

## Power Ranch Regular Classes and Clubs Schedule

**Aikido Martial Arts** | Teen/Adult class ages 13+  
Tuesday & Thursday 7-8 P.M. | Ranch House Fitness Room  
[Sensei@SanTanAikido.com](mailto:Sensei@SanTanAikido.com) | (\$)

**Aspire** | Power Ranch Business Club | Carriage House | Second Tuesday of each month at 5:30 P.M. | Fourth Tuesday of each month at 8:30 A.M.  
Contact: Phaedra Earhart by email at [phaedra.earhart@gmail.com](mailto:phaedra.earhart@gmail.com)

**Blind Dragon Martial Arts** | Classes for all ages | Monday & Thursday, 5:15- 7:45 P.M. | The Barn | [tomaschicks@cox.net](mailto:tomaschicks@cox.net) | (\$)

**Burlesque Barre (Fitness)** | Ranch House Fitness Room | Friday, 8:30- 9:30 A.M.  
[talee305@hotmail.com](mailto:talee305@hotmail.com) | (\$)

**Cardio Circuit (Fitness)** | Ranch House Fitness Room | Tuesday, 8:30- 9:30 A.M. | Contact Tina by email at [talee305@hotmail.com](mailto:talee305@hotmail.com) | (\$)

**Dance Class (Ballet/Modern/Acrobatics)** | Ages 9-12, Mondays 4:45-6 P.M., Ages 6-8, Tuesdays, 4:15-5:30 P.M. | Ranch House Fitness Room  
[C.Puretechnique@gmail.com](mailto:C.Puretechnique@gmail.com) | (\$)

**Groove** | Ranch House Fitness Room | Wednesday, 8:30-9:30 A.M.  
[talee305@hotmail.com](mailto:talee305@hotmail.com) | (\$)

**Ladies Bunco** | One random Saturday each month 7-10 P.M.  
Carriage House | [prbunco@gmail.com](mailto:prbunco@gmail.com) | (\$)

**My Perfect Body Bootcamp** | Monday-Thursday, 9-10 A.M. | The Barn  
480-570-2800 | [myperfectbodynow.com](http://myperfectbodynow.com) | (\$)

**Pickleball Group "The Big Dills"** | Tennis Courts | Tuesday 10:00 A.M.  
[hikertek@gmail.com](mailto:hikertek@gmail.com) or [wbilling1@cox.net](mailto:wbilling1@cox.net)

**Pilates** | Ranch House Fitness Room | Monday 10:30-11:30 A.M.  
[kshermantntdiva@hotmail.com](mailto:kshermantntdiva@hotmail.com) | (\$)

**Poker Players** | The first & third Tuesday of the month, 6:30-10:15 P.M.  
Ranch House Flex | [jonscia@aol.com](mailto:jonscia@aol.com)

**Power Players (Senior Club)** | Tuesdays 1-4 P.M. & Thursdays 6:30-9:45 P.M.  
Carriage House | cards & games | [sonnarae@msn.com](mailto:sonnarae@msn.com)

**Seadogs Swim Club (Kids)** | Monday/Thursday 7-9 A.M. & Tuesday/Thursday 7-8 P.M. | Ranch House Pool | [cdogsswim.com](http://cdogsswim.com) | (\$)

**Silver Sneakers (Senior Fitness)** | Monday-Thursday, 9:30-10:30 A.M.  
Ranch House Fitness Room | [kshermantntdiva@hotmail.com](mailto:kshermantntdiva@hotmail.com) | (\$)

**Strength and Sculpt (Fitness)** | Ranch House Fitness Room | Monday, 8:30-9:30 A.M. | Contact Tina at [talee305@hotmail.com](mailto:talee305@hotmail.com) | (\$)

**Stretch and Tone (Fitness)**, Ranch House Fitness Room | Thursday, 8:30-9:30 A.M. | [talee305@hotmail.com](mailto:talee305@hotmail.com) | (\$)

**Sunset Sobriety** | Mondays, 5:30-6:30 P.M. | Ranch House Flex Space  
AA Meeting | [ocbound10@gmail.com](mailto:ocbound10@gmail.com)

**VFW Meeting** | Gilbert VFW Post #12166 | Third Thursday of the month, 6:30-8:30 P.M. | Ranch House Flex Space | [GilbertVFW@yahoo.com](mailto:GilbertVFW@yahoo.com)

**Weight Watchers** | Mondays, 5:30 & 7 P.M. | Carriage House  
[sue@weightwatchersaz.com](http://sue@weightwatchersaz.com) | (\$)

**Women's Club** | First Wednesday of the month, 6:30-8:30 P.M.  
Carriage House | [sruffalo1393@q.com](mailto:sruffalo1393@q.com)

**Yoga with Hester** | Tuesdays, 6:30-7:45 P.M. | The Barn  
[yogawithhester@gmail.com](mailto:yogawithhester@gmail.com) | (\$)



Strength and Sculpt | Ranch House Fitness Room