

Rancho Sahuarita

March 2023 Upcoming Events and Classes

Women & Wine

Wednesday, March 1st | 6:00 - 7:30 p.m.

Ladies, join us for an evening of wine, appetizers, and friendships – new and old! Drop in anytime during this event to unwind or make it a date with your girlfriends to meet at Club Rancho Sahuarita. 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.

Coffee Social

Friday, March 3rd | 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.

Saguaro Club Explore AZ: Heard Museum

Saturday, March 4th | 8:00 a.m. - 4:00 p.m.

Explore AZ like never before! The 64th Annual Heard Museum Guild Indian Fair & Market returns to the Heard Museum! This world-acclaimed cultural event is Arizona's largest American Indian art fair with more than 600 of the nation's most outstanding and successful American Indian artists. Transportation is provided to and from the event. Registration and a \$25 fee is required.

Pocket Park Party

Sunday, March 5th | 11:00 a.m. – 2:00 p.m.

Come enjoy jumping castles, music, lawn games, food

trucks and more as you mix and mingle with your neighbors! Members of the Rancho Sahuarita and Associa Arizona teams will be on hand to answer your questions about amenity access, future events and more.

Food Truck Roundup

Tuesday, March 7th | 4:30 - 7:00 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.

Story Time for Tots

Thursday, March 9th | 10:30 - 11:30 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.

Drive-In Movie

Friday, March 10th | Movie begins at 8:00 p.m.

Join us for a drive-in movie! The movie will begin at 8:00 p.m., while the event area will open at 7:00 p.m. There is no fee or registration required for this event. Please call the Clubhouse for movie title and visit ActiveNet for location details.



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“Healthy Living Series”

Nutrition Workshops

Saturday, March 11th | 10:00 - 11:00 a.m.

Join us each month for a nutrition workshop offering helpful tips on how to stay healthy through proper nutrition and positive eating habits. Session topics will vary from month to month, and will include food demos, fitness practices, and household habits. For more details on each session’s topic, visit ActiveNet.

Teen Outing: Skate Country

Saturday, March 11th | 2:00 - 6:30 p.m.

Teens- join us for another exciting outing as we head to Skate Country! Enjoy an afternoon of skating 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 \$29 fee are required per teen attending. Please do not wait to register, as limited spots are available.

Sunday Addition

Sunday, March 12th | 2:00 - 4:00 p.m.

Stop by every second 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.

Spring Into Spring Kids’ Camp

**Monday, March 13th - Thursday, March 16th
Daily: 10:00 a.m. - 12:00 p.m.**

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. Space is limited and registration is required. Visit ActiveNet for details.

Bingo Madness

Tuesday, March 14th & 28th | 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, \$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 up until 6:30 p.m., when doors will be promptly shut to begin games. This event is open to all residents and their guests. Residents must be 18 years of age or older to participate. Registration is not required, but space is limited and on a first-come, first-served basis.

Rock Art

Wednesday, March 15th | 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. When you are finished, add your art to our Community Rock Garden here at the Clubhouse! There is no fee for this event and we’ll provide all the necessary supplies required. This event is open to all residents and registration is not required but space is limited and on a first-come, first-served bases.



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Movin' & Groovin'

Thursday, March 16th | 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 event, but space is limited and on a first-come first-served basis.

Coffee & Canines

Friday, March 17th | 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.

I Can Cook for Kids

Friday, March 17th | 11:00 a.m. - 1:00 p.m.

Please join our staff for this fun, hands-on class, where young chefs will practice basic cooking and preparation skills with a focus on preparing delicious kid-friendly recipes. A fee and registration are required, and participants must be between the ages of 7 and 12 years old. Visit ActiveNet for more details.

Princess Tea Party

Saturday, March 18th | 11:00 a.m. - 1:00 p.m.

Calling all Princesses: Please join us for an afternoon of tea time, appetizers, and other fun! To commemorate this special event, each princess

will receive a complimentary 5"x7" photograph. Registration and a \$12 fee are required. When registering your beauty, please be sure to register the accompanying adult as well.

Saguaro Club: Bunco Night

Wednesday, March 22nd | 6:00 - 8:00 p.m.

Let the good times roll! Join us for a night of Bunco with your fellow Saguaro Club members. If you don't know how to play, don't worry. If you can throw dice and count, we'll take care of the rest! Light appetizers and drinks will be provided. Registration is required.

Toddler Techniques

Thursday, March 23rd | 10:30 - 11:30 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.

Family Friday Recess

Friday, March 24th | 5:00 - 6:00 p.m.

Come join us for smiles and laughter for the family with non-competitive fun activities and games! March 24 at 5:00 to 6:00 p.m. located at the activities lawn. Registration is not required for this event, please see ActiveNet for further details.



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***Please visit ActiveNet to register for all classes, and for more details on what to expect.**

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 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.

Basic Step & Sculpt with Katherine

Mondays at 9:00 a.m. | Thursdays at 5:00 p.m. In the Multipurpose Room

Join us for high-energy and basic step combos, with the bonus of muscular conditioning using dumbbells and or/resistance equipment. Perfect for all fitness levels, this class is guaranteed to help you get fit and have fun!

Pilates Matwork with Katherine

Mondays at 10:00 a.m. | In the Multipurpose Room Tuesday at 5:00 p.m. | In the Vistoso Studio

Join Katherine for Pilates matwork. Based on the work of Joseph Pilates, this class creates optimal strength through muscular balance with an emphasis on core strength and flexibility.

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).

Yoga

Mondays at 6:00 p.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.

Yoga with Katherine

Thursdays at 6:00 p.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.

Yoga with Selina

Tuesdays and 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.

30-Minute Glutes with Christina

Tuesdays at 11:15 a.m. | In the Multipurpose Room

An express 30 min class using weights and body-weight exercises to tone and strengthen your glutes and legs. Please bring a water bottle.



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Cardio Kickboxing with Cecilia

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.

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.

Crunch Time with Suzanne

Tuesdays at 9:30 a.m. | In the Multipurpose Room

Work your abs and core in this express 30-minute class. Body weight exercises and light weights will be used.

Zumba™ with Marsha

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.

Water Aerobics with Suzanne

Tuesdays and Thursdays at 12:30 p.m.

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 incorpo-

rate water weights and noodles.

Pound with Christina

Wednesdays at 5:00 p.m. | 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. and sculpt your body with no impact on your joints.

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.

Strong Nation® with Haley

Wednesdays at 5:00 a.m. | 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!

Theater Jazz Dance for Adults with Katherine

Wednesdays at 8:00 a.m. | Vistoso Studio

A fun technique class of traditional jazz dance for all skill levels. Movement combines proper leg work and body alignment while building strength and flexibility, while enjoying phrasing and performance elements.



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Low Impact Cardio with Suzanne

Wednesdays at 9:30 a.m. | 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.

Kids Get Active with Katherine

Wednesdays at 2:45 p.m. | Multipurpose Room

An exercise class designed for children ages 8-12, filled with activities designed to engage and give youngsters the tools to feel stronger and more confident! Students will learn basic calisthenics to increase strength and flexibility.

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 Multipurpose Room

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.

Balance and Body with Billie

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

Keep your heart pumping while balance building and increasing muscular endurance. A class for all ages and ability levels - modifications and supports to allow for full participation.

Abs and Buns with Katherine

Thursdays at 11:00 a.m. | In the Vistoso Studio

A 30-minute express class focusing on core strengthening exercises for abdominals, low back, and glutes. For all ability levels.

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.

Adult Intermediate Ballet

Fridays at 10:30 a.m. | In the Multipurpose Room

This Adult Intermediate Ballet class is designed for individuals with some ballet experience who want to challenge their strength and endurance while improving their Ballet technique. The class consists of a traditional ballet barre segment emphasizing general technique and artistry, followed by special pre-Pointe exercises intended to strengthen and develop the feet and ankles. Please wear athletic clothing and ballet shoes if you have them available. (If you do not have ballet shoes, please wear socks with texture, to prevent slipping).

Battle Ropes + with Suzanne

Saturdays at 7:30 a.m. | Multipurpose Room

Battle Ropes + utilizes thick ropes to increase full body strength and conditioning. Weights and body weight exercises will be incorporated for a full body workout to get your muscles burning and your heart pounding. 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.

Bootcamp with Christina

Saturdays at 9:00 a.m. | 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

Saturdays at 10:00 a.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).

