

July

NEWSLETTER

LIFE LONG

2022 Summer Schedule (May-August)

Senior classes held daily from 6:45 a.m.-1:00 p.m.

(Free to pass-holders) **\$5 per class for non-pass holders.**

Classes subject to change without notice. Duration of classes are 45 min to 1 hour.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>6:45-7:45 a.m.</u> Beg. Lvl 1 Yoga (Terrie-Karate Room)</p> <p><u>7:00-7:45 a.m.</u> Cardio Abs & Buns (Mary Jane - Gym)</p> <p>Aqua Combo (Chris)</p> <p>Step & Strength (Reenie-Dance Room)</p>	<p><u>7:00-7:45 a.m.</u> Core Conditioning (Mary Jane-Gym)</p>	<p><u>6:45-7:45 a.m.</u> Beg. Lvl 1 Yoga (Terrie-Karate Room)</p> <p><u>7:00-7:45 a.m.</u> Cardio Abs & Buns (Gym)</p> <p>Aqua Combo (Chris)</p>	<p><u>7:00-7:45a.m.</u> Core Conditioning (Mary Jane-Gym)</p> <p>Aqua Heat (Chris)</p> <p>Step & Strength (Reenie-Dance Room)</p>	<p><u>6:45-7:30 a.m.</u> Beg. Lvl 1 Yoga (Terrie-Karate Room)</p> <p><u>7:00-7:45 a.m.</u> Cardio Abs & Buns (Mary Jane - Gym)</p> <p>Aqua Combo (Chris)</p>
<p><u>8:00-8:45</u> Aqua Basic (Chris)</p> <p>Beg. Strength & Core (Terrie-Karate Room)</p> <p>Total Body Sculpt (Donna-Gym)</p> <p>Beginning Step Aerobics (Reenie-Dance Room)</p>	<p><u>8:00-8:45</u> Aqua Stretch & Balance (Lee Ann)</p> <p>Zumba (Maria-Gym)</p> <p>Step Aerobics (Reenie-Dance Room)</p> <p>Beg. Core & Flex (Terrie-Karate Room)</p>	<p><u>8:00-8:45</u> Aqua Basic (Chris)</p> <p>Beg. Strength & Core (Terrie-Karate Room)</p> <p>Step & More Aerobics (Maria-Dance Room)</p> <p>Total Body Sculpt (Donna-Gym)</p>	<p><u>8:00-8:45</u> Aqua Stretch & Balance (Lee Ann)</p> <p>Zumba (Maria-Gym)</p> <p>Beg. Core & Flex (Terrie-Karate Room)</p> <p>Pilates (Donna-Dance Room)</p>	<p><u>8:00-8:45</u> Aqua Basic (Chris)</p> <p>Beg. Strength & Core (Terrie-Karate Room)</p> <p>Step Aerobics (Reenie-Dance Room)</p> <p>Strength & More (Donna-Gym)</p>
<p><u>9:00-9:45</u> Line Dance 1 (beginning) (Rebecca-Dance Room)</p> <p>Aqua Heat (Chris)</p> <p>Yoga (Donna-Karate room)</p> <p>Kickboxing Aerobics (Rosemary)</p>	<p><u>9:00-9:45</u> Tai-Chi (Elizabeth-Dance Room)</p> <p>Gentle/Chair Stretch Balance Yoga (Terrie-Karate Room)</p> <p>Aqua Heat (Chris)</p> <p>Kickboxing Aerobics (Rosemary-Racquetball Room)</p>	<p><u>9:00-9:45</u> Line Dance 1 (beginning) (Rebecca-Dance Room)</p> <p>Aqua Heat (Chris)</p> <p>Yoga (Donna-Karate room)</p> <p>Zumba (Maria-Gym)</p>	<p><u>9:00-9:45</u> Tai-Chi (Elizabeth-Dance Room)</p> <p>Gentle/Chair Stretch Balance Yoga (Terrie-Karate Room)</p> <p>Water Aerobics (Shirley)</p> <p>Kickboxing Aerobics (Rosemary-Racquetball Room)</p>	<p><u>9:00-9:45</u> Water Aerobics (Shirley)</p> <p>Meditation (Terrie-Karate Room)</p> <p>Yoga (Donna-Dance Room)</p>
<p><u>10:00-10:45</u> Line Dance 2 (advanced) (Suzie Dance Room)</p>	<p><u>10:00-10:45</u> Jazz for Fun (Nancy - Dance Room)</p>	<p><u>10:00-10:45</u> Line Dance 2 (advanced) (Suzie Dance Room)</p>	<p><u>10:00-10:45</u> Jazz for Fun (Nancy - Dance Room)</p>	
<p><u>11:00</u> Beginner/Novice Tap (Nancy- Dance Room)</p>	<p><u>11:00</u> Intermediate Tap (Nancy - Dance Room)</p>	<p><u>11:00</u> Inter. Clogging Class (Pam - Dance Room)</p>	<p><u>11:00-11:30</u></p>	
<p><u>12 P.M.</u> Intermediate Clogging (Pam - Dance Room)</p>	<p><u>12:00 P.M.</u></p>	<p><u>12:00 P.M.</u> Beg. Clogging Class (Pam - Dance Room)</p>	<p><u>11:45am-12:15pm</u></p>	

Pickleball

Daily Admission:
 \$3.00 FOR KIDS, \$6. 00 FOR ADULTS, AND \$3 .00
 FOR SENIORS
 OR FREE TO MEMBERS!

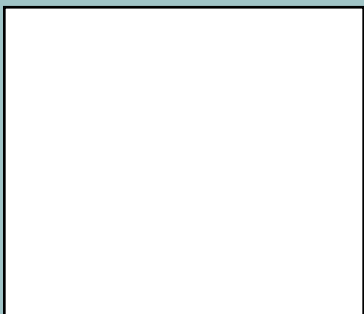
Court 4 (Gym #1)
 Monday & Wednesday: Beginner and easy play
 from 11:30 a.m.- 1:30p.m.
 Monday-Friday: Private group instruction from
 1:30-3:30 p.m.

Courts 1-3 (Gym #2)
 Monday-Wednesday : Competitive play between
 11:30 a.m. -1:30 p.m.
 Tuesday, Thursday, & Fridays: All level social play is
 between 11:30 a.m. -1:30
 Monday-Friday: All levels social play 1:30-3:30 p.m.

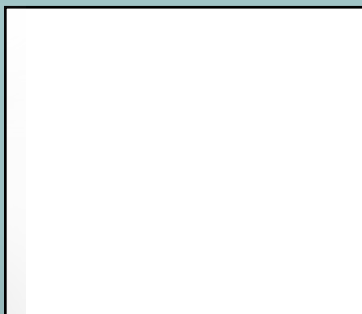
Saturdays:
 Courts 1-4 will have lessons
 8: 00– 10:00 a.m.
 (Sign up with us at the front
 desk to start your lessons)
 All level play : 10: 00-3:30 p.m.



Located here at the
 Mesquite Rec Center!



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Fee Schedule



Recreation Center

**PHONE NUMBER:
702 346-8732**

HOURS

	Recreation Center	Indoor Pool	Outdoor Pool (Seasonal)
Monday - Thursday	5 AM - 8:30 PM	5 AM - 6 PM	12 PM - 6PM
Friday-Saturday	5 AM - 6 PM	5 AM - 6 PM	12 PM- 6PM
Sunday	CLOSED	CLOSED	CLOSED

Note: An adult, or sibling 16 or older, must accompany minors under age 10 at all times, including swimming pools, racquetball courts and fitness rooms.
Children under age 14 are not allowed in the weight/fitness room.

Memberships

Day	Youth	Senior	Adult	Family
Daily Use Pass	\$3	\$3	\$6	N/A
Month				
Mesquite Resident	\$35	\$35	\$45	\$75
Non-Resident	\$45	\$45	\$55	\$90
Six Months				
Mesquite Resident	\$100	\$100	\$140	\$200
Non-Resident	\$155	\$155	\$185	\$275
Annual				
Mesquite Resident	\$155	\$155	\$225	\$285
Non-Resident	\$210	\$210	\$265	\$345

Rate Definitions

Youth: Ages 4-18 years. Children age three and under are free.

Adult: Ages 19-59

Senior: Age 60 years and above.

Family Pass: Individual, spouse or domestic partner, and qualified "dependent children" who are 18 and under living at the same residence.

Daily Group Rate: A group consists of parties of up to 12 individuals.

Termination of Membership: An administrative fee will be applied to early termination of 6 and 12-month agreements.

Residency: Must show proof of residency within Clark County. **(No Post Office Boxes).**

- 56,000 square foot building
- 2 full-size basketball courts (12 backboards), markings for Volleyball, Pickleball & other
- Fitness room (fully equipped)
- Conference room
- Indoor Pool, heated, beach entry
- Outdoor Pool, heated, beach entry (Summer)
- Outdoor pool slide/water toys (Summer)
- Circuit training room
- 2 Racquetball courts
- Recreation multi-use field
- Fitness Classes
- Martial Arts room
- Dance room

Early Morning Blast

\$5 for non-member/Free to members!
Mondays & Fridays in the Dance Room
Wednesdays: 150 N Yucca Street in Suite #37
Time: 5:15a.m.-5:45a.m.
Instructor: Ginger Slack

The goal of this class will be a variety of different exercises performed at your own intensity. We will focus on around 7 to 8 movements per class and each person will work to achieve their own personal goals for fitness and health. This will include but not limited to some weight lifting, running, rowing, and more.

Personal Training with J

I've been helping my clients safely and effectively get into the shape they want. Whether you want to build muscle, burn calories, or just get moving, my personalized training regimen will help you achieve a wide range of fitness goals.

4 sessions for \$100 or 1 session for \$35

Trainer: Jeremiah Garcia

For more information contact Jeremiah @ 702-346-8732 ext.# 4005
Athletics & Leisure Services Department

Jane Johnson

Travel Consultant

Journey's by Jane

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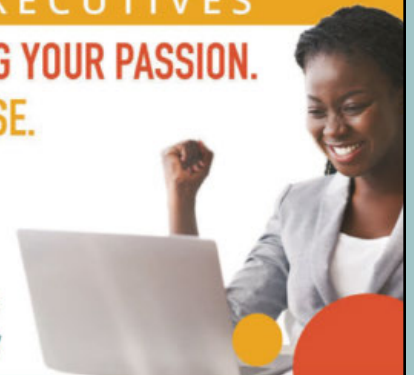
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FITNESS TECHNIQUES SUCH AS HIIT TRAINING,
PLYOMETRICS, INTERVALS OF STRENGTH AND
CARDIO, AND MORE. WITH FUN, NOSTALGIC MUSIC
FROM ALL DECADES AND GENRES YOU WILL
DEFINITELY LEAVE FEELING THE HIGH!**

**Classes are taught by
Kirsten Saterfield and
Lauren Lefler
Mondays &
Thursdays at 7:00pm**

**\$7 Drop-In
\$35 for a 6 punch pass
\$40 monthly for Rec Center Members
\$45 monthly for non-members**



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Follow us on Instagram for more
info and updates
[@highfitness.mesquite](https://www.instagram.com/highfitness.mesquite)

TOUGH

COUNTRY FITNESS

MONTHLY / PUNCH PASS FEES:

INCLUDE ALL CLASSES:
\$65 (UNLIMITED)

PUNCH PASS:
\$65 / 12 VISITS
(Will expire after 3 Months)

STUDENTS: \$35

DROP-IN: \$10
(INCLUDE ALL CLASSES)

Come join us!

Located at: **Located at: 51 1st
North St.**
(The Historical Gym)

CLASS SCHEDULE:

MONDAY

5AM, 5:45AM, 7AM, 9:30AM, 5:30PM

TUESDAY

5AM, 5:45AM, 7AM, 9:30AM, 5:30PM

WEDNESDAY

5AM, 5:45AM, 7AM, 9:30AM, 5:30PM

THURSDAY

5AM, 5:45AM, 7AM, 9:30AM, 5:30PM

FRIDAY

5AM, 5:45AM, 7AM, 9:30AM

SATURDAY

7AM

(KIDS ALLOWED AT THE 9:30 AM
CLASS ONLY)

Come join TCF and take your fitness to the next level. Each class has a certified trainer who will scale, modify, and help you achieve your individual goals.

Each class focuses on the 10 elements fitness: Agility, Balance, Coordination, Balance

Cardiovascular, Endurance, Flexibility, Power Speed, Strength, & Stamina.

FOR MORE INFORMATION PLEASE CONTACT THE MESQUITE RECREATION CENTER

TAE KWON DO

WITH
MASTER "O"



BE STRONG

BE HEALTHY

BE BRAVE

CLASSES INCLUDED WITH REC MEMBERSHIP OR A \$4 DROP-IN FEE FOR NON-MEMBERS

SATURDAYS ARE FREE ORIENTATION DAYS FOR NEW STUDENTS (9:00 AM)

EVERY TUESDAY AND THURSDAY AT 4 AND 5 PM

SATURDAY ORIENTATION AT 9 AM, AND CLASS AT 10 AM



MESQUITE RECREATION CENTER



(702) 346-8732



Mesquite to Moapa Democrats

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Check our website for calendar of events and political news
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City of Mesquite Parks & Recreation Guide, Mesquite, NV C 4C 05-1104

Yoga With Nikki

When are her classes?

Tuesdays & Thursdays

Times:

9:30 a.m. & 7:00 p.m.

Where?:

Jimmie Hughes Campus

150 N. Yucca St. Suite #25

Taught by Nikki Owsley

What are some benefits of yoga?

- Better sleep
- Increase of energy
- Improved posture
- Gain in flexibility
- Weight management
- Learn to breath
- Increase in strength
- Finding inner calmness

What is the fee?

- \$70 for a 10 classes (punch pass)
- \$40 for a 5 classes (punch pass)
- \$10 for a drop-in

Vinyasa Flow is a breath with movement class.
All Levels are welcomed!
Come and join us!



SHAPE YOUR BODY

WITH ZUMBA

Zumba with Maggie & Maria

The first class will begin Tuesday, June 28th at 6:30 PM located in the Dance Room here at the Mesquite Recreation Center.

Classes will be every Tuesday and Wednesday at 6:30 PM



Maggie



Maria

Spin Classes

Spinning is a group experience on specially designed stationary bicycles -unlike any other. The intensity of the workout is regulated by the amount of resistance you apply to the flywheel of the Spin bicycle.

Although Spinning has a group exercise format and is set to music, participants have the freedom to make their workout as challenging as they want. Everyone is encouraged to ride at their own pace and enjoy the journey. Spinning is a fantastic cardiovascular exercise, training aerobically without undue stress to the joints. Enjoy a fun challenging hour of fitness.

A.M. Class

Day: Mon/Wed./Fri

Time: 7:45 A.M.

**Fee: \$50 12/punch card
(\$5 drop-in)**

**Location: 150 N. Yucca St. Suite
#37**

Instructor: Allan Litman

Spin with Donna

Day: Thursdays

Time: 9 A.M.

Fee: \$7 drop-in

**Location: 150 N. Yucca St. Suite
#37**

Instructor: Donna Schorr

P.M. Class

Day: Mon/Tues/Wed/Thurs

Time: 5:30 P.M.

**Fee: \$20.00 / Monthly
(\$5 drop-in)**

**Location: 150 N. Yucca St. Suite
#37**

Instructor: Gina Sandoval

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All registered Republicans are Welcome (Men & Women)

Meetings the 2nd Wednesday of each month 5:30-7:00 pm
(Doors Open at 5:00 pm) Veterans Center - 840 Hafen Lane

Help Us Get True Conservatives Elected in 2022

Please visit our website for information on speakers & events

Website: www.MesquiteNVRepublicanWomen.org



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August 19th
September 16th

Vitalant:
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August 25th
October 27th

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AA Meetings

Meetings Everyday
9:00 a.m., 12 p.m. and 6:30 p.m.

Spanish Meetings
8 p.m. Friday, Saturday and Sunday

Women Meetings
10:30 a.m. Sunday

The Historical Gym
51 W. 1st North St

NA Meetings

Meetings on Tuesdays, Wednesday, & Thursdays:
7:45 p.m.

The Historical Gym
51 W. 1st North St
Mesquite NV, 89027





