

# Rancho Sahuarita

## March 2022 Upcoming Events and Classes



### **Food Truck Grab & Go**

**Tuesday, March 1st | 5:00 - 8:00 p.m.**

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

### **Saguaro Club: Explore AZ - AZ Coyotes Hockey Game**

**Saturday, March 5th | Game Time: 2:00 p.m. | \$25 per person**

Come explore AZ with us on a trip to Glendale to watch the AZ Coyotes Hockey Team take on the Ottawa Senators. Club members can take advantage of a chartered bus to the Glendale River Arena. Registration is required via ActiveNet

or by visiting Club Rancho Sahuarita. Rancho Resort residents, please visit Melanie at the Rancho Resort Clubhouse to sign-up. The bus will leave promptly from Club Rancho Sahuarita at 11:00 a.m.

### **Bingo Madness**

**Tuesday, March 8th & 22nd | 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 between 6:00 – 6:30 p.m. Doors will close promptly at 6:30 p.m. to begin games. This event is open to residents only, (must be 18 years or older to

participate.) Space is limited, registration is required.

### **Women & Wine**

**Wednesday, March 9th | 6:00 - 7:30 p.m.**

Ladies, join us for this month's Women & Wine event! The evening will include appetizers, wine and friendship...new & old! Although this is a free event, registration is required and it is open to residents only (must be 21 years of age or older).

### **Story Time for Tots**

**Thursday, March 10th | 10:30 - 11:30 a.m.**

Join us every 2nd Thursday as guest readers will share their favorite children's stories then follow it with a craft or activity. These activities and crafts are perfect for children 3 years of age and older and their parents. Registration is not required for this free program but space is limited and on a first-come, first-served basis.

### **Coffee Social**

**Friday, March 11th | 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. Registration is not required for this event; and food and coffee is available while supplies last.



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### Sunday Addition

**Sunday, March 13th | 2:00 - 4:00 p.m.**

Stop by every 2nd 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.

### Kids Spring Break Camp

**Monday, March 14th - Thursday, March 17th | 10:00 a.m. - 12:00 p.m. | Registration required**

Don't miss our "Spring Into Spring" Kids' Camp, offered for kids ages 7-12 at Club Rancho Sahuarita. This year's camp will offer many different activities including: Kids' fitness classes, outdoor activities, educational programs and more! Visit ActiveNet to register and for more information!

### Movin' & Groovin'

**Thursday, March 17th | 10:30 - 11:30 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 program but space is limited and on a first-come, first-served basis.

### I Can Cook for Kids

**Friday, March 18th | 10:00 a.m. - 12:00 p.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.

### Teen Outing

**Friday, March 18th | 1:00 - 3:00 p.m.**

Teens join us for another exciting outing as we head to Top Golf! Enjoy an afternoon of golfing and light appetizers. Transportation will be provided, as a bus will pick the group up from Club Rancho Sahuarita and return us back at the end of the event. Registration and a fee is required per person attending. Please don't wait to register - space is limited! Adults, would you like to chaperone? If so, please contact an Events Team Member at the clubhouse, (520) 207-7730 or at [events@ranchosahuarita.com](mailto:events@ranchosahuarita.com).

### Food Truck Fridays

**Friday, March 18th | 5:00 - 8:00 p.m. | At Parque De Los Arboles**

Don't know what to make for dinner after a very long week of work and school? Well, we've got you covered! Every 3rd Friday of the month you can enjoy an array of food trucks. Every month a new neighborhood park will host this event. Host park locations include: March- Parque De Los Arboles, April- The Greens (parking area). Please visit ActiveNet for the exact addresses.



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### **Princess Tea Party**

**Saturday, March 19th | 11:00 a.m.-1:00 p.m. | Activities Lawn | \*Registration required - LIMITED SPACES REMAIN**

Calling all Princesses: Be our guests and join us for an afternoon of tea, appetizers, and desserts. To commemorate this special event, each Princess will receive a complimentary 5'x7' photograph. When registering your Beauty on ActiveNet, be sure to register the accompanying adult as well.

### **Toddler Techniques**

**Thursday, March 24th | 10:30 - 11:30 a.m.**

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

### **Coffee and Canines**

**Friday, March 25th | 8:00 - 9:30 a.m.**

Residents and their furry, four-legged friends are invited to come out and enjoy complimentary coffee, donuts, bagels, and also a few healthier options. Each canine will receive a complimentary pupachino and treat bag. Refreshments and treats will be available for them at the event as well. Wags and Whiskers will be on site with giveaways. Please note that no registration or fee is required for the event, but canines must be kept on a leash

at all times.

### **Saguaro Club: Bingo Madness**

**Tuesday, March 29th | 6:00 - 8:00 p.m. | Registration required**

Try your luck at a night of Bingo! 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 members can purchase Bingo cards between 6:00 – 6:30 p.m. Doors close promptly at 6:30 p.m. to begin games. This event is open to Saguaro Club members and their guests (\*must be 18 years or older to attend, and registration is required).

### **Rock Art**

**Wednesday, March 30th | 6:00 - 7:00 p.m.**

Be part of beautifully decorating your community with rock art. A team member will walk you through a set design, or choose to be creative and come up with one-of-a-kind piece. There is no fee for this event and we'll provide all the necessary supplies required. Registration is not required for this program but space is limited and on a first-come, first-served basis.



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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 (\*NO CLASS 3/2)**

**Mondays and Wednesdays at 6:30 a.m. | Mondays at 6:00 p.m. | Fridays at 6:30 a.m.**

**In the 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.

### **Contemporary Jazz Dance for Adults with Marissa**

**Mondays at 8:00 a.m. | 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**

**Mondays at 10:30 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.

### **Pre-Teen Tap/Ballet with Aurora**

**Mondays & Fridays at 4:30 p.m. | 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).

### **Cardio Kickboxing with Cecelia (\*NO CLASS 3/9)**

**Mondays, Tuesdays and Thursdays at 6:15 p.m. | Wednesdays at 7:15 p.m.**

**In the Multipurpose Room | \*3/10 class will be taught by Haley**

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.

### **Mat Pilates with Denise**

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

Pilates consists of low-impact flexibility and muscular strength and endurance movements emphasizing deep breathing, proper postural alignment, core strength and muscle balance. Exercises done standing and laying on a mat promote core strength and stability, muscle control and endurance, as well as balance, flexibility and strength. Please bring water and, if desired, a mat to class.



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## March 2022 Upcoming Events and Classes



### **Adult Tap with Aurora**

**Mondays & Fridays at 6:30 p.m.**

**In the Vistoso Studio**

Calling all tappers of any age and experience level! This tap class is designed to be beginner-friendly, where we will focus on some of the foundations of tap such as the different steps and how to establish beats. Tap shoes are highly recommended, but sneakers are okay depending on your comfort level.

### **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.

### **High Intensity Interval Training (HIIT) with Suzanne**

**Tuesdays at 8:00 a.m. | Multipurpose Room**

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.

### **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.

### **Kids Yoga with Marissa (Ages 8-12)**

**Tuesdays at 3:30 p.m.**

**In the Vistoso Studio**

A yoga class designed for children ages 8-12! It's filled with activities that engage children and give them the tools to feel calmer, happier, and more peaceful inside! Children will learn yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility.

### **Zumba™ with Haley**

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

**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.

### **Water Aerobics with Suzanne**

**At Main Pool at Club Rancho Sahuarita**

**Tuesdays & Thursdays at 1:00 p.m.**

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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### Adult Ballet with Billie

Wednesdays at 6:00 p.m. | Thursdays at 9:00 a.m.

#### In the Vistoso Studio

Taught by our Silver Swans® licensed instructor, ballet can be enjoyed at any age and be adapted for different fitness levels. This beginner class will tone, lengthen, and stretch your muscles while engaging your whole body. In class, you will do barre work, along with center work. Please wear athletic clothing and ballet shoes if you have them. If you do not have ballet shoes, please wear textured socks (to prevent slipping).

### Dance Strength Building with Billie

Wednesdays at 7:00 p.m. | Thursdays at 8:30 a.m.  
| In the Vistoso Studio

The best approach for dance strength building is with this non-classical technique's components in an intense, targeted 30-minute segment. This class targets dance strength improvement, but is very useful to anyone who wants a quick intrinsic-core, lower pelvic-strengthening workout including major leg muscle groups with joint range of motion and back-strengthening, including mid-back and lat muscle strength. Please bring a light stretch band and a towel to class.

### 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.

### MixedFit with Suzanne

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

MixedFit 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.

### Yoga

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

Join us for this 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 water bottle and, if desired, a yoga mat, strap and block.

### 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.



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### **Pound with Christina**

**Saturdays at 8:00 a.m.**

#### **In the 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.

### **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.

### **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.

#### **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.

