

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 | (\$)

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

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

Burlesque Barre (Fitness) | Ranch House Fitness Room | Friday, 8:30- 9:30 A.M.
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 | (\$)

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 | (\$)

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

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

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

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

Pilates | Ranch House Fitness Room | Monday 10:30-11:30 A.M.
kshermanntldiva@hotmail.com | (\$)

Poker Players | The first & third Tuesday of the month, 6:30-10:15 P.M.
Ranch House Flex | 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

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

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

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

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

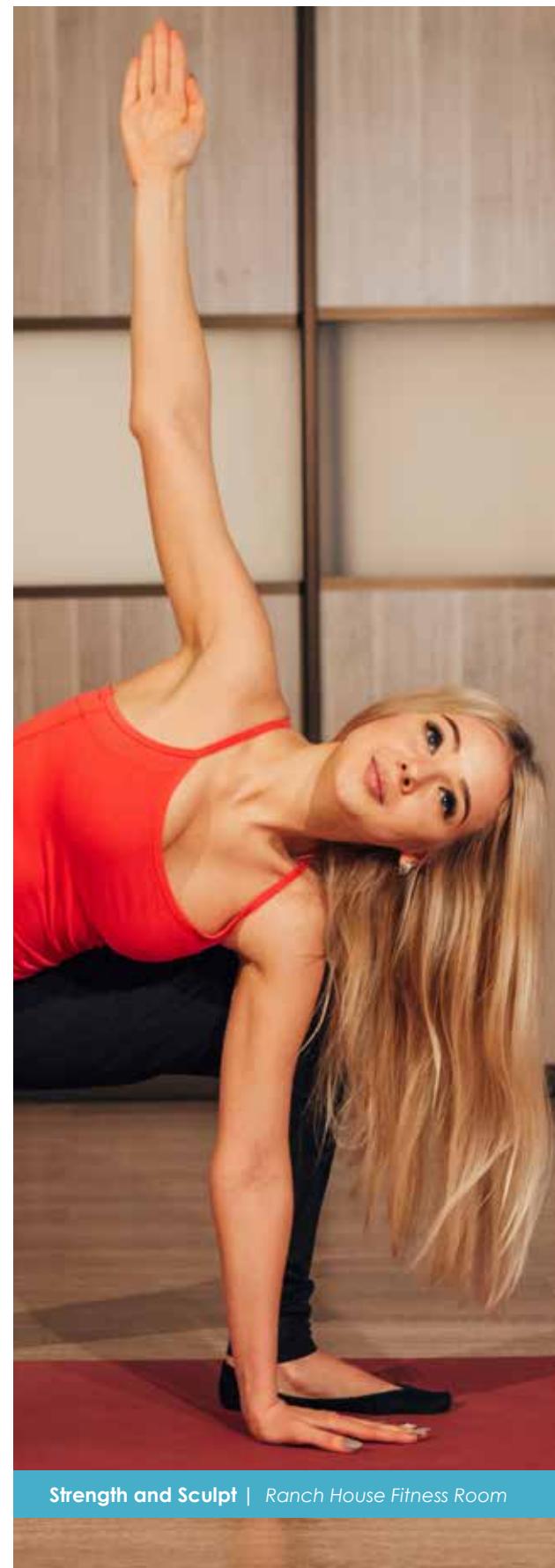
Sunset Sobriety | Mondays, 5:30-6:30 P.M. | Ranch House Flex Space
AA Meeting | ocbound10@gmail.com

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

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

Women's Club | First Wednesday of the month, 6:30-8:30 P.M.
Carriage House | ruffalo1393@q.com

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



Strength and Sculpt | Ranch House Fitness Room