

# March

# Lifelong

## 2023 Winter Schedule (January-April)

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 I Yoga                      (Terrie-Karate Room)</p> <p><u>7:00-7:45 a.m.</u>                      Cardio Abs &amp; Buns                      (Mary Jane - Gym)</p> <p>Aqua Combo                      (Chris)</p> <p>Step &amp; Strength                      (Reenie-Dance Room)</p>	<p><u>7:00-7:45 a.m.</u>                      Core Conditioning                      (Mary Jane-Gym)</p> <p>Aqua Combo                      (Chris)</p>	<p><u>6:45-7:45 a.m.</u>                      Beg. Lvl I Yoga                      (Terrie-Karate Room)</p> <p><u>7:00-7:45 a.m.</u>                      Cardio Abs &amp; Buns                      (Gym)</p> <p>Aqua Combo                      (Chris)</p> <p><u>7:30-8:30 a.m.</u>                      Nutrition &amp; Weight Loss                      Support                      (Victoria- Conference RM)</p>	<p><u>7:00-7:45a.m.</u>                      Core Conditioning                      (Mary Jane-Gym)</p> <p>Aqua Heat                      (Chris)</p> <p>Step &amp; Strength                      (Reenie-Dance Room)</p>	<p><u>6:45-7:30 a.m.</u>                      Beg. Lvl I Yoga                      (Terrie-Karate Room)</p> <p><u>7:00-7:45 a.m.</u>                      Cardio Abs &amp; Buns                      (Mary Jane - Gym)</p> <p>Aqua Combo                      (Chris)</p>
<p><u>8:00-8:45 a.m.</u>                      Aqua Basic                      (Chris)</p> <p>Beg. Strength &amp; 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 a.m.</u>                      Aqua Stretch &amp;                      Balance                      (Lee Ann)</p> <p>Zumba                      (Maria-Gym)</p> <p>Step Aerobics                      (Reenie-Dance Room)</p> <p>Beg. Core &amp; Flex                      (Terrie-Karate Room)</p>	<p><u>8:00-8:45 a.m.</u>                      Aqua Basic                      (Chris)</p> <p>Beg. Strength &amp; Core                      (Terrie-Karate Room)</p> <p>Step &amp; More Aerobics                      (Maria-Dance Room)</p> <p>Total Body Sculpt                      (Ann-Gym)</p>	<p><u>8:00-8:45 a.m.</u>                      Aqua Stretch &amp; Bal-                      ance                      (Lee Ann)</p> <p>Zumba                      (Maria-Gym)</p> <p>Beg. Core &amp; Flex                      (Terrie-Karate Room)</p> <p>Pilates                      (Ann-Dance Room)</p>	<p><u>8:00-8:45 a.m.</u>                      Aqua Basic                      (Chris)</p> <p>Beg. Strength &amp;                      Core                      (Terrie-Karate Room)</p> <p>Step Aerobics                      (Reenie-Dance Room)</p> <p>Strength &amp; More                      (Nichole-Gym)</p>
<p><u>9:00-9:45 a.m.</u>                      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><u>9:00-9:45 a.m.</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-Gym)</p>	<p><u>9:00-9:45 a.m.</u>                      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><u>9:00-9:45 a.m.</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-Gym)</p>	<p><u>9:00-9:45 a.m.</u>                      Water Aerobics                      (Shirley)</p> <p>Meditation                      (Terrie-Karate Room)</p> <p>Yoga                      (Donna-Dance Room)</p> <p>Zumba                      (Nichole-Gym)</p>
<p><u>10:00-10:45 a.m.</u>                      Line Dance 2                      (advanced)                      (Suzie Dance Room)</p> <p>Strength &amp; More                      (Nichole-Gym)</p>	<p><u>10:00-10:45 a.m.</u>                      Jazz for Fun                      (Nancy - Dance Room)</p> <p>Nutrition &amp; Weight Loss                      Support                      (Victoria- Conference                      RM)</p>	<p><u>10:00-10:45 a.m.</u>                      Line Dance 2                      (advanced)                      (Suzie Dance Room)</p> <p>Strength &amp; More                      (Nichole- Gym)</p>	<p><u>10:00-10:45 a.m.</u>                      Jazz for Fun                      (Nancy - Dance Room)</p>	<p><u>10:00-10:45 a.m.</u>                      Foam Rolling                      (Nichole-Karate                      Room)</p> <p>Pilates                      (Donna-Dance Room)</p>
<p><u>11:00 -11:30 a.m.</u>                      Intermediate Tap                      (Nancy- Dance Room)                      Foam Rolling                      (Nichole-Karate Room)</p>	<p><u>11:00- 11:30 a.m.</u>                      Advanced Tap                      (Nancy - Dance Room)</p>	<p><u>11:00 - 11:30 a.m.</u>                      Inter. Clogging Class                      (Pam -Dance Room)</p>	<p><u>11:00-11:30 a.m.</u>                      Tap Skills and Drills                      (Nancy-Dance Room)</p>	<p>Tuesdays at 5p.m.                      Nurtition Class.                      See page 10</p>
<p><u>12 -12:45 p.m.</u>                      Intermediate                      Clogging                      (Pam - Dance Room)</p>	<p><u>12:00 -12:45p.m.</u></p>	<p><u>12:00-12:45 p.m.</u>                      Beg. Clogging Class                      (Pam - Dance Room)</p>	<p><u>11:30am-12:00 p.m.</u>                      Novice/Beginner Tap                      (Nancy-Dance Room)</p>	

**EST.**

**2023 MESQUITE DAYS EVENTS**  
**MAY 3RD - 7TH**

**1984**

Mesquite Days includes all the activities listed below:

- Family Fun Night
- Star Wars Day
- Historical Walking Tour
- Founder's Forum
- Mesquite Days Vendor Booths
- Mesquite Days Carnival
- Mayor's Pancake Breakfast
- Mesquite Days Parade
- Live Music

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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

Day	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

5

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City of Mesquite Parks & Recreation Guide, Mesquite, NV B 4C 05-1104

# Pickleball Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM - 3:30PM COURT #1-2 <b>BEGINNER &amp; EASY PLAY</b>	10AM - 3:30PM COURT #1-2 <b>COMPETITIVE PLAY</b>	11AM - 3:30PM COURT #1-2 <b>BEGINNER &amp; EASY PLAY</b>	10AM - 3:30PM COURT #1-2 <b>COMPETITIVE PLAY</b>	10AM - 1:00PM COURT #1-2 <b>BEGINNER &amp; EASY PLAY</b>	8AM - 10AM COURTS #1-6 <b>LESSONS</b>
11AM - 3:30PM COURT #3-6 <b>ALL LEVEL PLAY</b>	10AM - 3:30PM COURT #3-6 <b>ALL LEVEL PLAY</b>	11AM - 3:30PM COURT #3-6 <b>ALL LEVEL PLAY</b>	10AM - 3:30PM COURT #3-6 <b>ALL LEVEL PLAY</b>	1PM - 3:30PM COURT #1-2 <b>COMPETITIVE PLAY</b>	10AM - 12PM COURT #1-6 <b>ALL LEVEL PLAY</b>
6PM - 8:30PM COURT #4-6: <b>FAMILY</b>		6PM - 8:30PM COURT #4-6: <b>FAMILY</b>		10AM - 3:30PM COURT #3-6 <b>ALL LEVEL PLAY</b>	12PM - 6PM COURT #4-6 <b>ALL LEVEL PLAY</b>

**PICKLEBALL LEAGUES HOURS:  
TUESDAY, THURSDAY, AND FRIDAY 10:00AM- 11:30AM.**

**OPEN PLAY PICKLEBALL HOURS WILL BEGIN AFTER LEAGUE CONCLUDES AT 11:30AM ON TUESDAY, THURSDAY, AND FRIDAY.**

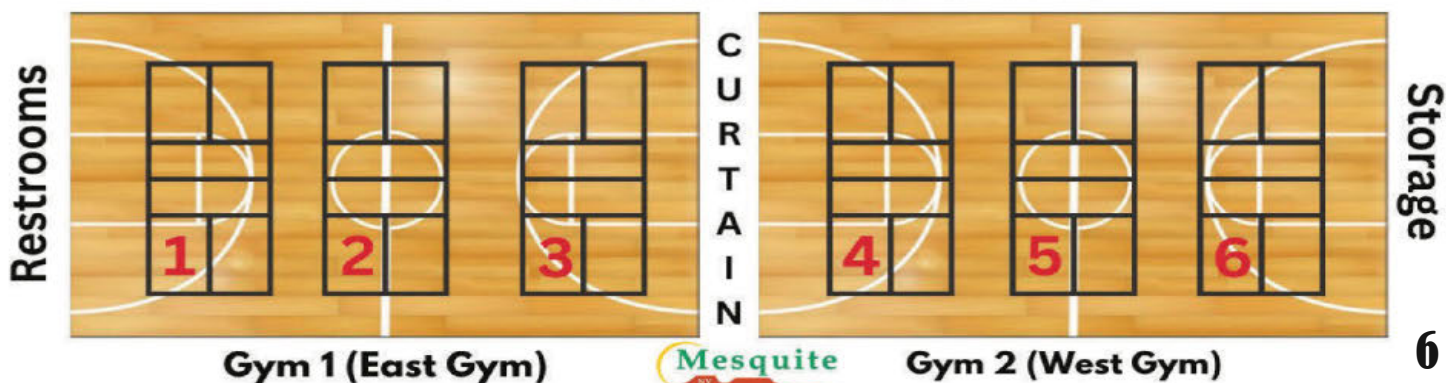
**THE ABOVE SCHEDULE IS SUBJECT TO CHANGE DUE TO EVENTS, LEAGUES, OTHER PROGRAMS, AND THE DISCRETION OF CITY STAFF.**

**COURTS 1-6 ARE AVAILABLE FOR PLAY DURING SCHEDULED PICKLEBALL HOURS ONLY**

**FAMILY INCLUDES AGES 18 AND UNDER ACCOMPANIED BY A GUARDIAN ONLY.**

**IF THERE ARE NOT ENOUGH **BEGINNER** OR **COMPETITIVE** PLAYERS, COURT #2 WILL BECOME AN OVERFLOW COURT FOR **ALL LEVEL PLAY****

**ALL COURTS ARE ON PADDLE ROTATION SYSTEM**



# Basketball Gyms Schedule

**W: Walking B: Basketball C: Classes**

**PB: Pickleball FPB: Family Pickleball**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM - 11:00AM W/B/C	5:00AM - 10:00AM W/B/C	5:00AM - 11:00AM W/B/C	5:00AM - 10:00AM W/B/C	5:00AM - 10:00AM W/B/C	5:00AM - 8:00AM W/B/C
11:00AM - 3:30PM PB	10:00AM - 3:30PM PB	11:00AM - 3:30PM PB	10:00AM - 3:30PM PB	10:00AM - 3:30PM PB	8:00AM - 12:00PM PB
3:30PM - 8:30PM GYM 1: W/B/C	3:30PM - 8:30PM W/B/C	3:30PM - 8:30PM GYM 1: W/B/C	3:30PM - 8:30PM W/B/C	3:30PM - 6:00PM W/B/C	12:00PM - 6:00PM GYM 1: W/B/C
6:00PM - 8:30PM GYM 2: FPB		6:00PM - 8:30PM GYM 2: FPB			GYM 2: PB

THE ABOVE SCHEDULE IS SUBJECT TO CHANGE DUE TO EVENTS, LEAGUES, OTHER PROGRAMS, AND THE DISCRETION OF CITY STAFF.

COURTS 1-6 ARE AVAILABLE FOR PLAY DURING PICKLEBALL HOURS

ALL COURTS ARE ON PADDLE ROTATION SYSTEM.

NO NETS WILL BE ALLOWED TO BE SET-UP OUTSIDE OF PICKLEBALL HOURS.

**FAMILY PICKLEBALL** INCLUDES AGES 18 AND UNDER ACCOMPANIED BY A GUARDIAN.

FOR SAFETY; **WALKING, BASKETBALL, CLASSES, AND PICKLEBALL** WILL NOT BE SHARING THE GYMS.

FOR SAFETY OF ALL PARTICIPANTS,  
THE ABOVE SCHEDULE MUST BE ADHERED TO.

PATRONS MUST ABIDE BY THE GYM POLICIES IN PLACE.

# 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



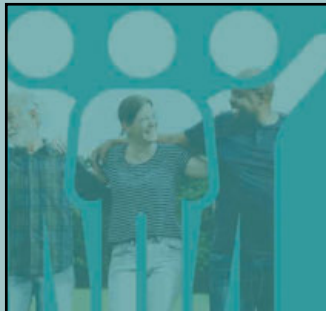
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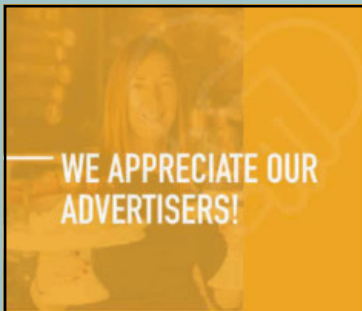
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# Yoga With Nikki



## 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.



All NEW  
Donna Matrix patrons  
are required to take a  
private session.

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

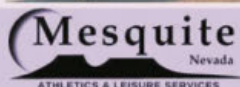
Check out  
*Donna's Deal!*  
Buy 5 classes  
and get the 6th  
class free!

*Join Donna today!*



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

How much is a class?  
\$20.00 per class  
\$50.00 for private session



📍 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 Classes:  
Tuesday @ 10:00 A.M.  
Wednesday @ 7:30 A.M.  
Afternoon Class:  
Tuesday @ 5:00 P.M.  
(subject to change)

📍 100 W OLD MILL RD



☎ (702) 346-8732

# TOUGH COUNTRY FITNESS

@tcfitness702 

Tough Country Fitness 



## SCHEDULE

Mon- Thurs : 5am, 5:45am,  
7am, 9:30am, 5:30pm

Fri: AM classes only

Sat: 7AM

**CLASS FEES** Unlimited classes \$65  
Punch Pass \$65 /12 visits  
Expires after 3 months

Students \$35  
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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**

Tuesday meetings are at 5:00 p.m.

Wednesday and Thursday meetings are at 7:45 p.m.

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

