

POWER RANCH CLASSES AND CLUBS

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 | Second Tuesday of each month at 5:30 P.M. | Fourth Tuesday of each month at 8:30 A.M. | Carriage House
Contact: Phaedra Earhart by email at phaedra.earhart@gmail.com

Blind Dragon (Karate) | Classes for all ages | Monday & Thursday
5:15-7:45 P.M. | Barn | thomashicks@cox.net | (\$)

Brazilian Martial Arts | Classes for all ages | Monday & Wednesday,
5:45 – 6:45 P.M. | Ranch House Fitness Room | azcat97@yahoo.com | (\$)

Bocce Ball | Wednesdays at 1:00 P.M. | Bocce Court
Contact: jonscia@aol.com or 802-282-9658

Core Flow Yoga | Classes for all levels | Monday, 7:00 – 8:00 P.M.
Ranch House Fitness Room | www.yogapartylive.com | (\$)

Dance Class (Ballet/Modern/Acrobatics) | Ages 7-12, Tuesdays, 4:15 – 6:15
P.M. | Ranch House Fitness Space | C.Puretechnique@gmail.com | (\$)

Groove-Cardio | Classes for all levels | Fridays 8 A.M. Ranch House
Fitness | talee305@hotmail.com | (\$)

HIIT | Classes for all levels | Wednesday 8:00 A.M. Ranch House
Fitness | talee305@hotmail.com | (\$)

Ladies Bunco | Third or Fourth Saturday each month 6-10 P.M.
Carriage House | prbunco@gmail.com | (\$)

Monday Madness (Coffee & Nutrition Talk, Fitness by choice)
Classes for all levels | Monday 8 A.M. Ranch House Fitness |
talee305@hotmail.com

Muscle-low/no cardio | Classes for all levels | Tuesday, 8:00 A.M.
Ranch House Fitness | talee305@hotmail.com | (\$)

My Perfect Body Boot camp | Monday-Thursday, 9-10 A.M. | The Barn
480-570-2800 | <http://www.myperfectbodynow.com> | (\$)

Poker Night | The first & third Tuesday of the month, 6:30-10:00 P.M.
Ranch House Flex | jonscia@aol.com

Power Players (Senior Club) | Tuesdays 1-4 P.M. & Thursdays 6:30-9:30 P.M.
Carriage House | cards & games | judybunco@gmail.com

Restorative Yoga | Classes for all levels | Wednesday, 7:00 – 8:00 P.M.
Ranch House Fitness Room | www.yogapartylive.com | (\$)

Seadogs Swim Club (Kids) | Monday - Thursday 5 - 9 A.M.
Ranch House Pool | <http://www.cdoggswim.com> | (\$)

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

Stretch & Tone | Classes for all levels | Thursday 8:00 A.M. Ranch
House Fitness | talee305@hotmail.com | (\$)

Stretch Yoga (Athletes & 55+) | Classes for all levels | Friday, 9:00 – 10:00
A.M. | Ranch House Fitness Room | www.yogapartylive.com | (\$)

Sunset Sobriety | Mondays, 5:45-6:45 P.M. | Ranch House Flex Space
AA Meeting | ocbound10@gmail.com

Third Thursday Theatre | Ranch House | Third Thursday of the month
6:30-9:30 P.M. | golivetheater@gmail.com

Weight Watchers | Mondays, 5:00 -8:00 P.M. | Carriage House
sue@weightwatchersaz.com | (\$)

Women's Club | First Wednesday of the month, 6:30-8:30 P.M.
Carriage House | sruffalo1393@a.com

Yoga at the Barn | Tuesdays, 6:30-7:45 P.M. | The Barn
hester_aloha@hotmail.com | (\$)



**All classes subject to
change/cancellation without notice*