



December

Lifelong

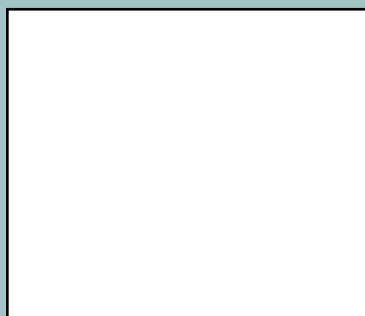
2022 Fall Schedule (Sept-Dec)

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.

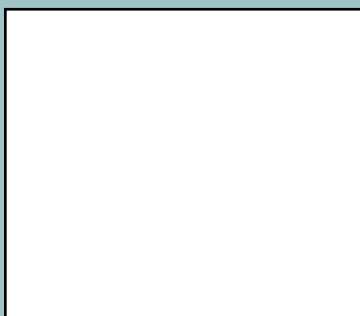
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6:45-7:45 a.m. Beg. Lvl 1 Yoga (Terrie-Karate Room)</p> <p>7:00-7:45 a.m. Cardio Abs & Buns (Mary Jane - Gym)</p> <p>Aqua Combo (Chris)</p> <p>Step & Strength (Reenie-Dance Room)</p>	<p>7:00-7:45 a.m. Core Conditioning (Mary Jane-Gym)</p> <p>Aqua Combo (Chris)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

Pickleball Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 - 1:30PM COURT #3 BEGINNER & EASY PLAY	11:30 - 3:30PM COURT #3 BEGINNER & EASY PLAY	11:30 - 1:30PM COURT #3 ALL LEVEL PLAY	11:30 - 3:30PM COURT #3 BEGINNER & EASY PLAY	11:30 - 3:30PM COURT #3 ALL LEVEL PLAY	8:00 - 10:00AM COURTS #1-6 LESSONS
1:30 - 3:30PM COURT #3 PRIVATE INSTRUCTION	11:30 - 3:30PM COURT #4-6 COMPETITIVE PLAY	1:30 - 3:30PM COURT #3 PRIVATE INSTRUCTION	11:30 - 3:30PM COURT #4-6 COMPETITIVE PLAY	11:30 - 1:30PM COURT #4-6 ALL LEVEL PLAY	10:00AM - 3:30PM COURTS #3-6 ALL LEVEL PLAY
11:30 - 3:30PM COURT #4-6 COMPETITIVE PLAY		11:30 - 3:30PM COURT #4-6 ALL LEVEL PLAY			



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Bill Clough

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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	CLOSED
Friday-Saturday	5 AM - 6 PM	5 AM - 6 PM	CLOSED
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: 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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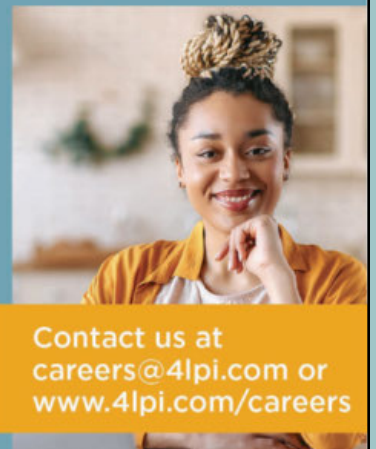
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City of Mesquite Parks & Recreation Guide, Mesquite, NV

B 4C 05-1104



*Jingle
Bell
Dash*
5K AND FUN RUN

PRE-REGISTRATION ENDS 12/2
RACE DAY REGISTRATION WILL
BE AVAILABLE.



SATURDAY, DECEMBER 17TH @ 9:00AM

FEES:

5K: \$30

5K STUDENT: \$20

FUN RUN: \$20

PRE-REGISTRATION INCLUDES T-SHIRT

T-SHIRT ONLY: \$15

RACE WILL BEGIN AND
END AT THE MESQUITE
RECREATION CENTER
WEST FIELD

A LARGE PORTION OF
THE PROCEEDS
WILL BE DONATED TO
THE FRIENDS OF
MESQUITE DESERT
STARS

TOP 3 RACERS IN
EACH 5K DIVISION
RECEIVE A MEDAL



SCAN FOR EVENT REGISTRATION
(MESQUITENV.ACTIVITYREG.COM)



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



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)



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.

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)

TAKE YOUR FITNESS TO THE NEXT LEVEL!



51 1st North St.
(The Historical Gym)



702-346-8732

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



Mesquite to Moapa Democrats

Join Us Online On Zoom!

Check our website for calendar of events and political news
www.Mesquite2MoapaDems.com

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City of Mesquite Parks & Recreation Guide, Mesquite, NV

C 4C 05-1104



Yoga With Nikki



WHAT ARE SOME BENEFITS OF YOGA?

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



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



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



Maggie

Maria

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



Donna is now offering classes or private sessions!

Register in person at the Mesquite Rec Center or call and pay over the phone.

Join Donna today!

When are her classes?
Tuesday, Wednesday, Thursday, and Saturday Classes

How much is a class?
\$20.00 per class

Check out Donna's Deal!
Buy 5 classes and get the 6th class free!



📍 150 N. Yucca St. Suite 8

☎️ (702) 346-8732

INTRODUCING... NUTRITION & WEIGHT LOSS SUPPORT

With Victoria

Hi, I'm Victoria and I am excited to offer a class on weight loss support and nutrition. As someone who has struggled with her weight, I wanted to offer a class that would help others obtain their goals. I will not be supporting any program, rather, I will be supporting you in your weight loss and maintenance efforts. The weight loss and nutrition support will include the following:

- Weekly Weigh in (optional)
- Group Support
- Accountability
- Individual guidance (optional)
- Weight Maintenance
- Classes focusing on areas of nutrition, weight loss and maintenance.

Class is included with your Rec Membership or by paying the \$5 Drop-In fee!



FOR THE FIRST TIME EVER AT THE ATHLETICS DEPARTMENT!



-Certified Weight Loss Specialist through NASM
-Certified through NASM

Located at the Mesquite Rec Center conference room

The first half hour of classes will be weighing in (optional) and the second half will be the group support/lessons.

Morning Class:
Wednesday
7:30- 8:30 a.m.
Afternoon Class:
Wednesday
6:00- 7:00 p.m.
(subject to change)

📍 100 W OLD MILL RD



☎️ (702) 346-8732

HOLIDAY MAIL

*Thank you for a
wonderful year!*

From all of us here at the Mesquite
Recreation Center: THANK YOU!

Our Mesquite Community is one of the best.
You are the heart and soul of our business.
Simply speaking, there would be no us without
you. Our community only works when we
support one another. We are honored to be a
part of it and from the bottom of our heart,
thank you for joining us. Your continued
support means the world to us. Thank you for
sharing many laughs, smiles, and memories.
We look forward to 2023, and the many new
destinations it takes us.



To: You

*From: Athletics & Leisure
Services Department*

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THRIVE
LOCALLY



MESQUITE REPUBLICAN WOMEN

★ ★ ★ **Join Us** ★ ★ ★

All registered Republicans are Welcome (Men & Women)

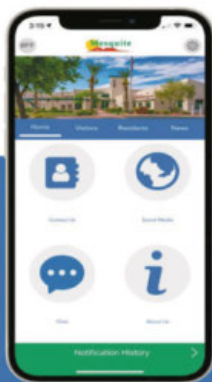
Meetings the 2nd Wednesday of each month 5:30-7:00 pm
(Doors Open at 5:00 pm) Veterans Center - 840 Hafen Lane

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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Upcoming Blood Drives

Red Cross
December 9th

Vitalant
December 29th



GIVE
THE GIFT
OF *life*

*Just 1 pint of blood
may save up to 3 lives!*



HAPPY
HOLIDAYS

To donate blood register online
to set up an appointment!

www.redcrossblood.org
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

