



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
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### 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.

LEARN MORE &  
**Register for Events**



RANCHO SAHUARITA  
IT'S ALL IN YOUR BACKYARD