

Rancho Sahuarita

May 2022 Upcoming Events and Classes



Food Truck Roundup - Grab & Go

Tuesday, May 3rd | 5:00 - 8:00 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.

Coffee Social

Friday, May 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. Registration is not required for this event; and food and coffee is available while supplies last.

“Mamas and Mimosas” Health and Wellness Event

Friday, May 6th | 6:00 - 8:30 p.m.

Calling all resident moms for a night of fitness and fun! Join us for a sweat filled, heart pumping workout and a relaxing yoga/meditation session to help unwind after a job well done. And to finish strong, enjoy mimosas and appetizers afterwards! Residents must be 21 years or older to attend, and there will be a 2-drink maximum. Registration is required for the free event.

Mother's Day Card Making

Saturday, May 7th | 10:00 a.m. - 12:00 p.m. | \$2 per person

Show Mom how much you love her with a custom-made Mother's Day card! Children can come to Club Rancho Sahuarita to create a special card for Mom and Grandma. The fee is \$2.00 for all children, and no pre-registration is necessary. (Staff will be on hand to help children with their creations.)

Movies Under the Stars

Our “Movies Under the Stars” series continues through summer!

Saturday, May 7th

Saturday, May 21st

Sunday, May 29th

The event area opens one hour prior to showtime, and complimentary popcorn will be available. The movies begin at 8:00 p.m. unless otherwise noted. Please contact Club Rancho Sahuarita for the movie titles.

Sunday Addition

Sunday, May 8th | 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.



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Bingo Madness

Tuesday, May 10th | 6:00 - 8:00 p.m.

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 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.) Registration is not required, but space is limited and available on a first-come, first-served basis.

Women & Wine

Wednesday, May 11th | 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! This is a free event, and it is open to residents only (must be 21 years of age or older). Registration is not required, but space is limited and available on a first-come, first-served basis.

Story Time for Tots

Thursday, May 12th | 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, but space is limited and available on a first-come, first-served basis.

Prom Night for Families of Children with Special Needs

Saturday, May 14th | 6:00 - 8:00 p.m.

Mark your calendars for our annual Prom Night for families of children with special needs. Join us for this fun event that includes food, dancing, pictures and more. To learn more or to register, please reach out by email at sgvfn@gmail.com.

Movin' & Groovin'

Thursday, May 19th | 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.

Homegrown Heroes

Thursday, May 19th | 8:00 - 10:00 a.m. | At the Armed Forces Tribute

When it comes to our Veterans there is no shortage of those whom reside in our beautiful community. We invite you to come mix and mingle with your local heroes while enjoying a light breakfast, desserts, refreshments, and a supportive group of locals to chat and connect with.



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Food Truck Fridays

Friday, May 20th | 5:00 - 8:00 p.m. | At Parque Del Presidio

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.

Saguaro Club: Comedy Night

Monday, May 23rd | 6:00 - 8:00 p.m. | At the Rancho Resort Ballroom (15900 S. Rancho Resort Blvd.)

A night of laughs is just the tip of the iceberg for comedian Sandra Risser and special guests. Come out for an evening of laughs with your fellow Saguaro Club members, or invite a fellow resident to come and see what the Saguaro Club is all about. Although this is a free event, registration is required.

Rock Art

Wednesday, May 25th | 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.

Opening of the Splash Park and

Memorial Day Weekend Celebration

Saturday, May 28th | 10:00 a.m.- 4:00 p.m.
Sunday, May 29th | 5:00 - 8:00 p.m.

Join us for a special holiday weekend full of summer family fun as the Splash Park is officially open for the summer! Each day will be filled with unique raffles, prize giveaways, games, food truck vendors, poolside music with DJ Rob (Saturday), waterslides on the lawn (Saturday) and a live steel drum performance by "Apocalypse" (Sunday).

Memorial Weekend

Movies Under the Stars

Sunday, May 29th | 8:00 - 10:00 p.m. | On the South Lawn

Our Memorial Weekend Celebration would not be complete without our traditional Sunday Movie Under the Stars. Immediately following the pool and waterpark entertainment, walk out to the South Lawn to enjoy a movie under the stars. Food vendors will be on site, and complimentary popcorn will be available.

Sunrise Remembrance

Monday, May 30th | 7:00 - 8:30 a.m. | Armed Forces Tribute

Join us for a morning tribute on Memorial Day as we remember those who made the ultimate sacrifice. The morning will include the playing of Taps, followed by a brief benediction, and the placement of the memorial wreath. Registration is not required for this 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 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

**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. (*TIME CHANGE to 11:15 a.m., May 26th - August 1st)
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 3:00 - 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

**Mondays, Tuesdays and 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.

Adult Tap with Aurora

**Fridays at 5:00 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.



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Yoga with Selina

Tuesdays & 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 8:30 a.m. (*TIME CHANGE to 8:00 a.m., May 24th - August 1st) | 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.

Water Aerobics with Suzanne

At Parque Del Presidio

Tuesdays at 11:30 a.m. | Thursdays at 11:30 a.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.

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.

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.

Pound with Christina

Tuesdays at 5:00 p.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.



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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).

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.

Dance Conditioning

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.

MixedFit with Suzanne

Thursdays at 10:00 a.m. (*TIME CHANGE to 8:00 a.m., May 26th - August 1st | 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.

11:11 Yoga with Jessica

Thursdays at 6:00 p.m.

In the Vistoso Studio

This urban yoga methodology uses palindromes to create unique power yoga sequences. Instead of moving right to left, sequences are done in reverse order. All classes utilize 11 primary poses chosen to warm up the body and target specific muscle groups. Strategically placed cardio bursts keep the body in fat burn mode. Students will move through 11 sun salutations, bringing awareness to all 7 chakras and fire up the core. All classes are infused with upbeat music and positive intentions to attract current goals and release what no longer serves. This hot new workout out of Scottsdale, Arizona is fun for all ages!

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



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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.

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.

