



2022

Mesquite
Nevada

NEWSLETTER


Life Long

2022 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-Dance Room)</p> <p><u>7:00-7:45 a.m.</u> Cardio Abs & Buns (Mary Jane - Gym)</p> <p>Water Aerobics (Chris)</p>	<p><u>7:00-7:45 a.m.</u> Core Conditioning (Mary Jane-Gym)</p> <p><u>7:45-8:45 a.m.</u> Level I Yoga (Terrie-Dance Room)</p>	<p><u>6:45-7:45 a.m.</u> Beg. Lvl I Yoga (Terrie-Dance Room)</p> <p><u>7:00-7:45 a.m.</u> Cardio Abs & Buns (Gym)</p> <p>Water Aerobics (Chris)</p>	<p><u>7:00-7:45a.m.</u> Core Conditioning (Mary Jane-Gym)</p> <p><u>8:00-8:45 a.m.</u> Level I Yoga (Terrie-Dance Room)</p> <p>Tabata (Chris)</p> <p>Step & Strength (Reenie-Karate Room)</p>	<p><u>6:45-7:30 a.m.</u> Beg. Lvl I Yoga (Terrie-Dance Room)</p> <p><u>7:00-7:45 a.m.</u> Cardio Abs & Buns (Mary Jane - Gym)</p> <p>Water Aerobics (Chris)</p>
<p><u>8:00-8:45</u> Water Aerobics (Chris)</p> <p>Beg. Strength & Core (Terrie-Dance Room)</p> <p>Total Body Sculpt (Ann Murphy-Gym)</p> <p>Beginning Step Aerobics (Reenie-Karate Room)</p>	<p><u>8:00-8:45</u> Aqua Stretch & Balance (Lee Ann)</p> <p>Zumba (Maria-Gym)</p> <p>Step Aerobics (Reenie-Karate Room)</p>	<p><u>8:00-8:45</u> Water Aerobics (Chris)</p> <p>Beg. Strength & Core (Terrie-Dance Room)</p> <p>Step & More Aerobics (Maria-Karate Room)</p> <p>Total Body Sculpt (Ann Murphy-Gym)</p>	<p><u>8:00-8:45</u> Aqua Stretch & Balance (Lee Ann)</p> <p>Zumba (Maria-Gym)</p> <p>Level I Yoga (Terrie-Karate Room)</p> <p>Pilates (Ann Murphy-Dance Room)</p>	<p><u>8:00-8:45</u> Water Aerobics (Chris)</p> <p>Beg. Strength & Core (Terrie-Dance Room)</p> <p>Step Aerobics (Reenie-Karate Room)</p> <p>Strength & More (Nicole-Gym)</p>
<p><u>9:00-9:45</u> Line Dance 1 (beginning) (Rebecca-Dance Room)</p> <p>Water Aerobics (Chris)</p> <p>Yoga (Ann Murphy-Karate room)</p> <p>Zumba (Nicole-Gym)</p> <p>Kickboxing Aerobics (Rosemary)</p>	<p><u>9:00-9:45</u> Tai-Chi (Elizabeth-Dance Room)</p> <p>Gentle/Chair Stretch Balance Yoga (Terrie-Karate Room)</p> <p>Water Aerobics (Chris)</p> <p>Kickboxing Aerobics (Rosemary-Racquetball Room)</p>	<p><u>9:00-9:45</u> Line Dance 1 (beginning) (Rebecca-Dance Room)</p> <p>Water Aerobics (Chris)</p> <p>Yoga (Ann Murphy-Karate room)</p> <p>Zumba (Gym)</p> <p><small>(Restorative yoga is on the 1st Wednesday of the month with Ann Murphy)</small></p>	<p><u>9:00-9:45</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-Racquetball Room)</p>	<p><u>9:00-9:45</u> Water Aerobics (Shirley)</p> <p>Meditation (Terrie-Karate Room)</p> <p>Zumba (Nicole-Gym)</p>
<p><u>10:00-10:45</u> Line Dance 2 (advanced) (Suzie Dance Room)</p> <p>Strength & More (Nicole-Gym)</p> <p>Foam Rolling Nicole</p>	<p><u>10:00-10:45</u> Jazz for Fun (Nancy - Dance Room)</p>	<p><u>10:00-10:45</u> Line Dance 2 (advanced) (Suzie Dance Room)</p> <p>Strength & More (Nicole-Gym)</p>	<p><u>10:00-10:45</u> Jazz for Fun (Nancy - Dance Room)</p>	<p><u>10:00-10:45</u> Foam Rolling (Nicole-Gym)</p>
<p><u>11:00</u> Beginner/Novice Tap (Nancy- Dance Room)</p>	<p><u>11:00</u> Intermediate Tap (Nancy - Dance Room)</p>	<p><u>11:00</u> Inter. Clogging Class (Pam - Dance Room)</p> <p>Foam Rolling (Nicole)</p>	<p><u>11:00-11:30</u> Basic Tap Dance Skills Seminar (Nancy - Dance Room)</p>	
<p><u>12 P.M.</u> Intermediate Clog- ging (Pam - Dance Room)</p>	<p><u>12:00 P.M.</u></p>	<p><u>12:00 P.M.</u> Beg. Clogging Class (Pam - Dance Room)</p>	<p><u>11:45am-12:15pm</u> Skills and Drills Seminar For (Nancy-Dance Room)</p>	

Fall Hours for The Mesquite Recreation Center Pools

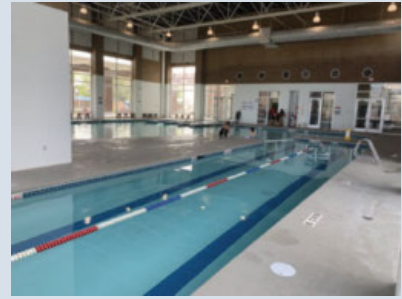
MESQUITE, NV (Leisure Services Dept.) – Fall operating hours for the City of Mesquite Recreation Center Indoor and Outdoor Pools Beginning August 9th.

The Indoor Pool Hours:

Monday – Saturday: 5:00 a.m. – 6:00 p.m.

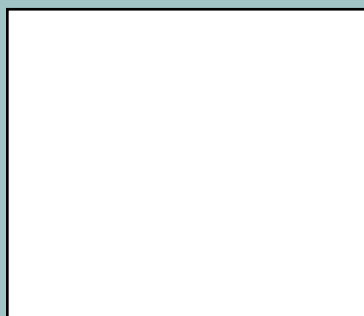
Sunday: CLOSED

(indoor and outdoor pool hours subject to change please follow us on Facebook for most updated hours)

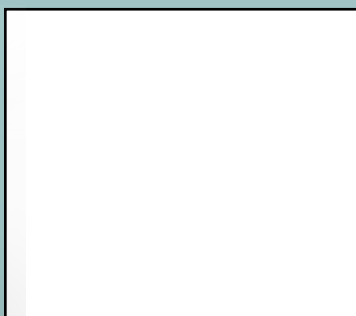


The Outdoor Pool Hours:

CLOSED UNTIL SPRING 2022



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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 street address within City of Mesquite, Nevada. **(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

SOCIAL MEDIA



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on social media!!***

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www.facebook.com/toughcountryFitness

www.facebook.com/gomesquitenv

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#themesquitelife

Introducing..

DONNA SCHORR!

If you've never done spinning, or indoor cycling, it's one of the most efficient ways to get your cardio in with no impact on your joints. It's very different than the standard stationary bike. The positioning ensures that your glutes will be working, not just your legs.

Key elements about an indoor cycling workout:

*There are 4 basic positions; 2 seated, 2 standing. The postural differences are substantial, so you are able to modify your workout based on your needs.

* Most classes ride for about 35-45 minutes with a good cool down and stretch at the end. Spending a few minutes working on your flexibility after a good ride is incredibly beneficial. Remember that for the entire ride we are flexed at the hip, knees, and spine, and all those muscles are shortening while we ride.

*Attire matters! Pants with flared bottoms can catch on the bike, so keep your tights form fitting, and choose pants without large bulky seams in the crotch area.

*Bring a hand towel and water to stay hydrated. Most importantly prepare to have fun, it's a big spin party!

Since the pandemic, many of us lost our high level of fitness for various reasons and may be starting over, so this is the best time to come in and ride! If it's your first time? No problem! Classes are for all levels.



Taught by Donna Schorr, ACE certified instructor since 1986, her background includes teaching Zumba, boot camp, spinning, yoga, and Stott Pilates. Donna has been teaching spinning since 2000 and loves to produce a high energy class, with great music, and WILL keep you on toes. Fun is the goal, fitness happens as a result of that fun. Donna is an educator in class, so be ready to learn. **Every day matters, this is not a dress rehearsal. This is your life.**

**THE BEST DAY TO
GET MOVING IS
YESTERDAY!**



Natalie Olson

500HR YTT, ADV HITT INST. , MASSAGE
THERAPIST, REIKI PRACTITIONER

About Me

Natalie is a 500 hr Adv certified yoga instructor and Adv certified HITT instructor since 2019. Her background includes teaching vinyasa yoga, hatha yoga, yin yoga and children's yoga classes. She also teaches circuit training, dumbbell, TRX and kettle bell classes. Natalie loves joining and leading classes through a journey of self expression, movement and health through many different modalities. While all of her classes are available for all levels of skill, she offers modifications and advancements of postures through out class to help personalize it for each individual's needs. Natalie loves to educate and encourage people to try new things. Come prepared to challenge yourself and grow on your mat each class.

Choose self care today...

JOIN US FOR CLASS

All Levels:

Mon: 5:15p

Wed: 7:00p

Kids Classes:

Thurs: (3-5year olds) 5:15p

(6-9year olds) 6:00p

WHAT TO BRING
TO CLASS:

- YOGA MAT
- WATER
- TOWEL

UNTAMED

Where?

150 N Yucca St Ste 5
Mesquite, NV

Y O G A

Phone Number

801.600.3203

YOGA FLOW

Tuesday & Thursday

Time: 9:30 a.m. / 7:00 p.m.

Fee: \$70/10 Classes (punch pass)

\$40/5 Classes (punch pass)

\$10 Drop-in

ALL LEVELS WELCOME!

By Nikki Owsley



- ◆ Sleep better
- ◆ Increase energy
- ◆ Improve posture
- ◆ Increase mobility
- ◆ Gain flexibility
- ◆ Weight management
- ◆ Learn to breathe
- ◆ Become Stronger
- ◆ Fine inner calmness
- ◆ Be a part of something

Class location: 150 N. Yucca St. Suite#25
Jimmie Hughes Campus

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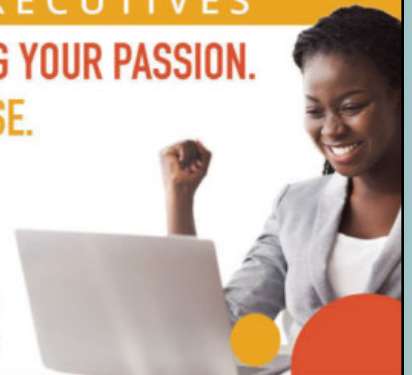
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City of Mesquite Parks & Recreation Guide, Mesquite, NV

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Kirsten Saterfield and
Lauren Lefler
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\$7 Drop-In
\$35 for a 6 punch pass
\$40 monthly for Rec Center Members
\$45 monthly for non-members



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Exercise More to Live Longer

By Anne Harding

NEW YORK (Reuters Health) - Following national recommendations for physical activity can lengthen your life, results of a study indicate.

In the study, people 50 to 71 years old who got at least 30 minutes of moderate physical activity at least five days a week -- as recommended in U.S. national guidelines -- were 27 percent less likely to die over the next six or seven years, Dr. Michael F. Leitzmann of the National Cancer Institute in Bethesda, Maryland and colleagues found.

People who engaged in 20 minutes of vigorous exercise at least three times a week cut their risk of death by 32 percent. Smaller amounts of physical exercise appeared to be associated with a 19 percent reduced risk of death.

"Our study really does lend support to the current physical activity recommendations," Leitzmann told Reuters Health. While past research has found longevity benefits for exercise, he noted, the current study is unique in that it looked at the effects of physical activity for several subgroups of the general population. And no matter what a person's body mass index, gender, ethnicity, education level or smoking status, exercise was equally beneficial.

"Physical activity will benefit practically everyone," Leitzmann said. "There's not any specific subgroup in which this association would not be operative."

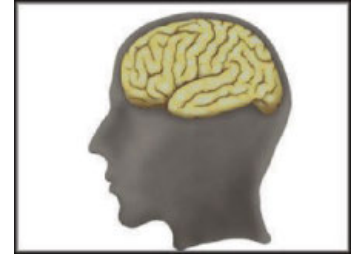
He and his colleagues looked at 252,925 men and women participating in the National Institutes of Health-AARP Diet and Health Study.



Mortality risk was most dramatically reduced when people were at least moderately active for a half hour at least five days a week, and engaged in vigorous activity, meaning exercise that increases heart and breathing rate or causes a person to break a sweat, at least three times a week for 20 minutes. On average, people who were this active were 50 percent less likely to die during follow-up than people who didn't get any exercise.

Even people who were moderately active but didn't meet recommendations for physical activity showed some benefit; they were 19 percent less likely to die during the study's follow-up period than sedentary individuals.

Mental Ability



We all know that physical activity does wonders for your heart, joint, bones muscles, and health in general. But, did you know that exercise has also been proven to boost your brain function?

A new study released last week demonstrates that as we age, regular workouts improve our mental performance and help prevent memory loss, dementia, Alzheimer's, and in general cognitive decline.

Research has shown that exercise increases blood flow and oxygen levels to the area of the brain that regulates memory. That process generates new growth and leads to improved brain function, which may be the reason why people who are physically active have faster mental reaction times than those who don't exercise.

People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.

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 2022, and the many new destinations it takes us.

–JV

HAPPY NEW YEAR!



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

Bebrave

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7:00-8:00 PM

\$10 per hour.

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Early Morning Blast

\$5 for non-member/Free to members!

Days: Mon/Wed/Fri

Time: 5:00a.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 3 or 4 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, jump roping and more.

Pickle Ball

Daily Fee/Free to members

Days: Mon/Wed (COMPETITIVE PLAY)

Time: 11:30 a.m. – 1:30 p.m.

Days: Mon/Wed (BEGINNER/EASY PLAY)

Time: 1:30 p.m.—3:30 p.m.

Days: Tues/Thur/Fri (ALL LEVEL PLAY)

Time: 11:30 a.m. – 3:30 p.m.



Pickle Ball Instructions:

Today Pickle-ball® is played all over the world—through community groups, PE classes, YMCA, retirement communities and more. According to a recent article there are more than 2,000,000 people playing Pickle-ball® in the US alone, and the game is growing exponentially.

Location: Mesquite Recreation Center

Spin Classes

A.M. Class

Day: Mon/Wed./Fri

Time: 7:45 A.M.

Fee: \$50 12/punch card (\$5 drop-in)

Location: 150 N. Yucca St. Suite #10

Instructor: Allan Litman

P.M. Class

Day: Mon/Tues/Wed/Thurs

Time: 5:30 P.M.

Fee: \$20.00 / Monthly (\$5 drop-in)

Location: 150 N. Yucca St. Suite #10

Instructor: Gina Sandoval

Spinning is a group experience on specially designed stationary bicycles -unlike any other. The intensity of the workout is regulated by the amount of resistance you apply to the flywheel of the Spin bicycle.

Although Spinning has a group exercise format and is set to music, participants have the freedom to make their workout as challenging as they want. Everyone is encouraged to ride at their own pace and enjoy the journey. Spinning is a fantastic cardiovascular exercise, training aerobically without undue stress to the joints. Enjoy a fun challenging hour of fitness.



Canned Food

Stop by the Mesquite Recreation Center and drop off any canned foods for our food drive.



Mesquite Rec.



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Trainer: Jeremiah Garcia

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Speaker: Joey Gilbert for Nevada Governor.
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Website: www.mesquitenvrepublicanwomen.org/





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Annual
Fundraiser

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Denim & Diamonds Dinner

Music and Dance

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**STUDENTS
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**DROP-IN (INCLUDE ALL CLASSES)
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THE HISTORICAL GYM (51 1ST NORTH ST.)
Mesquite NV

CLASS SCHEDULE:

MONDAY

5AM, 5:45AM, 7AM, 9:30AM, 5:30PM

TUESDAY

5AM, 5:45AM, 7AM, 9:30AM, 5:30PM

WEDNESDAY

5AM, 5:45AM, 7AM, 9:30AM, 5:30PM

THURSDAY

5AM, 5:45AM, 7AM, 9:30AM, 5:30PM

FRIDAY

5AM, 5:45AM, 7AM, 9:30AM

SATURDAY

7AM

**(KIDS ALLOWED AT THE
9:30 AM CLASS ONLY)**

Come join TCF and take your fitness to the next level. Each class has a certified trainer who will scale, modify, and help you achieve your individual goals.

Each class focuses on the 10 elements fitness: Agility, Balance, Coordination, Balance Cardiovascular, Endurance, Flexibility, Power Speed, Strength, & Stamina.

FOR MORE INFORMATION PLEASE CONTACT THE MESQUITE RECREATION

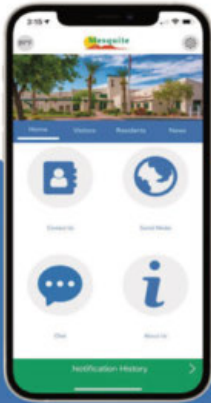
Senior Center Lunch Menu

JANUARY 2022

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Roast Pork Gravy Red Potatoes Broccoli Peas & Carrots Banana	Chicken Alfredo Pasta Carrots Green Beans Garlic Bread Tropical Fruit	Stuffed Cabbage Noodles Mixed Vegetables WW Bread Apple Crisp	Poppy Seed Chicken Rice Salad w/Ranch Dressing Green Beans Peaches	Shepherds Pie Fresh Spinach Italian Dressing Apricot Bran Muffin Fruit
10	11	12	13	14
Chicken Fried Steak Mashed Potatoes Gravy Green Beans Corn Peaches	Swedish Meatballs Rice Broccoli & Cauliflower Tropical Fruit WW Roll Jell-O Salad	Cilantro Lime Tilapia Rice Capri Vegetables WW Roll Mandarin Oranges	South West BBQ Chicken Burger Baked Beans Carrots Pineapple	Steak Strips Smothered in Onions Butternut Squash Dinner Roll Green Beans Mixed Green Salad w/Italian Dressing Pears
17	18	19	20	21
CLOSED Observance of Martin Luther King Jr. Day	Sweet n' Sour Pork Vegetable Egg Roll Rice Broccoli Banana	Honey Lemon Chicken Garlic & Red Pepper Penne, WW Roll Brussels Sprouts Salad w/Italian Dressing Grapes	Pepper Steak Mashed Sweet Potato Green Bean & Mushrooms Oatmeal Muffin Pears	Baked Yogurt Chicken Herb Potatoes Salad w/Italian Dressing Bean Combo Peaches
24	25	26	27	29
Navajo Taco Spanish Rice Ranch Style Beans Mexi-corn Fruit Cocktail	Herb Pork Chop Mashed Potatoes Gravy Peas & Onions Peaches	Breaded Pollock Parsley Potatoes Green Beans Coleslaw Apricot Crisp	Meatloaf Mashed Potatoes Gravy Corn Lima Beans WW Roll Pineapple	Chicken Broccoli Rice Beet Salad Apricot Bran Muffin Fruit
31				
Chicken Chili Verde Spanish Rice Beans Tortilla Mexi-corn Fruit cocktail				
NUTRITION PROGRAM Lunch is served from 11 a.m. - 12:30 p.m. • Monday through Friday (except holidays) • A \$3.50 donation is suggested for 60 years and older. • \$5.00 fee for 59 and under. • To inquire about Homebound delivery call 346-5290. <i>Please Note: Menu is subject to change without notice.</i>			Available Milk, Coffee, Tea, Lemonade (Additional Milks--50¢ ea.) Food Allergy Notice Food items may contain these or other allergy causing ingredients: Nuts, Milk, Eggs, Wheat, Soybeans, Pea- nuts, Fish, and Shellfish	

Senior Center



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Upcoming Blood Drives:

Red Cross:
January 13th
February 4th
March 4th

Vitalant:
January 27th
March 31st
May 19th



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AA Meetings

Meetings Every day

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
Mesquite NV, 89027



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Mesquite NV Recreation

