

Discover all Arizona has to offer! Monday @ 930am

In The Gallery (second level of the Clubhouse)

♦ Come check out all the fun here on property!

Learn about the many opportunities for adventure in Arizona

Refreshments will be served

Bring your invite to be entered into a raffle for a \$25 gift card!

Every day is a fresh start

A Fresh Start

Our signature 50-minute massage enhanced with custom blended aromatherapy oils

\$85*

(\$125 value)

to reserve your spa escape please dial extension 510

gift certificates available

specials cannot be combined with poker chips or any other promotions or discounts

March 3 - March 9

What's II





Come down to the pool deck Thursday afternoon 4pm - 6pm

- Happy Hour appetizers & drinks
 - Live music with Keith Byers "The Singing DJ"
 - Check out Grace & Heart's jewelry

THE GRILLE

a Culinary Experience



Fish Fry Fridays!

Enjoy crispy battered cod served with french fries & coleslaw

Friday from 11 am - 10pm

ACI	IVITIES	MUV	LES.			
Time:	Event:	Price:	Location:			
	Saturday, March 03, 2018					
11:00AM	Movie: "The Cobbler", PG13	\$3.00	Theater			
3:00PM	B.I.N.G.O.	Free	Poolside			
7:00PM	Movie: "Wonder Woman", PG13	\$3.00	Theater			
	Sunday, March 04, 2018					
11:00AM	Movie: "Chef", R	\$3.00	Theater			
2:00PM	Mini Golf Tournament	Free	Meet In Lobby			
7:00PM	Movie: "Snitch", PG13	\$3.00	Theater			
Monday, March 05, 2018						
9:30AM	Discover Arizona	Free	Gallery			
11:00AM	Movie: "Trolls", PG	\$3.00	Theater			
7:00PM	Movie: "Trouble With The Curve", PG13	\$3.00	Theater			
Tuesday, March 06, 2018						
10:00AM	Owner Update Meeting	Free	Theater			
1:00PM	Color Me Craft	\$5.00	Poolside			
7:00PM	Movie: "The Notebook", PG13	\$3.00	Theater			
Wednesday, March 07, 2018						
$Friends \sim Day \sim Wednesday$						
12:00PM	Pool Games (all ages)	Free	Poolside			
3:00PM	S'Mores	Free with Entertainment Card	Meet In Lobby			
4:00PM	Movie: "Ferris Bueller's Day Off", PG13	or \$6.00 Per Person	Theater			
7:00PM	Movie: "Going In Style", PG13	\$3.00	Theater			
Thursday, March 08, 2018						
11:00AM	Movie: "Bridge Of Spies", PG13	\$3.00	Theater			
2:00PM	"The Hunt Is On" Scavenger Hunt	Free	Meet In Lobby			
3:00PM	B.I.N.G.O.	Free	Poolside			
4:00PM - 6:00PM	Live Music & Jewelry Show	Free	Poolside			
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Friday, March 09, 2018

Movie: "Dunkirk", PG13

7:00PM

11:00AM Movie: "The Good Dinosaur", PG \$3.00 Theater 3:00PM Blackjack Tournament Free Poolside		Triady, maron oo, none		
3:00PM Blackjack Tournament Free Poolside	11:00AM	Movie: "The Good Dinosaur", PG	\$3.00	Theater
	3:00PM	Blackjack Tournament	Free	Poolside
7:00PM Movie: "Wonder", PG \$3.00 Theater	7:00PM	Movie: "Wonder", PG	\$3.00	Theater

\$3.00

Theater

FITNESS CLASSES

Time:	Event:			
Saturday, March 03, 2018				
11:00AM	Water Exercise			
Monday, March 05, 2018				
9:00AM	Tai Chi Easy			
11:00AM	Water Exercise			
Tuesday, March 06, 2018				
7:30AM	Morning Stretch			
8:00AM	FITennis (Clinic)			
9:00AM	Kokopelli Nature Walk			
11:00AM	Water Exercise			
Wednesday, March 07, 2018				
7:30AM	Mindful Yoga			
9:00AM	Tai Chi Easy			
10:00AM	Pickelball Open Court (no instructor)			
11:00AM	Water Exercise			
Thursday, March 08, 2018				
8:00AM	Heart & Sole			
11:00AM	Water Exercise			
Friday, March 09, 2018				
7:30AM	Mindful Yoga			
11:00AM	Water Exercise			
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ROADRUNNER
BREAKFAST
\$6.99 PER PERSON/PER DAY
OR...

PURCHASE THE 7-DAY CARD FOR \$35 AND SAVE \$15

MINDFUL YOGA/ALL LEVELS YOGA—Mindful breath and movement allows our connection with self to unfold. Located In The Fitness Studio

<u>WATER EXERCISE</u>—Water class to improve balance, increase strength and core stability. *Located At The Pool*

TAI CHI EASY—A gentle Tai Chi & Qigong practice through movement, breathing and focused awareness. Ending your journey with mindful meditation.

Located At The Labyrinth

FITENNIS—Join us with our USPTA certified tennis professional for a lesson to focus on your tennis fundamentals balanced with fitness exercises. \$30 per person. Meet At The Tennis Courts

Pickleball Open Court — Try out the paddle sport that combines tennis, badminton and ping-pong! Pickleball is a competitive paddle sport game created for all ages, skill levels & can be played as doubles or singles. Equipment provided free of charge & accompanied by rules of the game. Meet In The Lobby

<u>CHAKRA/MEDITATION</u>—Visualization, meditation & breathing exercises. *Meet In The Lobby*

KOKOPELLI NATURE WALK—Outdoor walk that utilizes natural surroundings and exercise fitness stations along our 1.1 mile long Kokopelli Trail. *Meet In The Lobby*

MORNING STRETCH—Start the day with a full body stretch to get ready for daily tasks, improve range of motion, posture and mobility by performing energizing stretches. Located In The Fitness Studio

HEART & SOLE—A low impact workout for all fitness levels. This class will improve your cardiovascular endurance, strength and balance.

Located In The Fitness Studio

Mindful Yoga & Morning Stretch:

- SCR Owners: Complimentary
- Entertainment Card Holders: Complimentary
 - All others \$5.00 charge for Mindful Yoga & Morning Stretch.



Entertainment Card

All you need is 1 card for everyone!

10% Discount at The Running Water Spa* exclusions apply

Complimentary DVD Rentals

Complimentary Movie Tickets @ The Sonoran Theater

Access to all Sporting Equipment

Access to all Fitness Classes

Complimentary Printed Boarding Passes





~Take Me Out To The Ballgame~ —



10 Stadiums 15 MLB Teams



Check with Guest Services for directions to your hometown team's stadium



Join Angie

In the Labyrinth to practice movement, breathing & focused awareness.

See Page 3 for all scheduled classes & times.

This class is intended for all fitness levels.

WEEKLY EVENTS MARCH 3 - MARCH 9

Indian Fair & Market March 3rd & 4th 2301 North Central Avenue Phoenix, AZ 85004 602-252-8840

The Fair is a world-acclaimed cultural event that draws nearly 15,000 visitors and more than 600 of the nation's most outstanding and successful American Indian artists. You'll meet traditional and cutting-edge contemporary artists as well as young artists selling their art

alongside their relatives.

54th Annual Phx Scottish Games

March 3rd & 4th 300 E. Indian School Rd. Phoenix, AZ 85012 602-431-0095

All ages will have fun in the Celtic Village, featuring a variety of Celtic merchants with clothing, music instruments, jewelry, baked goods and other traditional culinary delights that you won't find at any other festival such as shortbread cookies, haggis, highland beef dishes and more.

Parada del Sol Pro Rodeo

March 8th-11th 2018 16601 N Pima Rd, Scottsdale, AZ 85260 480-312-6815

This four-day event consists of action-packed performances. As one of the oldest, officially sanctioned rodeos in the country and includes bull riding, wrestling, calf roping, and barrel racing, along with other family fun! Arizona's old west entertainment.