

Rancho Sahuarita

September 2022 Upcoming Events and Classes

Labor Day End of Summer Celebration

Saturday, September 3rd | 2:00 – 6:00 p.m.

Join us Labor Day weekend for a fun filled event. Take advantage of the Splash Park before it closes for the 2022 season, along with poolside DJ, a game truck, and a cornhole tournament on the Activities Lawn. Food vendors will be on site too! A limited number of spaces are available for cornhole teams; visit Club Rancho Sahuarita to register.

Drive-In Movie Under the Stars

Sunday, September 4th | Event Lot (S. Rancho Sahuarita Blvd & S. Camino Lago Azul)

Join us for a drive-in movie under the stars! The movie will begin at 7:00 p.m., while the event area will open at 6:00 p.m. There is no fee or registration required for this event.

Popsicle Giveaway

Monday, September 5th | 12:00 – 1:00 p.m.

Cap off Labor Day weekend with a free refreshing popsicle. Giveaways will be hosted at Club Rancho Sahuarita in the La Villita Lounge. Registration is not required; while supplies last.

Food Truck Roundup

Tuesday, September 6th | 5:00 p.m. - 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.

Storytime for Tots

Thursday, September 8th | 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 and on a first-come, first-served basis.

Coffee Social

Friday, September 9th | 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: "Meditation Demystified"

Saturday, September 10th | 1:00 – 3:00 p.m.

You will be immersed in different types of meditation practices that are easy to use and find one or more that you can easily add to your daily life. The session will include a meet-and-greet and a meditation, followed by refreshments including relaxing teas. Registration is required through ActiveNet.

Homecoming for Families of Children with Special Needs

Saturday, September 10th | 6:00 – 8:00 p.m.

Mark your calendars for this year's annual Homecoming for Families of Children with Special Needs. Join us for this fun event that includes food dancing, and more. (This event is designed for those 15 years and older).



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9/11 Commemorative Flag Folding Ceremony

Sunday, September 11th | 8:00 a.m.

At the Armed Forces Tribute

21 years ago, our Nation stood still in disbelief following the events that occurred on September 11th, 2001. For all the souls who are no longer with us, we honor them in a tribute ceremony held at the Armed Forces Tribute at Parque Del Rio. The ceremony to include a prayer, a flag folding ceremony, a 21 gun salute led by the Marine Corps League Detachment #1126, and light refreshments.

Sunday Addition

Sunday, September 11th | 2:00 – 4:00 p.m.

Stop by Sunday, September 11th for an American Flag pin to honor the lives lost. For future Sunday Additions, activities will vary from month to month (*while supplies last). Registration is not required.

Monday Night Football

September 12th & 26th | 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.

Bingo Madness

Tuesday, September 13th & 27th | 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.

Mamas & Margaritas (Women & Wine)

Wednesday, September 14th | 6:00-7:30 p.m.

Ladies - join us for this fun twist on Women & Wine to kick off Spanish Heritage Month. The evening will include appetizers, margaritas and friendships... new & old! 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 and enter event area. Proof of valid identification is required.

Movin' & Groovin'

Thursday, September 15th | 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 features a different themed program. Registration is not required for this free event, but space is limited and on a first-come, first-served basis.



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Food Truck Fridays

**Friday, September 16th | 5:00 – 8:00 p.m. |
At Parque Del Presidio**

Don't know what to prepare for dinner after a very long week of work and school? Well, we've got you covered! Come and enjoy an array of food trucks, each time at a different neighborhood park. Visit ActiveNet for exact addresses and a list of which food trucks will be at each month's event.

Mariachi & Folklorico Concert

**Saturday, September 17th | 7:00 – 8:30 p.m. |
At the Sahuarita Lake Amphitheater**

Spend your evening with us and enjoy live mariachi entertainment and traditional folklorico dancers. Bring your blankets or lawn chairs and enjoy a beautiful evening under the night sky. Registration is not required for this event; visit ActiveNet for more details.

RSVP Annual Meeting

Wednesday, September 21st | 6:00 p.m.

The Rancho Sahuarita Village Program Association, Inc. Annual Meeting of the Membership will be held on Wednesday, September 21, 2022 with sign-in beginning at 5:30 p.m., and call to order at 6:00 p.m. The meeting will be held at Rancho Resort, in the De Anza Ballroom located at 15900 S. Rancho Resort Boulevard. This year we will be electing one (1) member to the Board of Directors, providing a community update, and discussing Homeowner concerns.

Toddler Techniques

Thursday, September 22nd | 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: Dinner Date Night

Thursday, September 22nd | 5:30 – 7:00 p.m.

Saguaro Club members- bring your spouse, your partner, or your best friend to share in the festivities of Dinner Date Night. Enjoy a delicious dinner and entertainment at this special event. Space is limited and registration is required.

Coffee and Canines

Friday, September 23rd | 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 a few healthier options. Each canine will receive a complimentary treat bag to take home. Refreshments and treats will be available for them at the event as well. Please note that no registration or fee is required for this free event, but canines must be kept on a leash at all times.



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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 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.

Strong Nation® With Haley

Mondays 7:15 p.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!

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).

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.

Adult Tap with Aurora

Mondays at 6:00 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.

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 8:30 a.m. | In the 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.



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Water Aerobics with Suzanne

Tuesdays and Thursdays at 12:30 p.m. | At Parque Del Presidio (*Beginning 10/4, this class will be held 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.

Kids Yoga with Gail (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 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.

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.

MixedFit with Suzanne

Thursdays at 8:00 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.

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 ton-

ing 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.

11:11 The Practice™ 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 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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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.

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

Fridays 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 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).

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.

