aerobics is a swimming blend of cardio and resistance training that at times may incorporate water weights and noodles.



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LIVE Upcoming Fitness Classes and Programs

Core and More with Christina - *Must register on ActiveNet

Friday, September 18th & 25th | 7:00 - 7:45 a.m.

On the Clubhouse Activities Lawn

A high intensity strength training class that uses balance and total body exercises to build your core. Please bring a yoga mat, a water bottle and a mask for entry. ***Visit ActiveNet to register and for more details on what to expect!**

Kids Fall Break Camp

Monday, October 5th - Thursday, October 8th | 10:00 a.m. - 12:00 p.m.

At Club Rancho Sahuarita

This free camp is offered for kids ages 6-12 years of age. The camp will offer many different activities including kids' fitness classes, outdoor activities, games, arts, and crafts. Space is limited and registration is required. ***Visit ActiveNet to register, for more information about special protocols in place, and for more details on what to expect!***

Junior Tennis Lessons Returning

Junior Private Tennis Lessons with instructor, Stewart Stanger, are returning. For more information, please contact Stewart directly at either 520-579-0855 or 443-632-8742.



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30-Minute Circuit with Christine

Monday, September 14th & 21st | 9:00 a.m.

This total body home circuit includes a variety of classic bodyweight exercises and more! You'll need light hand weights (or a comparable household item), yoga mat, and a chair. If you do not have these things, do not worry - you will still be able to participate.

September 14th: [Click here for the Zoom link](#)

September 21st: [Click here for the Zoom link](#)

30-Minute Sculpt and Tone with Christine

Tuesday, September 15th & 22nd | 9:00 a.m.

This class focuses on sculpting and toning with full body exercises. This class will utilize body weight, hand weights, bands, and sliders or household equivalent items. If you do not have these things do not worry you will still be able to participate.

September 15th: [Click here for the Zoom link](#)

September 22nd: [Click here for the Zoom link](#)

Pilates with Vivian

Tuesday, September 15th & 22nd | 5:00 p.m.

Join Vivian in this 45-minute class focusing on cultivating a strong core to support lower back health and more. Please have a yoga mat and yoga block available if possible.

September 15th: [Click here for the Zoom link](#)

September 22nd: [Click here for the Zoom link](#)

*NEW Virtual Yin Yoga with Selina

Wednesday, September 16th & 23rd | 8:00 a.m.

Enjoy the peaceful environment of this quiet practice. Yin yoga is the opposite of a power flow. Yin allows us to work into the deeper tissues of the body including the joints. Improve range of motion and mobility. This class holds each pose for 3-6 minutes. Please have a yoga block, strap, mat, blanket, pillow or bolsters to utilize during this 45-minute class.

September 16th: [Click here for the Zoom link](#)

September 23rd: [Click here for the Zoom link](#)

30-Minute Abs with Christine

Thursday, September 17th & 24th | 9:00 a.m.

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

September 17th: [Click here for the Zoom link](#)

September 24th: [Click here for the Zoom link](#)



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Virtual Fitness Classes and Programs via Zoom

Yoga with Danie

Thursday, September 17th & 24th | 5:00 p.m.

Join Danie for this classical style yoga for all skill levels. This 45-minute class focuses on breathing, strength, and flexibility while moving through different poses.

September 17th: [Click here for the Zoom link](#)

September 24th: [Click here for the Zoom link](#)

30-Minute Low Impact Workout with Christine

Friday, September 18th & 25th | 9:00 a.m.

This low impact workout incorporates both cardio and bodyweight exercises. Please bring light hand weights (or comparable household items), yoga mat, and a chair. If you do not have these things, do not worry - you will still be able to participate.

September 18th: [Click here for the Zoom link](#)

September 25th: [Click here for the Zoom link](#)

Yoga with Mary Ann

Saturday, September 19th & 26th | 10:00 a.m.

Join Mary Ann for this classical style yoga for all skill levels. This 45-minute class focuses on breathing, strength, and flexibility while moving through different poses.

September 19th: [Click here for the Zoom link](#)

September 26th: [Click here for the Zoom link](#)

DISCLAIMER:

Virtual workout classes and all other activities offered via an electronic medium are offered strictly for personal, non-commercial use to the residents of Rancho Sahuarita. You are responsible for exercising within your limits and assume all risk of injury to your person or property. To the extent permitted by law, the Rancho Sahuarita Village Program Association, Inc., RSVP Management Company, L.L.C. and its affiliates and all of their respective managers, members, shareholders, directors, officers, employees, representatives and agents, disclaim, and you hereby release them from, any and all liability, claims, damages and expenses that you may incur or suffer in connection with the exercises and any instructions and advice provided. Consult your physician before attempting any exercise, and follow his or her advice. Do not attempt these exercises if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back or neck) problems or injuries. If at any time you feel you are exercising beyond your current fitness abilities, or you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately.



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