

# Village Talk

SUMMER 2023

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Change Your Habits, Change  
Your Life



RANCHO SAHUARITA  
IT'S ALL IN YOUR BACKYARD

[www.RanchoSahuarita.com](http://www.RanchoSahuarita.com)



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## CLUB RANCHO SAHUARITA

At the heart of the community is Club Rancho Sahuarita, where residents will find a variety of lifestyle-enhancing activities for any age or interest. Surrounded by vast and pristine green spaces, inviting walking and biking trails, and refreshing water in our pools, opportunities exist everywhere for residents to enjoy a healthy, fulfilling lifestyle.

### Hours of Operation

**Monday – Thursday:** 5:00 a.m. – 9:30 p.m.

**Friday:** 5:00 a.m. – 9:30 p.m.

**Saturday:** 7:00 a.m. – 9:30 p.m.

**Sunday:** 8:00 a.m. – 9:30 p.m.

### Contact

**Phone:** (520) 207-7730

**Email:** info@ranchosahuarita.com

Club Rancho Sahuarita provides a full-service recreation center with dance and aerobic studios, a lounge, a culinary demonstration kitchen, an outdoor activities park, a full lap pool and the largest private splash park in Southern Arizona. The Clubhouse is available exclusively to Rancho Sahuarita residents and their guests. In addition to being a center for resident activity and recreation, various locations within our Clubhouse are available for rent and use by residents. For availability and pricing information, please call Club Rancho Sahuarita at **520-207-7730**.

## FITNESS CENTER AT CLUB RANCHO SAHUARITA

Club Rancho Sahuarita's Fitness Center includes state-of-the-art cardio equipment, fixed weight machines, and strength training equipment (including dumbbells, barbells, free weights and cable machines). Residents must be 16 or older to use the Fitness Center. *(Children 13 to 15 years of age may use the Fitness Center but must stay with parents the whole time).*

### Hours of Operation

**Monday – Thursday:** Open 24 Hours

**Friday:** 12:00 midnight – 9:30 p.m.

**Saturday:** 7:00 a.m. – 9:30 p.m.

**Sunday:** 7:00 a.m. – 12:00 midnight

## KIDS TIME

While parents are using the Fitness Center or catching up on work, children can enjoy Kids Time. Rancho Sahuarita offers supervised child care at a cost of \$3.00 per hour per child (limit of two hours). This service is available for children 4 months to 6 years of age. (Parents must remain on the premises).

### Hours of Operation

**Monday – Thursday:** 8:00 a.m. – 12:00 p.m. & 3:00 – 8:00 p.m.

**Friday – Saturday:** 8:00 a.m. – 12:00 p.m.

**Sunday:** Closed

## PRE-TEEN ROOM

Available to children 6 to 12 years of age, this area provides a fun and safe environment for older children. While being supervised by Clubhouse staff, kids (and parents) can enjoy rich activities including board games, crafts, help with homework, video games, air hockey, and more. (Parents must remain on the premises).

### Hours of Operation\*

**Monday – Friday:** 3:00 – 8:00 p.m.

**Saturday:** 8:00 a.m. – 7:00 p.m.

**Sunday:** 10:00 a.m. – 7:00 p.m.

## ADDITIONAL HOURS:

### Splash Park Hours of Operation

May 27th – September 4th

Monday – Saturday: 10:00 a.m. – 8:30 p.m.

Sunday: 10:00 a.m. – 7:30 p.m.

*\*Beginning August 7th, open on weekends only*

### Flamingo Splash Pad Hours of Operation\*

Monday – Sunday: 9:00 a.m. – 9:00 p.m.

### Pools at Parque Del Rio and Parque Del Presidio Hours of Operation\*

Monday – Sunday: 7:00 a.m. – 9:00 p.m.

**\*Special expanded hours of operation for summer, fall and spring breaks may apply.**

# Resident Events

Summer 2023

## Food Truck Roundup

**Tuesday, May 2nd, June 6th, July 4th, August 1st**  
**4:30 - 7:00 p.m.**

Stop by Club Rancho Sahuarita as they gather every first Tuesday of the month. Until further notice, this will be a grab and go type event. You'll order on-site, then enjoy your meal in the comfort of your home or vehicle.

## Coffee Social

**Friday, May 5th & 19th, August 11th & 25th**  
**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.

*\*This event goes on hiatus for the summer but returns beginning in the fall.*

## Movies Under the Stars

Our "Movies Under the Stars" series continues through summer with these other great hits:

**Saturday, May 6th** | "Minions: The Rise of Gru"

**Saturday, May 20th** | "Dog"

**Sunday, May 28th** | "Top Gun: Maverick"

**Saturday, June 10th (Safari Park)** | "Lyle, Lyle, Crocodile"

**Saturday, July 1st** | "Uncharted"

**Saturday, July 15th** | "Puss in Boots"

**Saturday, August 5th** | "Black Panther: Wakanda Forever"

**Saturday, August 19th** | "Strange World"

## Bingo Madness

**Tuesday, May 9th, August 8th & 22nd**  
**6:00 - 8:00 p.m.**

Try your luck at a night of Bingo every 2nd and 4th Tuesday. Space is limited and entry will be based on a first-come first-served basis. Cost: \$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., purchase Bingo cards between 6:00 - 6:30 p.m. Doors close promptly at 6:30 p.m. to begin games. Open to all residents and their guests. Must be 18 years or older to participate, registration is required.

*\*This event goes on hiatus June-August but returns beginning in the fall.*

## Storytime for Tots

**Thursday, May 11th & August 10th | 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.

*\*This event goes on hiatus for the summer but returns beginning in the fall.*

## 21+ Outing: Laffs Comedy Club

**Friday, May 12th | 7:00 p.m. - 10:30 p.m.**  
**\$25 per person**

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.**  
**La Villita Lounge**

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 for all children, and no pre-registration is necessary. (Staff will be on hand to help children with their creations.)

## Sunday Addition

**Sunday, May 14th, June 11th, July 9th, August 13th**  
**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). Registration is not required. Please visit ActiveNet for more details.

## Women & Wine

**Wednesday, May 17th & August 16th**  
**6:00 - 7:30 p.m.**

Ladies you are cordially invited to join us for an evening of wine, appetizers, and friendship. Drop in anytime, during this event, to unwind or make a date with your girlfriends to meet at the clubhouse for an hour, designed for just women. Although this is a free event and registration is not required, space is limited and on a first-come, first-serve basis. Must be 21 years of age or older.

*\*This event goes on hiatus for the summer but returns beginning in the fall.*

## **Opening of Water Park and Memorial Day Weekend Celebration**

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

**Sunday, May 28th | 5:00 p.m. – 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), water games on the lawn (Saturday) and a live steel drum performance by Apocalypso (Sunday).

## **Memorial Day Weekend Movies Under the Stars**

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

### **South Lawn**

Our Memorial Day 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 the movie, "Top Gun: Maverick". Food vendors will remain on-site for this event also.

## **Sunrise Remembrance**

**Monday, May 29th | 7:00 a.m. – 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. The event will take place at the Armed Forces Tribute Park at Parque Del Rio. Registration is not required for this event.

## **I Can Cook for Kids**

**Friday, June 2nd | 10:00 a.m. – 12:00 p.m.**

Please join our staff for this fun, hands-on class. Young chefs will practice basic cooking and preparation skills with a focus on preparing delicious kid-friendly baked goods. A fee and registration are required. Participants must be between the ages of 7 and 12 years old.

## **Dino Dig**

**Thursday, June 8th | 8:30 – 10:30 a.m.**

### **Parque Del Rio**

Calling all Dinosaur enthusiasts, join us to dig for dinosaurs and other fun activities. All registered children will receive their very own explorer pith helmet! Children should be accompanied by an adult. Registration is required via ActiveNet.

## **Characters & Cookies**

**Friday, June 9th | 11:00 a.m. – 12:30 p.m.**

Cookie time can be fun when it's shared with a host of costumed characters. Children can visit with the characters as they decorate their very own cookies. Children should be accompanied by an adult. There is no fee or registration, open to residents only.

## **Safari Movie Night**

**Saturday, June 10th | 6:30 – 10:00 p.m.**

### **Safari Park**

Come take a walk on the wild side! Join us for a special movie night showing, "Lyle, Lyle, Crocodile" at the Safari Trail Park. Families can view animal exhibits and enjoy other family activities. Food Trucks will be available, as well as a Face Painter, Jumping Castles and Obstacle Courses, and other entertainment. The event begins at 6:30 p.m., and the movie starts at 8:00 p.m.

## **Special Edition Sunday Addition: Super Hero Sundaes**

**Sunday, June 11th | 2:00- 4:00 p.m.**

Join us for a special edition of Sunday Addition: Super Hero Sundaes! Enjoy your sundae while you visit with a variety of superheroes. Costumes are encouraged but not required. The first 50 children will receive their very own superhero giveaway. Registration is not required. Sundaes on a first-come, first-served basis.

## **Father's Day Card Making**

**Saturday, June 17th | 10:00 a.m. – 12:00 p.m.**

### **La Villita Lounge**

Show Dad how much you love him with a custom-made Father's Day card! Children can come to the Clubhouse to create a special card for Dad and Grandpa. 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.)

## **Rock Art**

**Wednesday, June 21st & July 19th  
6:00 – 7:00 p.m. | La Villita Lounge**

Be part of decorating your community beautifully with rock art. A team member will walk you through a set design, or choose to be creative and come up with a one-of-a-kind piece. There is no fee for this event and we'll provide all the necessary supplies required. Open to all residents, registration is not required.

\*Dates, times, and locations are subject to change. Please verify with ActiveNet for the most up-to-date information!



### **American Red Cross Blood Drive**

**Saturday, June 24th & August 19th**  
**9:00 a.m. – 3:00 p.m.**

Give the gift of life by donating at one of our many Blood Drives held throughout the year. To register for a specific blood drive, please call 1-800-733-2767 or log on to [redcrossblood.org](http://redcrossblood.org) and enter the Sponsor Code as: Rancho. Remember identification is required to donate at all blood drives.

### **Family Fun Night**

**Saturday, June 24th & August 26th**  
**7:00 – 9:00 p.m. | \$3 per person**

Are you ready for the ultimate pool night? The clubhouse is bringing back the most amazing water obstacle course that stretches across the entire length of the pool. Along with a poolside DJ and outdoor games, the water park and the Tot Lagoon will remain open too. A per person fee is required; children 3 and under do not need to register.

### **Mom's Afternoon**

**Wednesday, June 28th & July 26th**  
**12:00- 2:00 p.m. | \$5 per person**

Hey Moms! Need a quick mid-week break to enjoy some pool time, a little bit to eat or simply sit in silence? Well, we've got you covered. Check your child into Kids' Time and join us on the Terrace. We'll host light food/desserts and refreshing "mocktails" (while supplies last). Call Kid's Time at (520) 207-7008 for a reservation (regular fees apply). As space is limited, please register via ActiveNet.

### **It's a Good Day to Trail: Tails and Trails Edition**

**Saturday, July 8th | 7:00 – 8:30 a.m.**  
**At Parque Del Lago & Parque Del Sol**

Grab the family and kick up the dust on your community trails. That also means your four-legged family member too- canines are welcome to wag along the trail. Along your trails, enjoy quirky walking, skipping, hopping, water-fun, refuel & hydration stations, plus more for the doggies also. Registration is not required; all canines must always remain on a leash.

### **Teen Outing: Hurricane Harbor**

**Wednesday, July 19th | 7:00 a.m. – 7:00 p.m.**  
**\$30 per person | Phoenix, AZ**

Teens, grab your swimsuits, towels, and cool off with a fun day trip to Six Flags Hurricane Harbor in Phoenix! Experience exciting water slides like the Bahama Blaster, the Tornado, and the Bonzai Pipeline. Must be between the ages of 13-18 years old. This event is open to residents only. Cost includes transportation, admission, and lunch at the water park. Parents, if you'd like to volunteer to chaperone, please contact the Lifestyle Director at (520) 207-7730. Spaces are limited for all volunteers.

### **Food Truck Fridays**

**Friday, July 21st | 5:00 – 7:00 p.m.**

Bring out the whole family for our quarterly Food Truck Friday event at Parque Del Rio.

### **I Can Cook for Kids: Back-to-School Edition**

**Saturday, July 22nd | 10:00 a.m. – 12:00 p.m.**  
**\$5 per child**

Join our staff for this fun, hands-on class. Young Chefs and their parents will put together some great back-to-school lunch ideas. A fee and registration are required. Children must be between the ages of 7 and 12 years of age.

### **School-A-Bration**

**Friday, July 28th | 6:00 – 8:00 p.m. | Safari Park**

A great event with massive community rewards! It is a fun filled evening while at the same time helping us give back by donating school supplies. All donations will benefit the Sahuarita School District. Donations will be taken at the event and at the clubhouse during the entire month of July. You can look forward to inflatables, bubble balls, live DJ, free hotdogs (while supplies last), popcorn and AMAZING raffle prizes!

## Family Fun Day

Saturday, July 29th | 8:00 – 10:00 a.m.

\$3 per person

Can't make the evening "Family Fun Night"? Well then this event is just for you! We're bringing out again the most amazing water obstacle course that stretches across the entire length of the pool. Along with a poolside music and outdoor games, the water park and the Tot Lagoon will remain open too. A per person fee is required; children 3 and under do not need to register.

## 21+ Outing to Trail Dust: Offroad Tours

Friday, August 18th | Time: TBA

Join us as we go to Trail Dust: Offroad Tours. Check ActiveNet for more details and to register.

## Toddler Techniques

Thursday, August 24th | 10:30 – 11:30 a.m.

Get your toddler out and join in on the fun. This free event is offered for children 3-6 years. This event will offer many different fine motor and sensory activities to help your toddler grow. Activities vary from month to month.

## Labor of Love

Begins Friday, August 25th –

Monday, September 4th

Celebrate your favorite workers for all they have done over the past year. Red, White and Blue stars will be available at the front desk and select events. Write your Thank You's and kind words to show your appreciation to all the hard workers of the community. Stars will be displayed on the main wall across from the Front Desk.

## ADDITIONAL PROGRAMS

### Rancho Sahuarita Homeschool Club

First and Third Fridays | 11:15 a.m. – 12:15 p.m.

### Rancho Sahuarita Homeschool Club P.E.

Second and Fourth Wednesdays

11:00 a.m. - 12:00 p.m.

Contact Dennise Jarvis at [dennisejarvis@gmail.com](mailto:dennisejarvis@gmail.com).

*\*Homeschool Club and Homeschool Club P.E. are on hiatus June-August, and reconvene in September.*

## Southern Dragon Taekwon-Do

Monday, Wednesday, Friday 4:00 - 6:00 p.m.

Ages 5 and up. Traditional Taekwon-Do (ITF) We are affiliated with Jun Tong Taekwon-Do Federation. To register and get more information contact: Levi Davis at (520) 248-6377 or email [southerndragontkd@gmail.com](mailto:southerndragontkd@gmail.com).

## Sahuarita Dance

Creative Dance/Pre Ballet (3-5yrs)

Ballet/Jazz Combo Classes (5-12yrs)

Hip Hop (5-12yrs)

Tap (5-12 yrs)

For more information on days and times of programs and to register contact:

### Michele Igsan

Sahuarita Dance Center

[Sahuaritadance.net](http://Sahuaritadance.net)

520-232-3753

[michele@sahuaritadance.com](mailto:michele@sahuaritadance.com)

## Music Lessons

Virtual workshops or individual Music Lessons Have you ever wanted to learn how to play an instrument or take vocal lessons? This is your opportunity to take a workshop class or individual lessons with "Music Chambers" taught by Cynthia Chambers. Instrument lessons are offered for piano, guitar, violin and ukulele, or sign up for vocal lessons. Please contact Music Chambers directly at [fadelgado1234@msn.com](mailto:fadelgado1234@msn.com) for information on cost and registration.

## Summer Lego Club

June 2nd – August 4th | Fridays | 12:30 – 1:30 p.m.

Beginning August 9th After-School Lego Club Returns | Wednesdays | 1:45 – 2:45 p.m.

This program is for children 6 to 12 years of age. Children are challenged to be creative as they build their Lego creations. Legos are supplied and no registration or fees are required for this club. Additional information is available through Kids Time by calling (520) 207-7008.

## SAGUARO CLUB

*\*For Saguaro Club events, visit Club Rancho Sahuarita or ActiveNet to register.*

### **Comedy Night**

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

#### **Rancho Resort Ballroom**

Come out for an evening of laughs with your fellow Saguaro Club members. Although this is a free event, registration is required.

### **Local Outing: Sugar Skulls Football Game**

**Saturday, June 17th | 5:30-9:30 p.m. | Price: \$20**

Saguaro Club members are invited to join us for an exciting game of arena football! The Tucson Sugar Skulls versus San Diego Strike Force. Transportation to and from the game will be provided. Registration is required for this event.

### **Indoor Movie**

**Sunday, June 25th | 1:00-4:00 p.m.**

Enjoy an indoor movie at Club Rancho Sahuarita with a pre-movie Happy Hour beginning at 1:00 p.m. and the movie will begin at 2:00 p.m. There will be complimentary popcorn and desserts. Although this is a free event, registration is required.

### **Happy Hour (+)**

**Friday, July 7th | 5:00-7:00 p.m.**

Only one hour just doesn't cut it, so we're extending it to two hours. Hang out with your fellow club members while enjoying appetizers and an alcoholic cocktail or two. Non-alcoholic drinks are also available. While supplies last.

### **Local Eats: Javelina Run Winery**

**Thursday, August 17th | 5:00 p.m. | \$10 per person**

It's good to support local, and that's just what we intend to do. For a \$10 registration fee, we'll in return give you a \$20 gift card. Spend to your liking at the restaurant in your own town's backyard. We will have only a limited number of gift cards, please do not hesitate to register as space is limited.

## EVENTS FOR CHILDREN WITH SPECIAL NEEDS

All special needs events are done through a partnership with the Sahuarita-Green Valley Family Support Network. To register for these events or to obtain additional information, contact Jamie Comeau or Hania Medrano at [sgvfn@gmail.com](mailto:sgvfn@gmail.com).

### **Prom Night**

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

Mark your calendars for 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.

### **Grad Night Hot Dog Roast**

**Thursday, June 1st | 6:00 – 8:00 p.m.**

Celebrate your special Graduate with an evening under the beautiful night sky. We'll have music in the background, roasting hotdogs and s'mores. To learn more or to register please email.

### **Water Park Fun Day**

**Saturday, July 15th | 8:00 – 10:00 a.m.**

Families can enjoy the water park without the noise and presence of the crowds. This is a great way for families to use this wonderful amenity without the worries. To learn more or to register please email.

## COMMUNITY EVENTS

### **Independence Day Celebration: Family, Friends & Freedom**

**Monday, July 3rd | 6:00 – 9:00 p.m.**

#### **Sahuarita Lake**

Kickstart your Independence Day festivities with Club Rancho Sahuarita. The evening will include a live band, family entertainment, food vendors, a kid's zone, and a whole lot more! The evening will end with a fireworks show beginning at 8:40 p.m.

### **Concert Under the Stars**

**Saturday, August 12th | 7:00 – 9:00 p.m.**

Join us for a FREE concert under the night sky. The evening will include a performance by a live band, and an array of food trucks. Great for the whole family! No fee or registration is required.

*\*Dates, times, and locations are subject to change. Please verify with ActiveNet for the most up-to-date information!*



# Health & Wellness

## Summer 2023

*Registration on ActiveNet is required for all classes.*

### **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.

### **Basic Step & Sculpt**

**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 with Katherine**

**Mondays at 10:00 a.m. | Tuesdays 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**

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

A great introductory class for ages 9-13 to focus on the foundations of ballet and jazz. Plus enjoy Zumba™ Kids.

### **Adult Theater Jazz Dance with Katherine**

**Mondays at 5:00 p.m. | In the Vistoso Studio**

A traditional jazz dance style class for all levels that combines proper alignment and technique while building flexibility and confidence.

### **Yoga with Gail**

**Mondays & Thursdays at 6:00 p.m.**

**In the Vistoso Studio**

Join Gail for this all-levels gentle yoga class. You'll focus on breathing, strength, and flexibility while moving through different poses/postures. Please bring water and, if desired, a mat, strap, 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 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.

### **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.

*\*Class time changes to 8:00 a.m. during June and July.*

### **Zumba™ with Marsha**

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

**Wednesdays at 9:00 a.m. | In the Vistoso Studio**

**Saturdays at 10:00 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**

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

Strengthen your gluteals in 30 minutes.



### **Water Aerobics with Suzanne**

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

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.  
In the Multipurpose Room**

“Stop counting the reps - and 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.  
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.

*\*Class time will change to 11:15 a.m. in June and July*

### **Water Aerobics with Katherine**

**Wednesdays at 5:00 p.m. | In the 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.

### **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.

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

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

Using light weights, participants will tone muscles, strengthen the core, and improve balance. This class is great for all ages and fitness levels.

### **Wellness Orientation for Teens**

**Thursdays at 5:00 p.m.  
In the Multipurpose Room.**

Learn the importance of basic exercise guidelines, gym etiquette, and safety.

### 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 Ballet Intermediate

**Fridays at 10:30 a.m. | In the Vistoso Studio**

This Intermediate level class is designed for students with some ballet experience who want to challenge their strength and endurance while improving technique. 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).

### Battle Ropes+

**Saturdays at 7:30 a.m. | In the Multipurpose Room**

Increase full body strength and conditioning using thick ropes. Weights and body weight exercises will be used.

### Bootcamp with Christina

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

Come start off your Saturdays with a series of fullbody 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.

*\*This class will not meet in June and July.*



## HEALTH AND WELLNESS EVENTS

### Señoritas & Sangria Event

Friday, May 5th | 6:00 - 8:30 p.m.

Calling all resident ladies for a night of fitness and fun! You'll be inspired to perspire with a rotation of heart-pumping workouts. Then finish with resiliency, enjoying sangria and healthy appetizers afterwards! MUST be 21 years or older to attend. There is a 2-drink maximum. Registration is required for the FREE event.

### Mommy and Me for Mother's Day

Friday, May 12th | 5:30 - 7:30 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. Enjoy some socializing afterwards.

### Movin' & Groovin'

Thursday, May 18th & August 17th | 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.

### Monthly Family Friday Recess – Family Night Workout

Friday, May 19th, June 16th, July 28th  
August 25th | 5:00 p.m.

Smiles and laughter for the whole family with non-competitive fun and games.

### Healthy Living Series – Monthly Nutrition Workshop

Saturday, May 20th, June 10th, July 8th & August 12th

Join Registered Nutrition and Dietetic Technician Jordan Frink, as she dives deep into how to keep our bodies happy, nourished, & healthy. Each month focuses on a different wellness topic.

### Restorative Workshops

May 25 | 6:00 p.m. & August 12 | 11:30 a.m.

Immerse yourself in the gentler side of fitness with yoga, meditation, pranayama, and self-healing practices.

### Dad and Me Father's Day Family Fitness Workout

Friday, June 16th | 5:00 - 6:00 p.m.

Bring the whole family to celebrate Dad during our Obstacle Course Challenge! No advance registration is required.

### Cheer Camp

June 26th - June 29th | 12:00 - 4:00 p.m.

We invite all children entering grades 6th through 9th to join us for our annual Cheer Camp. This session will teach the fundamentals of cheer along with basic steps, and a simple routine for children who are interested in entering the world of cheer. Registration is required, and there is a \$10 equipment fee. All money collected will go to the Tanner Belle Karr Scholarship Foundation. Space is limited to 25 participants and will be held at Anza Trail School.



# Summer in Rancho Sahuarita

## Swim Lessons

All classes run Monday – Thursday. All swim lessons will be held at the main pool at Club Rancho Sahuarita.

Staff permitting, both group and private lessons available for all sessions.

### Group Lessons:

\$60.00 for eight 30 minute classes.

### Private Lessons:

\$80.00 for eight 30 minute classes.

Registration opens at 8:00 AM on the first day of each registration period and closes at 5:00 PM on the last day of each period.

**Session I:** June 5th - 15th

**Registration:** 5/22-5/29

**Session II:** June 19th - 29th

**Registration:** 6/5-6/12

**Session III:** July 10 - 20th

**Registration:** 6/26-7/3

**Session IV:** July 24th - August 3rd

**Registration:** 7/10-7/17

## Summer Open Rec Program

**Monday – Thursday, June 5th – July 13th**  
**12:00 – 4:30 p.m. | Anza Trail School**

Rancho Sahuarita and SUSD have teamed up to offer an indoor alternative to the summer heat for children 6 to 13 years of age. Activities designed to engage children's creativity and encourage fitness through play will be available. This program requires the completion of a pre-registration form. Attendance will be offered on a drop-in basis, and a limit of 80 children per day will be in effect. Children 10 years of age and older may come and go as desired. Children 6 to 9 years of age must be signed in and out. For additional guidelines and to pre-register, please visit Club Rancho Sahuarita or email [Openrec@ranchosahuarita.com](mailto:Openrec@ranchosahuarita.com).



## Be Well Summer Camp for Kids

Summer Camps will feature themed weeks with fun games, crafts, health and wellness, sports, nutrition and field trips. \*Each individual will be limited to participating in one camp per summer. If you register your child for more than one camp, they will be moved to the waiting list for the later camp to allow children that have not participated the chance to participate. You will be notified by the Health and Wellness Coordinator by email or phone when this occurs.

Space is limited to 30 participants per camp. Registration is required. Camp will meet outside on the Activities Lawn, and pick up will be in the La Villita Lounge.

**Ages 5-7:** June 5-8, June 19-22, July 17-20  
9:00 - 11:00 a.m.

**Ages 8-12:** June 12-15, July 10-13, July 24-27  
9:00 - 11:00 a.m.



Change Your Habits, Change Your Life  
with Help from Health and Wellness at

# Club Rancho Sahuarita

Rancho Sahuarita is filled with an abundance of ways to get connected, get active and get inspired. Beyond the multitude of events, special programs, and awesome amenities offered, the team at Rancho Sahuarita is also hard at work maintaining a robust Health and Wellness program that is constantly evolving and expanding. Taking advantage of this versatile Health and Wellness programming can be a key part of residents creating better lives for themselves and their families, and is a surefire way to add value and an element of inspiration to one's daily life.

"Residents of Rancho Sahuarita have access to an exceptional experience at Club Rancho Sahuarita," says Health and Wellness Director Katherine McDonnell. "Our exercise classes are taught by nationally certified instructors for toddlers, preteens, and adults (ages 15+). When assembling our Fitness and Wellness monthly calendar, the aim is to offer something for

everyone – and to foster the six components of wellness – environmental, intellectual, physical, social, emotional, and spiritual." The Health and Wellness program currently offers 46 weekly group exercise classes for ages 5 to 55 and beyond, so there is plenty to choose from!

Oftentimes one class, activity, or event checks multiple boxes. One such activity is the toddler program **Movin' and Groovin'**. The classroom is decorated with a theme, and exercises will include problem solving and social interactions, as well as physical elements. Another example is the **Healthy Living Series**. Jordan Frink, Registered Nutrition & Dietetic Technician, has joined the Health & Wellness team as a complement to the exercise formats offered. "Jordan and I are developing these workshops to increase awareness and to educate residents about their nutritional needs," explains Katherine.

Topics range from best foods for sleep, brain health, stress management and more, and residents can spend time discussing and sampling recipes.

Residents love the wide variety of classes offered each week, and some like Yoga, Cardio Kickboxing, H.I.I.T, and Zumba™ are definite favorites! Resident Laure Hoza says “Zumba class keeps me moving, and I enjoy meeting other ladies attending the class!” Resident Elsa Ramirez adds, “I’m grateful for the Rancho Sahuarita team's continuous efforts to make the community a healthy, clean, and enjoyable family environment.”

If you’re looking for class formats of a lower intensity, try **Low Impact Cardio** on Wednesday mornings with Health and Wellness Coordinator Suzanne Burt, or **Line Dancing** with Lynn Van Atta. Suzanne shares that, “Low Impact Cardio is a good class for those who are starting out, recovering from surgery, post pregnancy, or anyone who wants to work at a slower pace.”

Another fun low intensity class is **Basic Step & Sculpt** where students work 20 minutes of cardiovascular exercise on the Step followed by 20 minutes of light weight training, with a short stretch at the end. And speaking of short, recently added 30-minute classes have become popular paths to train abdominals and glutes in minimal time with high repetitions. Check out the class schedule to learn more!

The team is also staying on the cutting edge of trends in fitness, with incredible classes like **Mat Pilates, Body & Balance, Core & More,** and **Yoga.** Class offerings are coupled with programs designed to help residents on their journey of self care and relaxation practices, like the new quarterly **Meditation Workshops.**

New this summer we’ve added **Recreational Dance** and **Zumba™ Kids** for ages 8-13, as well as **Wellness Orientation for Teens.** Look for more info to come on events like a **Dodgeball Night** and more.

The team has also implemented a monthly Health and Wellness Newsletter, which includes ongoing content such as “In the Spotlight”, in which a group exercise instructor is highlighted, and complemented by more information about the class(es) taught. The newsletter also has an easy and healthy recipe, and a “Nutrition Tip” as regular topics. Additionally, a special feature article highlights an aspect of health and wellness for improving overall lifestyle. You can pick up a newsletter in the Clubhouse at the Front Desk or on the table next to the Vistoso Studio .

Health and Wellness in Rancho Sahuarita is about so much more than classes - with a focus not only on physical fitness, but a dedication to helping improve the overall wellbeing of our residents. By taking part in all that is available to you, you can be sure to change your habits, stay strong, and in doing so - change your life!





# Create Your Best Life

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