



HAPPY  
*New Year*  
2025

Come for a day, stay for a lifetime!

**Mesquite**  
NV  
ATHLETICS & LEISURE SERVICES

# Lifelong Schedule

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 2
<p><u>7:00-7:45 a.m.</u> <b>Beginning Yoga</b> (Terrie-Karate Room)</p> <p><b>Cardio Abs &amp; Buns</b> (Mary Jane - Gym)</p> <p><b>Aqua Combo</b> (Chris)</p> <p><b>Step &amp; Circuit Training</b> (Reenie-Dance Room)</p>	<p><u>7:00-7:45 a.m.</u> <b>Yoga Flow</b> (Jenny - Karate Room)</p> <p><b>Core Conditioning</b> (Mary Jane-Gym)</p> <p><b>Aqua Combo</b> (Chris)</p> <p><b>Easy Step Aerobics</b> (Reenie-Dance Room)</p>	<p><u>7:00-7:45 a.m.</u> <b>Beginning Yoga</b> (Terrie-Karate Room)</p> <p><b>Cardio Abs &amp; Buns</b> (Mary Jane - Gym)</p> <p><b>Aqua Combo</b> (Chris)</p> <p><b>Nutrition &amp; Weight Loss Support</b> (Victoria- Conference RM)</p>	<p><u>7:00-7:45a.m.</u> <b>Yoga Flow</b> (Jenny - Karate Room)</p> <p><b>Core Conditioning</b> (Mary Jane-Gym)</p> <p><b>Aqua Combo</b> (Chris)</p> <p><b>Step &amp; Circuit Training</b> (Reenie-Dance Room)</p>	<p><u>7:00-7:45 a.m.</u> <b>Beginning Yoga</b> (Terrie-Karate Room)</p> <p><b>Cardio Abs &amp; Buns</b> (Mary Jane - Gym)</p> <p><b>Aqua Combo</b> (Chris)</p> <p><b>Basic Step Aerobics</b> (Victoria-Dance Room)</p>
<p><u>8:00-8:45 a.m.</u> <b>Novice Senior Fitness</b> (Terrie-Karate Room)</p> <p><b>Total Body Sculpt</b> (Donna-Gym)</p> <p><b>Aqua Basic</b> (Chris)</p> <p><b>Beginner Step Aerobics</b> (Reenie-Dance Room)</p>	<p><u>8:00-8:45 a.m.</u> <b>Beg. Core &amp; Flex</b> (Terrie-Karate Room)</p> <p><b>Zumba</b> (Maria-Gym)</p> <p><b>Aqua Stretch &amp; Balance</b> (Lee Ann)</p> <p><b>Intermediate Step Aerobics</b> (Reenie-Dance Room)</p>	<p><u>8:00-8:45 a.m.</u> <b>Novice Senior Fitness</b> (Terrie-Karate Room)</p> <p><b>Aqua Basic</b> (Chris)</p> <p><b>Step &amp; More Aerobics</b> (Maria-Dance Room)</p>	<p><u>8:00-8:45 a.m.</u> <b>Beg. Core &amp; Flex</b> (Terrie-Karate Room)</p> <p><b>Zumba</b> (Maria-Gym)</p> <p><b>Aqua Stretch &amp; Balance</b> (Lee Ann)</p> <p><b>Beginner Step Aerobics</b> (Reenie-Dance Room)</p>	<p><u>8:00-8:45 a.m.</u> <b>Novice Senior Fitness</b> (Terrie-Karate Room)</p> <p><b>Strength &amp; More</b> (Nichole-Gym)</p> <p><b>Aqua Basic</b> (Chris)</p> <p><b>Intermediate Step Aerobics</b> (Reenie-Dance Room)</p>
<p><u>9:00-9:45 a.m.</u> <b>Yoga</b> (Donna-Karate room)</p> <p><b>Zumba</b> (Nichole-Gym)</p> <p><b>Aqua Heat</b> (Chris)</p> <p><b>Line Dance 1 (Beginning)</b> (Rebecca-Dance Room)</p>	<p><u>9:00-9:45 a.m.</u> <b>Gentle/Chair Stretch Balance Yoga</b> (Terrie-Karate Room)</p> <p><b>Kickboxing Aerobics</b> (Rosemary-Gym)</p> <p><b>Aqua Heat</b> (Chris)</p> <p><b>Tai-Chi</b> (Elizabeth-Dance Room)</p>	<p><u>9:00-9:45 a.m.</u> <b>Yoga</b> (Ann - Karate room) <b>Restorative Yoga</b> is on the 1st Wednesday of each month</p> <p><b>Zumba</b> (Maria-Gym)</p> <p><b>Aqua Heat</b> (Chris)</p> <p><b>Line Dance 1 (Beginning)</b> (Rebecca-Dance Room)</p>	<p><u>9:00-9:45 a.m.</u> <b>Gentle/Chair Stretch Balance Yoga</b> (Terrie-Karate Room)</p> <p><b>Kickboxing Aerobics</b> (Rosemary-Gym)</p> <p><b>Water Aerobics</b> (Shirley)</p> <p><b>Tai-Chi</b> (Elizabeth-Dance Room)</p>	<p><u>9:00-9:45 a.m.</u> <b>Meditation</b> (Terrie-Karate Room)</p> <p><b>Zumba</b> (Nichole-Gym)</p> <p><b>Water Aerobics</b> (Shirley)</p> <p><b>Pilates</b> (Donna-Dance Room)</p>
<p><u>10:00-10:45 a.m.</u> <b>Line Dance 2 (Intermediate)</b> (Suzie - Dance Room)</p> <p><b>Strength &amp; More</b> (Nichole-Gym)</p>	<p><u>10:00-10:45 a.m.</u> <b>Jazz for Fun</b> (Nancy - Dance Room)</p> <p><b>Gentle/Chair Stretch Balance Yoga</b> (Terrie-Karate Room)</p>	<p><u>10:00-10:45 a.m.</u> <b>Line Dance 2 (Intermediate)</b> (Suzie Dance Room)</p> <p><b>Strength &amp; More</b> (Nichole-Gym)</p> <p><b>Nutrition &amp; Weight Loss Support</b> (Victoria- Conference RM)</p>	<p><u>10:00-10:45 a.m.</u> <b>Jazz for Fun</b> (Nancy - Dance Room)</p> <p><b>Gentle/Chair Stretch Balance Yoga</b> (Terrie-Karate Room)</p>	<p><u>10:00-10:45 a.m.</u> <b>Yoga Flow</b> (Jenny - Karate Room)</p> <p><b>Foam Rolling</b> Nichole-Dance Room</p>
<p><u>11:00 -11:45 a.m.</u> <b>Beginner/Novice Tap</b> (Nancy-Dance Room)</p> <p><b>Foam Rolling</b> (Nichole-Karate Room)</p>	<p><u>11:00 - 11:45 a.m.</u> <b>Intermediate/Advanced Tap</b> (Nancy - Dance Room)</p>	<p><u>11:00 - 11:45 a.m.</u> <b>Intermediate Clogging Class</b> (Pam -Dance Room)</p>	<p><u>11:00-11:45 a.m.</u> <b>Intermediate/Advanced Tap</b> (Nancy-Dance Room)</p>	<p>***** Evening Zumba (Maria-Dance Room) Mon - Wed 6:30pm *****</p>
<p><u>12 -12:45 p.m.</u> <b>Intermediate Clogging</b> (Pam - Dance Room)</p>	<p><u>12:00 -12:45p.m.</u></p>	<p><u>12:00-12:45 p.m.</u> <b>Beginning Clogging Class</b> (Pam - Dance Room)</p>	<p><u>11:45 - 12:15pm.</u></p>	



**BEREAVEMENT GROUP:**  
**Free Bereavement Group meets every**  
**Friday from 3:30pm - 4:30pm**  
**Mesquite Library Conference Room**  
**160 W First North St**  
**Mesquite, NV 89027**  
**By Nathan McClure, MSW**

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

## 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	Weekly Schedule	Weekly Schedule
<b>Friday-Saturday</b>	5 AM - 6 PM	Weekly Schedule	Weekly schedule
<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>Clark County Resident</b>	\$35	\$35	\$45	\$75
<b>Non-Resident</b>	\$45	\$45	\$55	\$90
<b>Six Months</b>				
<b>Clark County Resident</b>	\$100	\$100	\$140	\$200
<b>Non-Resident</b>	\$155	\$155	\$185	\$275
<b>Annual</b>				
<b>Clark County 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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# Basketball Gyms Schedule

## Monday - Friday

**EFFECTIVE  
8/12/24**

Walking, Basketball & Classes 5:00am - 11:00am  
**Pickleball** 11:00am - 3:00pm  
 Walking, Basketball & Classes 3:00pm - Close

## Saturday

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

\*Recreation Center closes at 6:00pm on Friday and Saturday\*

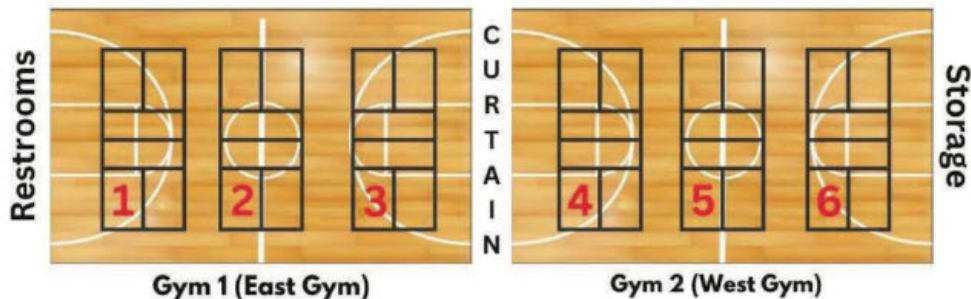
# Pickleball Schedule

## Monday - Friday

11:00am - 3:00pm	Courts #1	Novice & Easy Play
11:00am - 3:00pm	Courts #2-5	All Level Play
11:00am - 3:00pm	Court #6	Competitive

## Saturday

8:00am - 10:00am	Courts 1-6	Pickleball Lessons
10:00am - 12:00pm	Courts 1-6	All Level Play



During Pickleball League both gyms will be reserved  
**Tuesday & Thursday**  
**10:00am - 11:30am**



**HOLIDAY HOURS**  
**(5:00AM - 2:00PM)**  
**GYM 1 BASKETBALL**  
**GYM 2 PICKLEBALL**

# MARCH 15, 2025

## LET'S FIGHT CANCER TOGETHER

RAFFLES  
BASKETS  
50/50

MUSIC  
&  
SNACKS

### 2ND ANNUAL MARCH AGAINST CANCER MESQUITE NEVADA



### WARRIOR WOMEN OF MESQUITE NEVADA

WarriorWomenMesquiteNV@yahoo.com

A 501(c)3 Nonprofit Corporation

Register at the Mesquite Recreation Center, scan the QR code to the right, or register online at:

[https://mesquitenv.activityreg.com/selectactivity\\_t2.wcs](https://mesquitenv.activityreg.com/selectactivity_t2.wcs)

Pre-Registration closes February 28, 2025

Limited shirts available day of event.



The walk takes place at the Mesquite Recreation Center,  
100 W Old Mill Rd- West Field

Check-in 8:30-9am, Walk from 10-11am, ends at 12pm

Shirts must be picked up the day of the event. *This is a family friendly event.*



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Mesquite  
NV  
ATHLETICS & LEISURE SERVICES



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STEVE AND BECKY LAMIRAND**

**FOR INQUIRES  
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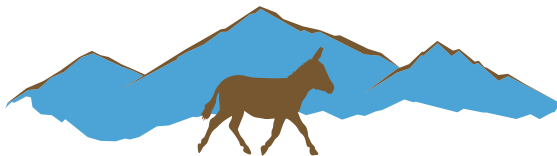
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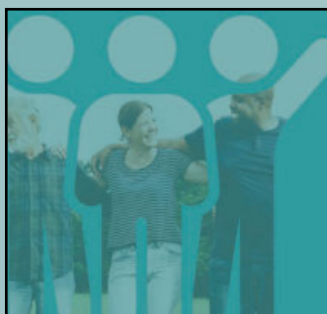
**Check our website for calendar  
of events and political news**

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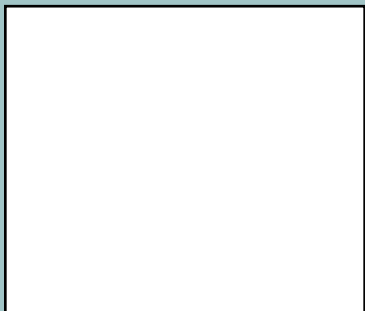
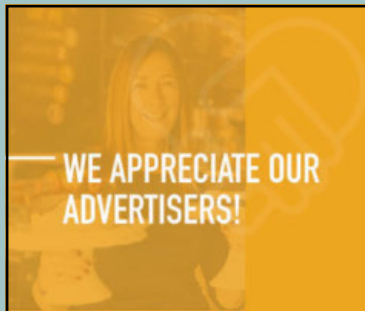
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# Message from the Mayor

As we welcome in a new year, new changes are coming to our city. We have a new city councilman. Congratulations to Kevin Parish, and I am pleased to be serving as your new mayor. We are also starting new projects within the city. Work has already begun on improvements to our parks and the bid for the addition to the justice facility has been approved and work should begin very soon. We also look forward to the construction of another new fire station in the near future.

Along with things happening within our city government we have exciting thing happening in our business community. Many new businesses have opened recently and there are even more in varies stages of the process of opening. Our Chamber of Commerce is thriving and continues to grow.

Our cultural community also continues to thrive and grow. In my short time in office, I've had the pleasure of attending the monthly Arts Council event, the Mesquite Toes review as well as the community theater's production of A Midnight Dreary. All of which featured amazing artists and performers.

The youth of the valley also continue to shine, through sports, the arts and academics our children are at the top. Our high school baseball and flag football teams are preparing to defend their state championships. Our band department recently put on a great winter concert and our high school and elementary thespians will soon be performing The Addams Family and The Lion king respectively.

There are so many worthwhile things happening in our great city, way too many to list in this short article. I encourage all of the citizens of Mesquite to get involved, whether that be as a supporter or a participant.

Again, it is a great honor to serve as your new mayor. I look forward to working with all of you to make our city the best possible place that we can make it.

**Jesse Whipple**  
**Mayor of Mesquite Nevada**



# 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  
7:00AM  
&  
10:00AM

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

**MESQUITE REC CENTER  
CONFERENCE ROOM  
100 W OLD MILL RD  
(702) 346-8732**

# THE VIRGIN VALLEY HONOR GUARD WANTS YOU!

BE A REPRESENTATIVE OF OUR ACTIVE COMMUNITY

THE HONOR GUARD POSTS COLORS FOR ACTIVITIES AND PROGRAMS AT THE COMMUNITY, STATE AND NATIONAL LEVELS

HONOR GUARD RESPONSIBILITIES INCLUDE:

- HONORING OUR NATION'S VETERANS AT CEMETERIES THROUGHOUT NEVADA & ARIZONA
- REPRESENT THE UNITED STATES OF AMERICA AT CHURCHES OF ALL DENOMINATIONS, AS REQUESTED.
- PARTICIPATE IN MEMORIALS AND FUNERALS, AS REQUESTED BY FAMILIES

\*MUST BE HONORABLY DISCHARGED FROM A U.S MILITARY BRANCH\*

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IF INTERESTED, PLEASE CONTACT ONE OF THE FOLLOWING

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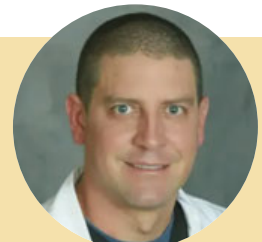


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City of Mesquite Parks & Recreation Guide, Mesquite, NV

D 4C 05-1104



Upcoming Blood Drives:

Red Cross  
January 10  
February 14  
March 28  
April 25  
May 23

Vitalant  
January 9  
February 6  
March 6  
April 3  
May 8

Mesquite Victim Services  
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702-346-5244  
victims.mesquitenv.gov

To donate blood register online  
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[www.redcrossblood.org](http://www.redcrossblood.org)  
[www.donors.vitalant.org](http://www.donors.vitalant.org)

AA Meetings

Everyday:  
9:00am, 12:00pm, and 6:30pm  
Women's Meetings:  
Friday & Sunday  
10:30am

150 N. Yucca St. (Room 35A)  
Mesquite NV, 89027

NA Meetings

Tuesday - Thursday:  
7:45pm

150 N. Yucca St. (Room 35A)  
Mesquite NV, 89027

