



2024 GVR SHOWCASE PROGRAM

INDOOR DEMONSTRATIONS

Saguaro and Palo Verde Rooms

1:10–1:25pm	Step Intervals
1:35–1:50pm	Cardio Drumming
2–2:15pm	Line Dancing
3:15–3:50pm	Yoga
3:40–3:55pm	Yoga
4:05–4:20pm	GVR Martial Arts Club
4:30–4:45pm	GVR Meditation Club

OUTDOOR DEMONSTRATIONS

Bocce and Tennis Courts

1–5pm	GVR Bocce Club
1–5pm	GVR Pickleball Club
1–5pm	GVR Tennis Club

LIVE ENTERTAINMENT

Poolside

1–2pm	Webster's Definition Jazz Duo
2–4pm	Crossfire Band (dance music!)

FRIDAY, MARCH 1, 1–5 PM

GVR Canoa Hills Center – 3660 South Camino del Sol, Green Valley