

# Rancho Sahuarita

## September 2023 Upcoming Events and Classes



### Labor of Love

**Friday, August 25th - Monday, September 4th**

Celebrate the hard-working loved ones in your life for all they do! Red, White, and Blue hearts will be available at the Front Desk and at select events. Use them to write a quick note with your "Thank You's" and kind words to show your appreciation.

### Saguaro Club: Karaoke Mixer

**Friday, September 1st | 5:30 – 7:00 p.m.**

Join your fellow Saguaro Club Members for a fun night of Karaoke! Light appetizers & drinks will be provided. Space is limited and registration is required.

### Labor Day End of Summer Celebration

**Saturday, September 2nd | 2:00 – 6:00 p.m.**

Join us for this fun filled event and take advantage of the Splash Park before its last day of the 2023 season, Monday, September 4th. Enjoy a poolside DJ, food vendors, bubble balls, and more.

### Drive-In Movie Under the Stars

**Sunday, September 3rd | 6:00 p.m.**

The event area opening at 6:00 p.m. Food Trucks will be on site, and the movie starts at 7:00 p.m. No fee or registration required.

### Popsicle Giveaway

**Monday, September 4th | 12:00 – 1:00 p.m.**

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

### Food Truck Roundup

**Tuesday, September 5th | 4:30 – 7:00 p.m.**

At Club Rancho Sahuarita, food trucks gather every first Tuesday of the month. Enjoy a variety of food selections for you and your family.

### Coffee Social

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

This resident favorite is held every first and third Friday of the month and is free to our residents. Your morning includes complimentary coffee, donuts, and bagels, along with a few healthier options (while supplies last). Registration not required.

### Mommy and Me Aquafit

**Friday, September 8th & 22nd | 5:00 - 5:30 p.m.**

A full body workout and fun with your 6 to 36-month-old child in the pool. Meet other parents, babies, and enjoy the benefits of aquatic exercise. Participate in 30 minutes of cardio, core and muscular endurance while incorporating your child through song and movement. Visit ActiveNet for details.



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### Healthy Living Series - Nutrition Workshop

**Saturday, September 9th | 10:00 - 11:00 a.m.**

Interested in healthy food, fun, and daily life? Join the Clubhouse nutritionist, Jordan Frink, as she discusses ways to live a healthy lifestyle. Session topics will vary month to month and can include food demos, fitness practices, household habits, and meal prepping tips.

### Sunday Addition

**Sunday, September 10th | 2:00 - 4:00 p.m.**

Every second Sunday for some extra family fun. Activities will vary from month to month (while supplies last). Visit ActiveNet for details.

### Monday Night Football

**Monday, September 11th & 25th**

**\*Begins 30-minutes prior to Kick-Off**

Welcome, All Football Fans! Join us in at the De Anza Sports Bar for a Monday Night Football watch party. Enjoy beers, appetizers and a good time! Registration not required, but must be 21+ to attend.

### Bingo Madness

**Tuesday, September 12th & 26th | 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., purchase Bingo cards until 6:30 p.m., and games begin promptly after. Space is limited and is based on a first-come, first-served. Registration not required, but must be 18+ to attend.

### RSVP Annual Meeting

**Wednesday, September 13th | Sign-In at 5:30 p.m.**  
**\*At Rancho Resort | 15900 S Rancho Resort Blvd**

The RSVP Annual Meeting will be held at the Rancho Resort Clubhouse.

### Story Time for Tots

**Thursday, September 14th | 10:30 - 11:30 a.m.**

Every 2nd Thursday, guest readers will share their favorite children's stories and a craft or activity. This is perfect for children 3 years of age and older. Registration not required, but space is limited.

### Family Friday Recess: Family Night Workout

**Friday, September 15th | 5:00 - 6:00 p.m.**

Bring smiles and laughter for the whole family with non-competitive fun and games. Registration not required.

### Homecoming for Children with Special Needs

**Saturday, September 16th | 4:00 - 6:00 p.m.**

Mark your calendars for this fun event that includes food, dancing, and more. This event is designed for those 15 years and older, contact [sgvfn@gmail.com](mailto:sgvfn@gmail.com) to register.

### Mariachi & Folklorico Concert

**Saturday, September 16th | 7:00 - 8:30 p.m.**

Spend your evening at the Sahuarita Lake Amphitheater and enjoy live mariachi entertainment and traditional folklorico dancers. Bring your blankets or lawn chairs and enjoy an evening under the night sky. Registration not required.



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### Women & Wine

**Wednesday, September 20th | 6:00 - 7:30 p.m.**

Ladies are cordially invited for an evening of wine, appetizers, and friendship. This event is great to unwind, socialize, or make a date with your girlfriends. Registration not required, but space is limited and must be 21+ to attend.

### Movin' & Groovin'

**Thursday, September 21st | 10:30 - 11:30 a.m.**

Designed for Toddlers 2 to 4 years of age, this unique program combines music with movement to challenge physical, cognitive, and social skills. Session themes vary each month. Registration not required, but space is limited and on a first-come, first-served basis.

### Saguaro Club: Dinner Date Night

**Thursday, September 21st | 5:30 - 7:00 p.m.**

Saguaro Club members - bring your spouse, partner, or friend to share the festivities of Dinner Date Night. Enjoy a savory Italian dinner and entertainment. Registration is required and space is limited.

### Coffee & Canines

**Friday, September 22nd | 8:00 - 9:30 a.m.**

Your furry, four-legged friends are invited to enjoy a complimentary pupachino and treat bag. Residents can enjoy complimentary coffee, donuts, bagels, and a few healthier options. Entrance for canines and owners will be at the gate of the Kids Club entrance. Canines must be kept on a leash at all times. No Fee or registration required.

### Pocket Park Party - Movie Under the Stars

**Saturday, September 23rd | 5:00 p.m.**

Join the fun at Parque Del Presidio - with jumping castles, music, lawn games, food trucks and more as you mix and mingle with your neighbors! Rancho Sahuarita and Associa Arizona will be available to answer questions about amenities, future events, and more. Our "Movies Under the Stars" series will begin at 7:00 pm. with complimentary popcorn. Registration not required; open to all residents and guests.

### Toddler Techniques

**Thursday, September 28th | 10:30 - 11:30 a.m.**

Get your toddler up and moving at Club Rancho Sahuarita. This event is offered for children ages 3-6. Toddler Techniques offers many different fine motor and sensory activities to help toddlers grow. Activities vary from month to month. Registration not required, but space is limited and on a first-come, first-serve basis.

### Health and Wellness Day

**Saturday, September 30th | 9:00 a.m. - 1:00 p.m.**

This special event is designed for the whole family and features all things designed to help you create your best life! Participate in outdoor activities, class demonstration, raffles and giveaways. Registration not required. Visit ActiveNet for more details.



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

### **Sunrise Yoga with Marissa**

**Mondays at 5:30 a.m. | Vistoso Studio**

Greet the day with Sun Salutations for flexibility, strength, balance, and coordination.

### **Cycling with Tracy**

**Mondays at 6:30 a.m. & 6:00 p.m.**

**Tuesdays at 5:00 a.m. | Wednesdays & Fridays at 6:30 a.m. | In the Rio Bravo Room**

This class utilizes stationary bikes to ride through climbs, races, and sprints for a calorie burning workout for first timers and experienced riders. Please bring water and a towel.

### **Basic Step & Sculpt with Katherine**

**Mondays at 9:00 a.m. | Multipurpose Room**

This high-energy class integrates basic step combinations and uses resistance equipment and dumbbells for muscular conditioning. Perfect for all fitness levels, this class will help you get fit and have fun!

### **Pilates Matwork with Katherine**

**Mondays at 10:00 a.m. | Multipurpose Room**

**Tuesday at 5:00 p.m. | Vistoso Studio**

Based on the work of Joseph Pilates, this class generates optimal strength through muscular balance emphasizing on core strength and flexibility.

### **Youth Recreational Dance with Staff**

**Mondays at 4:00 p.m. | Vistoso Studio**

A class to introduce ages 9-13 to various dance styles. Taught by experienced professional teachers, classes will rotate between ballet, jazz, Zumba Kids, contemporary, hip-hop, and more!

### **Yoga with Amy**

**Mondays at 6:00 p.m. | Vistoso Studio**

**Tuesdays and Thursdays at 7:00 a.m.**

**In the Multipurpose Room**

Classical style yoga for all skill levels. Primary focuses on breathing, strength and flexibility through various poses. If desired, bring a mat, straps and block.

### **Cardio Kickboxing with Cecilia**

**Mondays, Tuesdays & Thursdays at 6:15 p.m.**

**Wednesdays at 7:15 p.m. | Multipurpose Room**

An intense full-body interval routine that will empower and motivate you. Consists of boxing, kickboxing, and mixed martial arts movement. Please bring water and hand weights, if you desire.

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

**Tuesdays at 9:00 a.m. | Multipurpose Room**

A 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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### **MixedFit with Suzanne**

**Tuesdays at 10:00 a.m. | Multipurpose Room**

A people-inspired dance fitness program with a mix of explosive dancing and boot camp toning. This class incorporates different elements, all of which are designed to tone, strengthen, and increase endurance.

### **Barre Core Conditioning**

**Tuesdays at 10:45 a.m. | Vistoso Studio**

Uses small, controlled movements, and light dumbbells to shape the body, improve strength, and flexibility. Targets core and lower body using body weight and 1-lb. weights for resistance.

### **30-Minute Glutes with Christina**

**Tuesdays at 11:15 a.m. | Multipurpose Room**

An express 30-minute class using weights and body 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**

A swimming blend of cardio and resistance training that may incorporate water weights and noodles. This is a great way to tone and sculpt your body with no impact on your joints.

### **Battle Ropes + with Haley**

**Tuesdays at 5:00 p.m. | Multipurpose Room**

Utilizes thick ropes to increase full-body strength and conditioning. Weights and body weight exercises are incorporated to get your muscles burning and your heart pounding. All fitness levels are welcome.

### **Zumba™ with Haley**

**Tuesdays at 6:15 p.m. | Vistoso Studio**

This class mixes body sculpting movements with Latin American dances. Including routines featuring aerobic interval training with a combination of fast and slow rhythms. Low-impact modification offered. Please bring water.

### **Strength Circuit**

**Wednesdays at 9:00 a.m. | Multipurpose Room**

Station-based workout using dumbbells, body weight, and various other equipment for full-body conditioning.

### **Zumba™ with Marissa**

**Wednesdays at 9:00 a.m. & Thursdays at 8:00 a.m.**

**In the Vistoso Studio**

This class mixes body sculpting movements with Latin American dances. Including routines featuring aerobic interval training with a combination of fast and slow rhythms. Low-impact modification offered. Please bring water.

### **Low Impact Cardio with Suzanne**

**Wednesdays at 10:00 a.m. | Multipurpose Room**

A low impact workout for any age and skill level with little to no stress on their joints. Incorporates both cardio and light strength training. Please bring water.



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### **Contemporary Jazz with Marissa**

**Wednesdays at 10:00 a.m. | 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 to build strength and flexibility while enjoying rhythmic phrasing and fun self-expression.

### **Water Aerobics with Katherine**

**Wednesdays, September 6th & 20th at 5:00 p.m.**

**At Parque Del Presidio Pool**

A swimming blend of cardio and resistance training that may incorporate water weights and noodles. This is a great way to tone and sculpt your body with no impact on your joints.

### **Aqua Zumba with Marsha**

**Wednesday, September 13th & 27th at 5:00 p.m.**

**At Parque Del Presidio Pool**

Hosted at Presidio Pool, this high energy aquatic blends the Zumba® philosophy with water resistance for less impact on your joints. Water creates natural resistance, which means every step is more challenging and helps tone muscles.

### **Adult Ballet Beginner**

**Wednesdays at 6:00 p.m. | Vistoso Studio**

This beginners class will tone, lengthen, and stretch your muscles while engaging your whole body with barre and center work. Please wear athletic clothing and ballet shoes. If you do not have ballet shoes, wear socks with some texture to prevent slipping.

### **Core & More with Christina**

**Wednesdays at 6:15 p.m. & Thursdays at 5:00 a.m.**

**In the Multipurpose Room**

A high intensity strength training class that uses balance and total body exercises to build your core. Please bring a yoga mat and water.

### **Active Recovery Fusion**

**Thursdays at 9:00 a.m. | Multipurpose Room**

An Interval class that combines foam rolling, flexibility, and barre-inspired moves.

### **Balance and Body with Billie**

**Thursdays at 10:00 a.m. | Vistoso Studio**

A class for all ages and ability levels. Keep your heart pumping while balance building and increasing muscular endurance.

### **Zumba™ with Marsha**

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

**Saturdays at 10:00 a.m. | Vistoso Studio**

This class mixes body sculpting movements with Latin American dances. Including routines featuring aerobic interval training with a combination of fast and slow rhythms. Low-impact modification offered. Please bring water.

### **Yoga with Gail**

**Thursdays at 6:00 p.m. | Vistoso Studio**

Classical style yoga for all skill levels. Primary focuses on breathing, strength and flexibility through various poses. If desired, bring a mat, straps and block.



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### **Booty & More with Christina**

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

An intense muscle-building class that uses total body exercises to build your booty.

### **Strong Nation® with Haley**

**Fridays at 9:00 a.m. | Multipurpose Room**

Combines body weight, muscle conditioning, cardio, and plyometric training moves synced to music, designed to match the unique moves. Each move driven by the music will help you stay motivated!

### **Line Dancing with Lynn**

**Fridays at 9:00 a.m. | Vistoso Studio**

A class for all ages and ability level that combines the love of music with choreographed dance moves. Moves are done in a repeated sequence of steps by individuals in a group. This is a great low-impact exercise while dancing to the latest country and western music. Please wear comfortable clothing and shoes that let you slide/glide on wood flooring.

### **Zumba with Suzanne**

**Fridays at 10:00 a.m. | Multipurpose Room**

This class mixes body sculpting movements with Latin American dances. Including routines featuring aerobic interval training with a combination of fast and slow rhythms. Low-impact modification offered. Please bring water.

### **Adult Intermediate Ballet**

**Fridays at 10:30 a.m. | Multipurpose Room**

This Intermediate class is designed for individuals with some ballet experience. This will challenge strength, endurance and improve ballet technique. Consists of a traditional ballet barre segment emphasizing general technique and artistry, followed by pre-Pointe exercises to strengthen and develop the feet and ankles. Please wear athletic clothing and ballet shoes.

### **Battle Ropes + with Suzanne**

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

Utilizes thick ropes to increase full-body strength and conditioning. Weights and body weight exercises are incorporated to get your muscles burning and your heart pounding. All fitness levels are welcome.

### **Bootcamp with Christina**

**Saturdays at 9:00 a.m. | Multipurpose Room**

A series of full body workouts, in this fun and challenging 45-minute class. All fitness levels are welcome.

### **Kid Fit with Suzanne**

**Saturdays at 9:00 a.m. | Vistoso Studio**

This is a fun fitness program for kids ages 8-12! Games, dance, play, and movement – it's all designed to make kids stronger, faster, and more agile.

