Rancho Sahuarita

January 2023 Upcoming Events and Classes

Monday Night Football

Monday, January 2nd | Begins 30 minutes prior to kick-off

Welcome all football fans! Join us in the Sports Bar every 2nd and 4th Monday for a Monday Night Football watch party, with beers, appetizers (while supplies last), and a good time! This is a free event, and registration is not required. *Open to residents only, must be 21 years of age or older to attend.

Food Truck Roundup

Tuesday, January 3rd | 4:30 - 7:00 p.m.

Stop by Club Rancho Sahuarita as the Food Trucks gather every first Tuesday of the month. Until further notice, this will be a grab and go event. You'll order food on-site, then enjoy your meal in the comfort of your home or vehicle.

Women & Wine

Wednesday, January 4th | 6:00-7:30 p.m.

Ladies, join us for an evening of wine, appetizers, and friendships – new and old! Drop in anytime during this event to unwind or make it a date with your girlfriends to meet at Club Rancho Sahuarita. Registration is not required for this free program, but space is limited and on a first-come, first-served basis. *Open to residents only, and must be 21 years of age or older to attend.

Coffee Social

Friday, January 6th & 20th | 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 (*while supplies last). Registration is not required for this event.

Meditation Workshop

Saturday, January 7th | 1:00 - 3:00 p.m.

A rest for body and mind plus a chance for self-awareness. You will be immersed in a variety of meditation techniques that are easy to learn and use. Discover one or more to add to your daily life. Please register on ActiveNet.

Sunday Addition

Sunday, January 8th | 2:00 - 4:00 p.m.

Stop by every second Sunday for some extra family fun. Activities will vary from month to month (*while supplies last), and registration is not required. Please visit ActiveNet for more details.

Bingo Madness

Tuesday, January 10th & 24th | 6:00 - 8:00 p.m.

Try your luck at a night of bingo every 2nd and 4th Tuesday. The cost is $2 per card, or $5 for (3) cards, $12 for (7) cards, and $15 for (9) cards. A total of seven Bingo games are played. Doors open at 6:00 p.m., and residents can purchase Bingo cards until 6:30 p.m. Doors close promptly at 6:30 p.m. to begin games. This event is open to residents only, and residents must be 18 years of age or older to participate. Registration is not required for this event but space is limited and on a first-come, first-served basis.

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Storytime for Tots

Thursday, January 12th | 10:30 a.m.

Held every 2nd Thursday, 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. Registration is not required for this free program, but space is limited.

T-Ball Clinic

Saturday, January 14th, 21st & 28th | 10:00 - 11:00 a.m. | Registration required

Children ages 4-6 years old are welcome to participate in this free T-Ball clinic for beginners. The clinic will run in a series of three Saturday mornings that will build on the prior week's lessons with the last session being a no score 'game day'. The clinic will focus on the fundamentals and the fun of T-Ball before the official spring season begins. Registration is required due to limited space. *Participants must bring their own glove.

Nutrition Workshop: Nutrition, Health and Wellness "Jeopardy"

Saturday, January 14th | 10:00 a.m.

Kick off the new year by learning more about nutrition, health & overall wellness - all while having fun! Don't want to participate but still interested in learning more about nutrition & health for the New Year? Join us! Complimentary snacks will be provided, and this event is free. However, registration on ActiveNet is required.

Strawberry Ice Cream Giveaway

Sunday, January 15th | 1:00 - 2:00 p.m.

It's National Strawberry Ice Cream Day and that means a free ice cream giveaway! Stop by Club Rancho Sahuarita for a free scoop of strawberry ice cream, plus toppings! The Events Team will be set up indoors in the La Villita Lounge. *Ice cream available while supplies last.

Movin' & Groovin'

Thursday, January 19th | 10:30 a.m.

Designed for toddlers (ages 2 to 4 years old), this unique program combines music with movement to challenge your child physically and cognitively while building crucial social skills. Each month will feature a different themed program. Registration is NOT required for this free event, but space is limited and on a first-come first- served basis.

Food Truck Friday

Friday, January 20th | 5:00 - 7:00 p.m.

Bring out the whole family for our quarterly Food Truck Friday event at Parque Del Rio. Visit ActiveNet for more details.

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Toddler Techniques

Thursday, January 26th | 10:30 a.m.

Once a month get your toddler out and join us at Club Rancho Sahuarita for this free event, perfect for children ages 3-6 years. Toddler Techniques will offer many different fine motor and sensory activities to help your toddlers grow. Activities will vary from month to month. For more information, please visit ActiveNet. Registration is not required, but space is limited and on a first-come, first-served basis.

Saguaro Club: "Twist and Shout" Mixer

Saturday, January 28th | 4:00 - 6:00 p.m.

Enjoy an afternoon of appetizers and adult beverages - Sock Hop style! Have a light bite to eat and drink while taking in live entertainment. This event is open to all Saguaro Club members and any active adult over the age of 50 years that would like to learn more about the Saguaro Club. Registration is NOT required for this free event.

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Please visit ActiveNet to register for all classes, and for more details on what to expect. Please note, no walk-ins are permitted at this time

Cycling with Tracy

Mondays at 6:30 a.m. & 6:00 p.m. | Wednesdays at 6:30 a.m. | Fridays at 6:30 a.m. | In Rio Bravo Room

Join us for this calorie burning workout for first timers and experienced riders. Residents use stationary bikes to ride through climbs, races and sprints, all while listening to great music. Please bring water and a towel to class.

Basic Step & Sculpt

Mondays at 9:00 a.m. | In the Multipurpose Room

Join us for high-energy and basic step combos, with the bonus of muscular conditioning using dumbbells and or/resistance equipment. Perfect for all fitness levels, this class is guaranteed to help you get fit and have fun!

Pilates Matwork with Katherine

Mondays at 10:00 a.m. | In the Vistoso Studio

Join Katherine for Pilates matwork. Based on the work of Joseph Pilates, this class creates optimal strength through muscular balance with an emphasis on core strength and flexibility.

Pre-Teen Tap/Ballet with Aurora

Mondays at 4:00 p.m. | In the Vistoso Studio

A great beginning class to introduce preteens (9 to 13-year-olds) to the beauty of dance! The first half of class is ballet, focusing on the foundations through barre work. The second half is tap, where children will be taught about the artistry of dance—where the magic happens! Proper ballet attire (tights, leotard, etc.) is not required, though it is recommended to have ballet flats and tap shoes (any shoe comfortable to dance in will be just fine).

Yoga with Gail

Mondays and Thursdays at 6:00 p.m. | In the Vistoso Studio

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 water and, if desired, a mat, straps and block.

*NEW HIIT Yoga with Jessica (Starts 1/10)

Tuesdays at 5:30 a.m. | In the Vistoso Studio

HIIT Yoga is a combination of high intensity interval training and yoga, Asana practice. HIIT yoga is designed to build strength as well as burn fat.

Yoga with Selina

Tuesdays at 7:00 a.m. | Thursdays at 7:00 a.m. | In the Vistoso Studio

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 water and, if desired, a mat, straps and block.

Cardio Kickboxing with Cecelia

Mondays, Tuesdays & Thursdays at 6:15 p.m.
Wednesdays at 7:15 p.m. | In the Multipurpose Room

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, and a water bottle.

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High Intensity Interval Training (HIIT) with Suzanne

Tuesdays at 8:30 a.m. | In the Vistoso Studio

Join us for this calorie burning workout for all skill levels. Get ready to be challenged and have fun in this full-body high intensity workout class.

Water Aerobics with Suzanne

Tuesdays and Thursdays at 12:30 p.m. | At the Main Pool at Club Rancho Sahuarita

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.

Zumba™ with Marissa

Tuesdays at 10:00 a.m. | In the Multipurpose Room
Wednesdays at 9:00 a.m. | In the Vistoso Studio

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. Low-impact options also offered for modifications. Please bring water to class.

Pound with Christina

Tuesdays at 5:00 p.m. | In Multipurpose Room

Any fitness level can strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique- all while rocking out to your favorite music. Please bring water and if desired, a yoga mat to class.

Zumba with Haley

Tuesdays at 6:00 p.m. | In the Vistoso Studio

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. Low-impact options also offered for modifications. Please bring water to class.

Strong Nation® With Haley

Wednesdays at 5:00 a.m. | In the Multipurpose Room

"Stop counting the reps start training to the beat." This class combines body weight, muscle conditioning, cardio, and plyometric training moves synced to music, all designed to match the unique moves. With each move driven by the music, the class will help you stay motivated and committed to the very last rep!

Contemporary Jazz Dance for Adults with Marissa

Wednesdays at 8:00 a.m.
| In the Vistoso Studio

A fun fusion for all skill levels of contemporary dance styles with jazz, ballet and world dance influences. Class combines proper leg work and body alignment while building strength and flexibility all while enjoying rhythmic phrasing and fun self-expression.

Low Impact Cardio with Suzanne

Wednesdays at 9:30 a.m.
In the Multipurpose Room

This low impact workout is perfect for any age and skill level wanting little to no stress on their joints. It incorporates both cardio and light strength training. Please bring water, and if desired, a mat to class.

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Adult Ballet Beginner

Wednesdays at 6:00 p.m.
Thursdays at 8:30 a.m. | In the Vistoso Studio
Classical Ballet is not just for the young and the athletic! Ballet can be enjoyed at any age and be adapted for different fitness levels. This beginners class will tone, lengthen, and stretch your muscles while engaging your whole body. In this class you will do barre work along with center work. Please wear athletic clothing and ballet shoes if you have them available. (If you do not have ballet shoes, please wear socks with some texture, to prevent slipping).

Core & More with Christina

Wednesdays at 6:15 p.m. | Fridays at 8:00 a.m.
In the Multipurpose Room
Thursdays at 5:00 a.m. | In the Vistoso Studio
A high intensity strength training class that uses balance and total body exercises to build your core. Please bring a yoga mat and a water bottle to class.

MixxedFit with Suzanne

Thursdays at 8:00 a.m. | In the Multipurpose Room
MixxedFit is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. This innovative dance-fitness class incorporates different elements, all of which are designed to tone, strengthen, and increase endurance.

Strength and Balance with a "Twist" with Gail

Thursdays at 10:00 a.m. | In the Vistoso Studio
Using light weights and gentle yoga poses, participants will tone muscle, strengthen the core, and improve balance while integrating low impact cardio throughout the workout. You can engage in light toning and can even challenge your body with heavier weights to build muscle. This is a class for all ages and ability levels - with modifications and supports to allow for full participation.

Line Dancing with Lynn

Fridays at 9:00 a.m. | In the Vistoso Studio
Learn the art of line dancing from an instructor 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 a 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! Please bring a water bottle with you to class.

Zumba with Suzanne

Fridays at 10:00 a.m.
In the Multipurpose Room
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. Low-impact options also offered for modifications. Please bring water to class.

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Adult Intermediate Ballet

Fridays at 10:30 a.m.
In the Multipurpose Room

This Adult Intermediate Ballet class is designed for individuals with some ballet experience who want to challenge their strength and endurance while improving their Ballet technique. The class consists of a traditional ballet barre segment emphasizing general technique and artistry, followed by special pre-Pointe exercises intended to strengthen and develop the feet and ankles. Please wear athletic clothing and ballet shoes if you have them available. (If you do not have ballet shoes, please were socks with texture, to prevent slipping).

Kid Fit with Suzanne (Ages 8-12)

Saturdays at 9:00 a.m. | In the Vistoso Studio

The fun comes first and we guarantee there is a lot of it during this fitness program for kids ages 8-12! Games, dance, play and movement—it's all there and designed to make kids stronger, faster, and more agile.

Bootcamp with Christina

Saturdays at 9:00 a.m.
In the Multipurpose Room

Come start off your Saturdays with a series of full body workouts, in this fun yet challenging 45-minute class. All fitness levels are welcome.

Pre-Teen Ballet/Contemporary with Aurora

Saturdays at 10:00 a.m. | In the Vistoso Studio

A great beginning class to introduce preteens (9 to 13-year-olds) to the beauty of dance! The first half of class is ballet, focusing on the foundations through barre work. The second half is contemporary, where children will be taught about the artistry of dance—where the magic happens! Proper ballet attire (tights, leotard, etc.) is not required, though it is recommended to have ballet flats (any shoe comfortable to dance in will be fine).