

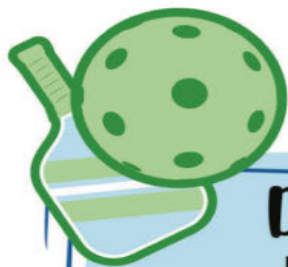
October

# Lifelong

## 2022 Fall Schedule (Sept-Dec)

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



# Pickleball



## Daily Fee:

Non-members:

- \$3.00 for Children
- \$6.00 for Adults (19+)
- \$3.00 for Seniors (60+) or free to members!

## Saturday:

Courts 1 - 4 have pickleball lessons  
8:00 - 10:00 a.m.

(Sign up with front desk staff to start your lessons!)

All level play: 10:00 a.m. - 3:30 p.m.

## Court 4 (Gym#1)

Beginner/ Easy Play:

11:30 a.m.- 1:30 p.m.

Monday - Friday:

Private group instruction

1:30- 3:30 p.m.

## Court 1-3 (Gym#2)

Monday- Wednesday:

Competitive play is between 11:30  
a.m. - 1:30 p.m.

Monday - Friday:

All level social play is between 11:30  
a.m. - 1:30 p.m.



702-346-8732



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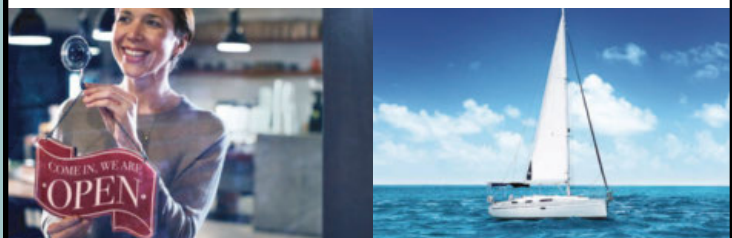


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## Fee Schedule



# Recreation Center

**PHONE NUMBER:  
702 346-8732**

### HOURS

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

<b>Day</b>	Youth	Senior	Adult	Family
<b>Daily Use Pass</b>	\$3	\$3	\$6	N/A
<b>Month</b>				
<b>Mesquite Resident</b>	\$35	\$35	\$45	\$75
<b>Non-Resident</b>	\$45	\$45	\$55	\$90
<b>Six Months</b>				
<b>Mesquite Resident</b>	\$100	\$100	\$140	\$200
<b>Non-Resident</b>	\$155	\$155	\$185	\$275
<b>Annual</b>				
<b>Mesquite Resident</b>	\$155	\$155	\$225	\$285
<b>Non-Resident</b>	\$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: Spin class**

**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

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**YOU WILL DEFINITELY LEAVE FEELING THE HIGH!**



## What does it cost?

**DROP-IN FEE: \$7**

**6 PUNCH PASS: \$35**

**MONTHLY PASS:**

**\$40 (REC CENTER MEMBERS)**

**\$45 (NON-MEMBERS)**

**Class is every  
Monday &  
Thursday at  
7:00 Pm!**



**INSTRUCTORS:**

**KIRSTEN SATERFIELD & LAUREN LEFLER**



**702-346-8732**



**100 W. OLD MILL ROAD**



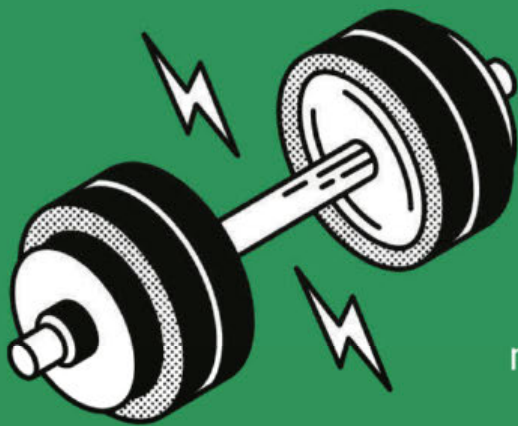
# TOUGH COUNTRY

## FEES:

- All Classes (unlimited): \$65.00
- Punch Pass: \$65.00/ 12 visits (will expire after 3 months)
- Students: \$35.00
- Drop-in: \$10.00 (includes all classes)

## CLASS SCHEDULE:

- Monday: 5 AM, 5:45 AM, 7 AM, 9:30 AM, 5:30 PM
  - Tuesday: 5 AM, 5:45 AM, 7 AM, 9:30 AM, 5:30 PM
  - Wednesday: 5 AM, 5:45 AM, 7 AM, 9:30 AM, 5:30 PM
  - Thursday: 5 AM, 5:45 AM, 7 AM, 9:30 AM, 5:30 PM
  - Friday: 5 AM, 5:45 AM, 7 AM, 9:30 AM,
  - Saturday: 7 AM
- (Kids allowed at the 9:30 AM class only)



Each class has a certified trainer who will scale, modify, and help you achieve your individual goals. Each class focuses on the 10 fitness elements: cardiovascular & respiratory endurance, stamina, strength, flexibility, power, coordination, agility, balance, and accuracy.

## TAKE YOUR FITNESS TO THE NEXT LEVEL!

📍 51 1st North St.  
(The Historical Gym)



☎ 702-346-8732

# YOUTH BASKETBALL



PRICING	
MEMBERS	NON-MEMBERS
7 TO 8 YRS OLD	
\$50	\$55
9 TO 10 YRS OLD	
\$50	\$55

Kids who are 6 and will be 7 before January 1st can still register.



**BEGINS: WEDNESDAY, NOV. 16TH**

**DEADLINE: MONDAY, OCT. 31ST**

REGISTER AT THE REC CENTER OR ONLINE @ [WWW.MESQUITE.GOV](http://WWW.MESQUITE.GOV)

100 W. OLD MILL RD.

(702)-346-8732



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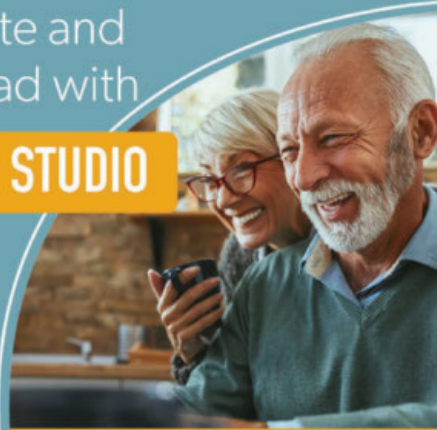
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# Yoga With Nikki



## WHEN IS HER CLASSES?

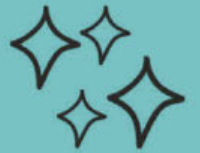
Every Tuesday and Thursday  
at 9:30 a.m. & 7:00 p.m.

Located at  
150 N Yucca St: suite #25

## WHAT IS THE COST?

- 10 classes (punch pass): \$70
- 5 classes (punch pass): \$40
- Drop-in: \$10

## WHAT ARE SOME BENEFITS OF YOGA?



- Better sleep
- Increased energy
- Gain flexibility
- Weight management
- Learn to breath
- Increase strength
- Finding inner calmness




# SHAPE YOUR BODY

WITH ZUMBA

## Zumba with Maggie & Maria

Class is every  
Tuesday and  
Wednesday at  
6:30 P.M.

 702-346-8732

 100 W. Old Mill Rd

Classes are FREE  
to members or a  
\$5 drop-in fee for  
Non-members.



**Maggie**

**Maria**

# Spin Classes

## Morning Classes

Days: Mon./Wed./Fri.  
Time: 7:45 a.m.  
Pricing: \$50.00 (monthly)  
\$5.00 (drop-in)  
Instructor: Allan Litman

## Afternoon Classes

Days: Monday-Thursday  
Time: 5:30 p.m.  
Pricing: \$20.00 (monthly)  
\$5.00 (drop-in)  
Instructor: Gina Sandoval



702-346-8732



150 N. Yucca St: Suite #37



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Website: [www.MesquiteNVRepublicanWomen.org](http://www.MesquiteNVRepublicanWomen.org)





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**Vitalant:**  
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**December 29th**

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[www.redcrossblood.org](http://www.redcrossblood.org)  
[www.donors.vitalant.org](http://www.donors.vitalant.org)

## 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

