

Rancho Sahuarita

May 2023 Upcoming Events and Classes

Food Truck Roundup

Tuesday, May 2nd | 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.

Coffee Social

Friday, May 5th & 19th | 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.

Señoritas & Sangria Event

Friday, May 5th | 6:00 – 8:30 p.m.

Calling all Senioritas for fitness and fun! Enjoy a series of workouts, then finish strong with sangrias and appetizers afterwards. Must be 21 years of age to attend. This FREE event includes a 2 Sangria maximum. Kid's Time will have extended hours. Registration on ActiveNet is required.

Movies Under the Stars

Saturday, May 6th & 20th | 8:00 – 10:00 p.m.

Our "Movies Under the Stars" series continues with many family favorites. Films begin at 8:00 pm with the event area opening at 7:00 pm. Look for fun giveaways/activities and food trucks on designated movie nights. Complimentary popcorn will also be available. Registration is not required, open to all residents and their guests. Please contact the Clubhouse for movie

titles.

Bingo Madness

Tuesday, May 9th | 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.

Story Time for Tots

Thursday, May 11th | 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.

Mommy and Me for Mother's Day

Friday, May 12th | 5:00 – 7:00 p.m.

Enjoy a full body workout and some fun with your 6-to-36-month-old child in the pool with our Mommy & Me Aquafit class. Come and meet other parents and babies, and enjoy the benefits of aquatic exercise. You will participate in 30 minutes of cardio, core and muscular endurance while incorporating your child through song and movement. All fitness levels are welcome. Please dress your child in an official swim diaper, and bring a water bottle. We will provide a floatie for your baby.



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21+ Outing: Laffs Comedy Club

Friday, May 12th | 7:00 - 10:30 p.m.

Come out for a night of laughs and fun. Transportation will be provided. Bus will depart from the clubhouse at 6:30 p.m. and return no later than 10:30 p.m. Registration is required. Please visit ActiveNet for more details.

Mother's Day Card Making

Saturday, May 13th | 10:00 a.m. - 12:00 p.m.

Show Mom how much you love her with a custom-made Mother's Day card. Children can come to the Clubhouse to create a special card for Mom and Grandma. The fee is \$2.00 per child and no pre-registration is necessary. Fees are collected at the Front Desk. Staff will be on hand to help children with their creations.

Prom Night for Children with Special Needs

Saturday, May 13th | 6:00 - 8:00 p.m.

Make your calendars for this our annual Prom 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 email.

Sunday Addition

Sunday, May 14th | 2:00 - 4:00 p.m.

Stop by every second Sunday for some extra family fun. Activities vary from month to month. While supplies last. This event is free for residents and their guests. No registration required.

Women & Wine

Wednesday, May 17th | 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.

Movin' & Groovin'

Thursday, May 18th | 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.

Family Friday Recess - Family Night Workout

Friday, May 19th | 5:00 - 6 :00 p.m.

Enjoy fun for the whole family with non-competitive games such as kickball, Simon Says, and variations of tag. No registration required.



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Healthy Living Series Nutrition Workshop - "Healthy Happy Hour"

Saturday, May 20th | 10:00 - 11:00 a.m.

Enjoy cocktails or mocktails? Join Jordan for a discussion of alcohol, and how to fit adult beverages into a healthy lifestyle, while sampling a few fun libations!

Saguaro Club: Comedy Night

Monday, May 22nd | 6:00 - 8:00 p.m.

Come out for an evening of laughs with your fellow Saguaro Club members at the Rancho Resort Ballroom (15900 S Rancho Resort Blvd). Although this is a free event, registration is required.

Health and Wellness: Restorative Workshops

Thursday, May 25th | 5:00 - 6:00 p.m.

May is Posture Month. Immerse yourself in the gentler side of fitness with yoga sanas designed to improve posture and balance.

Opening of Water Park & Memorial Day Weekend Celebration

Saturday, May 27th | 10:00 a.m. – 4:00 p.m.

Sunday, May 28th | 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 and poolside entertainment.

Memorial Day Weekend - Movies Under the Stars

Sunday, May 28th | 8:00 - 10:00 p.m.

Our "Movies Under the Stars" series kicks off for the season. The movie will begin at 8:00 p.m., and the event area opens one hour prior to showtime.

Sunrise Remembrance

Monday, May 29th | 7:00 - 8:30 a.m.

Join us for a morning tribute this Memorial Day as we remember those who made the ultimate sacrifice. The morning will include the live playing of Taps, followed by a brief benediction, and the placement of the memorial wreath. The event will take place at the Armed Forces Tribute Park at Parque Del Rio (15700 S. Rancho Sahuarita Blvd). 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.**

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. | 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.

Youth Recreational Dance with Staff

Mondays at 4:00 p.m. | In the Vistoso Studio
A beginning/intermediate class to introduce ages 9-13 to various dance styles. Classes will rotate between ballet, jazz, Zumba Kids, contemporary, hip-hop, and more! Classes taught by experienced professional teachers.

Theater Jazz Dance for Adults with Katherine

Mondays at 5:00 p.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.

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.

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.

Pound with Christina

**Tuesdays at 5:30 a.m. | Wednesdays at 5:00 p.m.
In the Vistoso Studio**

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.



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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.

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 and Saturdays 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.

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.

Water Aerobics with Suzanne

Tuesdays and Thursdays at 11:30 a.m.
At Parque Del Presidio Pool

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

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!

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.



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Water Aerobics with Katherine

Wednesdays at 5:00 p.m.

At Parque Del Presidio Pool

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.

Aqua Zumba with Marsha

Wednesday, May 10th, 24th, & 31st at 5:00 p.m.

At Parque Del Presidio Pool

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Make a splash at the Presidio Pool by adding a low-impact, high-energy aquatic exercise to their fitness routine.

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.



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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.

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.

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.

Wellness Orientation for Teens with Katherine

Thursdays at 5:00 p.m. | Multipurpose Room

This class teaches youth ages 12-17 the importance of basic exercise guidelines, as well as gym etiquette and safety. The orientation classes will include strength training, proper use of gym equipment, drafting an exercise program, and nutrition education. Teens age 15+ will be able to take group exercise classes. Ages 16+ can workout in the Fitness Center.



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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.

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.

