



Mesquite

NV

ATHLETICS AND LEISURE SERVICES



OCTOBER

LifeLong

Free to members or \$5 per class for non-members
Classes subject to change without notice. Duration of classes are 45 min to 1 hour.

2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>7:00-7:45 a.m.</u> Beginning Yoga (Terrie-Karate Room)</p> <p>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> Yoga (Charyn-Karate)</p> <p>Core Conditioning (Mary Jane-Gym)</p> <p>Aqua Combo (Chris)</p>	<p><u>7:00-7:45 a.m.</u> Beginning Yoga (Terrie-Karate Room)</p> <p>Cardio Abs & Buns (Gym)</p> <p>Aqua Combo (Chris)</p> <p><u>7:30-8:30 a.m.</u> Nutrition & Weight Loss Support (Victoria- Conference RM)</p>	<p><u>7:00-7:45a.m.</u></p> <p>Core Conditioning (Mary Jane-Gym)</p> <p>Aqua Heat (Chris)</p> <p>Step & Strength (Reenie-Dance Room)</p>	<p><u>7:00-7:45 a.m.</u> Beginning Yoga (Terrie-Karate Room)</p> <p>Cardio Abs & Buns (Mary Jane - Gym)</p> <p>Aqua Combo (Chris)</p> <p>Beginning Step Aerobics (Reenie-Dance Room)</p>
<p><u>8:00-8:45 a.m.</u> Novice Senior Fitness (Terrie-Karate Room)</p> <p>Total Body Sculpt (Donna-Gym)</p> <p>Aqua Basic (Chris)</p> <p>Beginning Step Aerobics (Reenie-Dance Room)</p>	<p><u>8:00-8:45 a.m.</u> Beg. Core & Flex (Terrie-Karate Room)</p> <p>Zumba (Maria-Gym)</p> <p>Aqua Stretch & Balance (Lee Ann)</p> <p>Step Aerobics (Reenie-Dance Room)</p>	<p><u>8:00-8:45 a.m.</u> Novice Senior Fitness (Terrie-Karate Room)</p> <p>Total Body Sculpt (Ann-Gym)</p> <p>Aqua Basic (Chris)</p> <p>Step & More Aerobics (Maria-Dance Room)</p>	<p><u>8:00-8:45 a.m.</u> Beg. Core & Flex (Terrie-Karate Room)</p> <p>Zumba (Maria-Gym)</p> <p>Aqua Stretch & Balance (Lee Ann)</p> <p>Pilates (Ann-Dance Room)</p>	<p><u>8:00-8:45 a.m.</u> Novice Senior Fitness (Terrie-Karate Room)</p> <p>Strength & More (Nichole-Gym)</p> <p>Aqua Basic (Chris)</p> <p>Step Aerobics (Reenie-Dance Room)</p>
<p><u>9:00-9:45 a.m.</u> Yoga (Donna-Karate room)</p> <p>Zumba (Nichole-Gym)</p> <p>Aqua Heat (Chris)</p> <p>Line Dance 1 (beginning) (Rebecca-Dance Room)</p>	<p><u>9:00-9:45 a.m.</u> Gentle/Chair Stretch Balance Yoga (Terrie-Karate Room)</p> <p>Kickboxing Aerobics (Rosemary-Gym)</p> <p>Aqua Heat (Chris)</p> <p>Tai-Chi (Elizabeth-Dance Room)</p>	<p><u>9:00-9:45 a.m.</u> Yoga (Ann-Karate room) Restorative Yoga is on the 1st Wednesday of each month</p> <p>Zumba (Maria-Gym)</p> <p>Aqua Heat (Chris)</p> <p>Line Dance 1 (beginning) (Rebecca-Dance Room)</p>	<p><u>9:00-9:45 a.m.</u> Gentle/Chair Stretch Balance Yoga (Terrie-Karate Room)</p> <p>Kickboxing Aerobics (Rosemary-Gym)</p> <p>Water Aerobics (Shirley)</p> <p>Tai-Chi (Elizabeth-Dance Room)</p>	<p><u>9:00-9:45 a.m.</u> Meditation (Terrie-Karate Room)</p> <p>Zumba (Nichole-Gym)</p> <p>Water Aerobics (Shirley)</p> <p>Yogalates (Donna-Dance Room)</p>
<p><u>10:00-10:45 a.m.</u> Line Dance 2 (advanced) (Suzie Dance Room)</p> <p>Strength & More (Nichole-Gym)</p>	<p><u>10:00-10:45 a.m.</u> Jazz for Fun (Nancy - Dance Room)</p> <p>Gentle/Chair Stretch Balance Yoga (Terrie-Karate Room)</p>	<p><u>10:00-10:45 a.m.</u> Line Dance 2 (advanced) (Suzie Dance Room)</p> <p>Strength & More (Nichole-Gym)</p>	<p><u>10:00-10:45 a.m.</u> Jazz for Fun (Nancy - Dance Room)</p> <p>Gentle/Chair Stretch Balance Yoga (Terrie-Karate Room)</p>	<p><u>10:00-10:45 a.m.</u> Foam Rolling Nichole-Karate Room</p>
<p><u>11:00-11:45 a.m.</u> Intermediate/Advanced Tap (Nancy- Dance Room)</p> <p>Foam Rolling (Nichole-Karate Room)</p>	<p><u>11:00-11:45 a.m.</u> Beginner/Novice Tap (Nancy - Dance Room)</p>	<p><u>11:00-11:45 a.m.</u> Inter. Clogging Class (Pam -Dance Room)</p>	<p><u>11:00-11:45 a.m.</u> Intermediate/Advanced Tap (Nancy-Dance Room)</p>	<p>Nutrition Class Information 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>		



REGISTRATION OPEN!!!!

2023 Schedule of Fall Events



Men's Softball

- 65+
- 60+, 74+
- 70+, 79+
- 50+, 55+

- October 6-7
- October 7-8
- October 11-12
- October 16-17

Target Pistol and Shotgun

CANCELLED - Venue not available

Bocce

October 23-24

Pickleball

October 25-27



Mesquiteseniorgames.org

We are also always looking for volunteers. Please visit our website for additional information on volunteer opportunities.

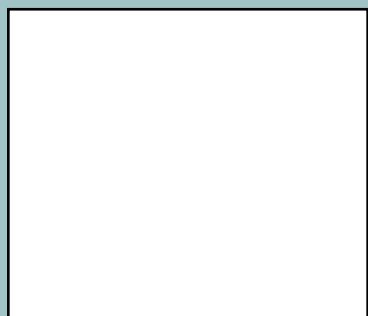


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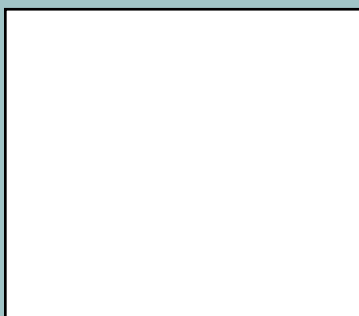
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Fee Schedule



Recreation Center

**PHONE NUMBER:
702 346-8732**

HOURS

	Recreation Center	Indoor Pool	Outdoor Pool (Seasonal)
Monday - Thursday	5 AM - 8:30 PM	Weekly Schedule	Weekly Schedule
Friday-Saturday	5 AM - 6 PM	Weekly Schedule	Weekly schedule
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				
Clark County Resident	\$35	\$35	\$45	\$75
Non-Resident	\$45	\$45	\$55	\$90
Six Months				
Clark County Resident	\$100	\$100	\$140	\$200
Non-Resident	\$155	\$155	\$185	\$275
Annual				
Clark County 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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Basketball Gyms Schedule

Monday

EFFECTIVE
9/5/23

Walking, Basketball & Classes	5:00am - 11:00am
Pickleball	11:00am - 3:00pm
Walking, Basketball & Classes	3:00pm - 8:30pm

Tuesday

Walking, Basketball & Classes	5:00am - 10:00am
Pickleball	10:00am - 3:00pm
Walking, Basketball & Classes	3:00pm - 8:30pm

Wednesday

Walking, Basketball & Classes	5:00am - 11:00am
Pickleball	11:00am - 3:00pm
Walking, Basketball & Classes	3:00pm - 8:30pm

Thursday

Walking, Basketball & Classes	5:00am - 10:00am
Pickleball	10:00am - 3:00pm
Walking, Basketball & Classes	3:00pm - 8:30pm

Friday

Walking, Basketball & Classes	5:00am - 10:00am
Pickleball	10:00am - 3:00pm
Walking, Basketball & Classes	3:00pm - 6:00pm

Saturday

Walking, Basketball & Classes	5:00am - 8:00am
Pickleball Lessons & Pickleball	8:00am - 12:00pm
Walking, Basketball & Classes	12:00pm - 6:00pm



Fall Pickleball Schedule



EFFECTIVE
9/5/23

11:00am - 3:00pm
11:00am - 3:00pm
11:00am - 3:00pm

Monday

Courts 1-2
Courts 3-4
Courts 5-6

Novice & Easy Play
All Level Play
Competitive

Tuesday

10:00am - 3:00pm
10:00am - 3:00pm
10:00am - 3:00pm

Courts 1-2
Courts 3-4
Courts 5-6

Novice & Easy Play
All Level Play
Competitive

Wednesday

11:00am - 3:00pm
11:00am - 3:00pm
11:00am - 3:00pm

Courts 1-2
Courts 3-4
Courts 5-6

Novice & Easy Play
All Level Play
Competitive

Thursday

10:00am - 3:00pm
10:00am - 3:00pm
10:00am - 3:00pm

Courts 1-2
Courts 3-4
Courts 5-6

Novice & Easy Play
All Level Play
Competitive

Friday

10:00am - 3:00pm
10:00am - 3:00pm
10:00am - 3:00pm

Courts 1-2
Courts 3-4
Courts 5-6

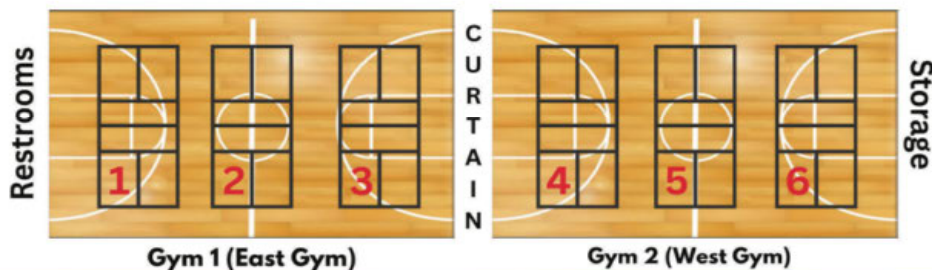
Novice & Easy Play
All Level Play
Competitive

Saturday

8:00am - 10:00am
10:00am - 12:00pm

Courts 1-6
Courts 1-6

Pickleball Lessons
All Level Play



SCHEDULE IS SUBJECT TO CHANGE DUE TO EVENTS OR UNFORSEEN CIRCUMSTANCES

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!

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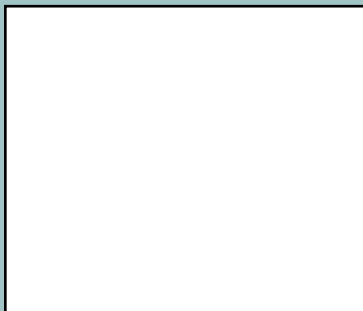
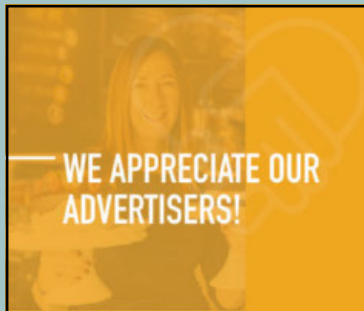
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Habits Preventing You from Losing Weight

You can watch what you eat and exercise regularly, but certain habits may sabotage these efforts. Not only do you need to engage in healthy habits for weight loss, but you also need to stop or limit unhealthy habits.

These are some of the top bad habits that stall and prevent weight loss

6 Habits Preventing You from Losing Weight

These are the typical habits people hold on to that stall weight loss or even contribute to weight gain. Take an honest look at your habits and figure out what's derailing your good habits.

#1. Putting too Much Emphasis on Exercise - You can actually lose weight even with no exercise or minimal exercise. This isn't recommended, of course, because physical activity is good for your overall health. But it illustrates the importance of diet. What and how much you eat have a much more significant impact on weight than exercise.

In other words, you can't outrun a bad diet, literally. For a short period of time, increasing exercise without changing how you eat will lead to some weight loss. You will stall soon enough, though, reaching a frustrating plateau or even gaining again if your diet is poor.

Ignoring food choices because you work out is a bad habit, but so too is working out too much. Overdoing exercise can backfire. Excessive exercise limits recovery and can lead to injuries that keep you out of the gym. Overdoing it can also ruin your mood and lead to emotional eating.

#2. Putting Too Much Emphasis on Calorie Restriction - It may seem obvious that eating fewer calories is the way to hit your weight loss goal. This is definitely important, but it's possible to go too far for a few reasons. One is that it leads to burnout. Obsess over calories and eat too little and you'll soon find yourself eating a whole pizza in one sitting during a desperate binge. Another reason is that a calorie deficit can be too big. The Academy of Nutrition and Dietetics recommends a deficit of 500 calories per day for effective, safe weight loss. Don't make a habit of being overly restrictive. Your body won't get the fuel it needs to function or be active. It may even go into starvation mode, storing fat instead of shedding it.

#3. Not Getting Enough Sleep - Staying up too late and not getting enough sleep is a bad habit of many Americans. It's also a habit that can derail weight loss efforts. Many studies have linked less sleep with higher body weight. Research has found that sleeping too little triggers the appetite. We especially crave carbohydrates and calorie-dense foods when sleep deprived.

The connection between sleep and appetite is likely due to hormones. The hormones that impact your hunger or satiation are affected by sleep. By not sleeping enough, you're making it harder to stick to healthy eating habits.

#4. Eating Mindlessly - Mindless eating simply means you're eating without thinking. Most of us are guilty of this bad habit at least some of the time. It's easy to be distracted while eating, to try to multi-task with work or just zone out watching TV.

Unfortunately, but probably not surprisingly, studies show that mindless eating causes you to eat more. One study found that people who watched TV while eating ate more in that sitting. Those who focused on their eating not only ate less in the moment, but they also ate less later on.

#5. Overindulging on Cheat Days - A cheat day works for some people, but for others it becomes an overindulgent bad habit, an excuse to binge. If you can have a cheat day and be reasonable about your eating, that's fine. But if your cheat days devolve into a major binge that makes you feel sick or bad later, it's a bad habit you need to stop.

#6. Using Food as a Reward - Losing weight effectively, and keeping it off, is a lifestyle change. This is why diets never truly work. You have to change your attitude and your habits. One unhealthy habit many people continue to engage in is connecting foods to emotions.

Even if you have conquered eating your bad feelings, you may still reward yourself with food. This is a bad habit because it continues to tie food to emotions, which can lead to overeating. Food is enjoyable, but it is ultimately fuel, not a reward.

NUTRITION & WEIGHT LOSS SUPPORT

With Victoria



Introduction

Hi, I'm Victoria and I am excited to offer a class on weight loss support and nutrition. I am certified by the National Academy of Sports Medicine as a Certified Health Coach & Weight Loss Specialist and the National Personal Training Association in Holistic 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!

Schedule

Wednesdays

7:30AM

&

10:00AM

The first half hour of classes will be weighing in (optional) followed by group support and lessons


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@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
Student class available
Drop in \$10



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Venmo: @Sarah-Leavitt-10

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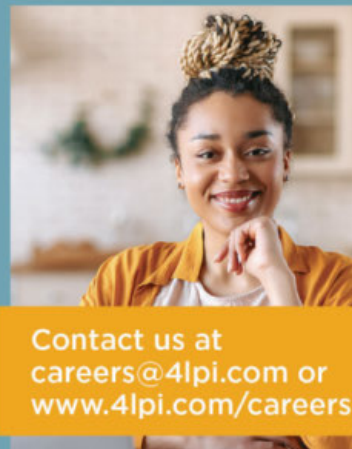
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City of Mesquite Parks & Recreation Guide, Mesquite, NV

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Information

Upcoming Blood Drives:

Red Cross

Sept 15th

October 13th

November 17th

Vitalant

November 2nd

December 20th



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The advertisement features a smartphone displaying the app interface with icons for Home, Contact, and Information. A QR code is provided for downloading the app. The Mesquite NV logo is also visible.



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The graphic features a red heart with a caduceus symbol inside, set against a white blood drop shape on a red background.

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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

