



MARCH 2024

Health & Wellness Classes

- 1 All Levels
- 2 Foundational
- 3 Experienced

Active Recovery Fusion | 1

Thursdays | 9:00 a.m.

Ballet | 2 3

Wednesdays | 6:00 p.m. (Foundational)

Friday | 10:30 a.m. (Experienced)

Barre Core Conditioning | 1

Tuesdays | 10:45 a.m.

Basic Step & Sculpt | 2

Mondays | 9:00 a.m.

Battle Ropes+ | 3

Saturdays | 8:00 a.m.

Bootcamp | 3

Saturdays | 9:00 a.m.

Booty and More | 1

Fridays | 8:00 a.m.

Cardio Kickboxing | 3

Mondays, Tuesdays, and Thursdays | 6:15 p.m.

Contemporary Jazz Dance | 1

Wednesdays | 10:00 a.m.

Core & More | 1

Wednesdays | 6:15 p.m. | Thursdays | 5:00 a.m.

Cycling | 1

Mondays | 6:30 a.m. and 6:00 p.m.

Tuesdays | 5:00 a.m.

Wednesdays and Fridays | 6:30 a.m.

Equipment Orientation | 1

Second and Fourth Fridays | 3:00 p.m.

Functional Fitness | 2

Thursdays | 10:00 a.m.

High Intensity Interval Training (H.I.I.T.) | 3

Tuesdays | 9:00 a.m.

Line Dancing | 2

Fridays | 9:00 a.m.

Low Impact Cardio | 2

Wednesdays | 10:00 a.m.

MixedFit | 1

Tuesdays | 10:00 a.m.

Pilates (Mat and Fit) | 1

Mondays | 10:00 a.m. (Mat)

Tuesdays | 5:15 p.m. (Fit)

Strength Circuit | 1

Wednesdays | 9:00 a.m.



- 1 All Levels
- 2 Foundational
- 3 Experienced

Strong Nation | 3

Fridays | 9:00 a.m.

Warrior Workout | 3

Wednesdays | 5:00 a.m.

Water Aerobics | 1

Tuesdays and Thursdays | 12:30 p.m.

Yoga | 1

Mondays | 6:00 a.m. and 6:00 p.m. | Tuesdays | 7:00 a.m.
Thursdays | 7:00 a.m. and 6:00 p.m.

Yoga Sculpt | 1

Wednesdays | 5:15 p.m.

Zumba™ | 1

Tuesdays | 6:15 p.m. | Wednesdays | 9:00 a.m.
Thursdays | 8:00 a.m. and 5:00 p.m.
Fridays and Saturdays | 10:00 a.m.

Youth Programming

Recreational Dance (ages 10-14)

Mondays | 4:00 p.m.

Fitness Fun for the Young (ages 6-12)

Mondays | 5:00 p.m.

Dodgeball Night (ages 10+)

Third Fridays | 5:00 p.m.

Kid Fit (ages 8-12)

Saturdays | 9:00 a.m.

Spring Break Kids Camp

March 11th - 14th | 10:00 a.m. - 12:00 p.m.

LEARN MORE &
Register for Events



RANCHO SAHUARITA
It's ALL IN YOUR BACKYARD