

## Fitness Floor Forum

### Making Health a Priority

How to make health a priority is a big question! The never-ending demands of day-to-day life cloud the big picture, but focusing on what you can do daily to improve your health is the key to success.

The first thing that needs to happen is moving your personal health and well-being towards the top of your priority list; this can be the biggest challenge of them all! Understanding that all the medications you take for health reasons just control the issue, they don't address the underlying cause of the symptoms. Many conditions, such as back and neck pain, stress, depression, and obesity are easier and cheaper to prevent than to treat.

Simple lifestyle behaviors, such as regular exercise, a healthy diet, plenty of sleep and stress management can prevent, post-pone or improve chronic diseases. So, go for a walk, eat an apple, turn off the TV and breathe deep—these things will make you feel better immediately! Then string a few days like this together and you're on your way! Applying the same dedication and energy to taking care of yourself as you do to other important areas of your life shouldn't be too difficult—if you make yourself a top priority!

To your health, *Tracy*

Tracy DeBerge, Fitness Coordinator, 623-773-8622  
tracy.deberge@peoriaaz.gov

### FREE Pass Holder Group Exercise classes

**Mondays**—Step, Pilates, Core Strength, Yoga, Cycle Fit

**Tuesdays**—Kickbox, Strength 101, Yoga, Bootcamp

**Wednesdays**—Aerobics & Ball, Pilates, Step, Cycle Fit

**Thursdays**—Kickbox, Cardio Sculpt, Yoga

**Fridays**—Pilates, Bootcamp

**Saturdays**—Pilates, Cardio Sculpt

SilverSneakers® classes, too! See schedule for times.

**Pick up your copy at the front desk.**

### Fitness Center News

★ **Free monthly lectures taught Rio Vista Personal Trainers! Watch for topics as they are posted.**

★ **Summer Sizzle is on its way—coming in June!**

★ **Nutritional Counseling coming soon! Watch for details.**

★ **L.E.A.N Teens-Lifestyle, Exercise & Nutrition—Summer fitness program for teens—pick up flyer after May 1st.**

## Special Interest Classes

The City of Peoria Community Services Department offers over 150 Special Interest classes for all ages. To view and register for classes please visit:

[www.PeoriaAz.gov/Classes](http://www.PeoriaAz.gov/Classes)

Check out upcoming classes at Rio Vista:  
(Prices reflect Peoria resident discount)

### Pre-School Classes

**Steppin Out— Parent-Tot Tumble Time** Mon 4/19; 2-4 yrs  
9:30am-10:15am \$52 (6 classes)

**Steppin Out—Tiny Tot Tumbling** Mon 4/19; 3-4 yrs 10:30am-11:15am \$52 6 wks

**Steppin Out—We Can Dance TWO's** Mon 4/19; 2 yrs  
11:30am-12:15pm \$52 (6 classes)

### Youth/Teen Classes

**Childcare & Babysitting Safety** Sat 5/01; 10-14 yrs 9:00am-1:00pm \$43 (1 class)

**Learn the "New" CPR—CCC/AED Training** Sat 4/17; 12+  
10:00am-11:30am Free 1 class

**Learn the "New" CPR—CCC/AED Training** Sat 5/08; 12+  
10:00am-11:30am Free 1 class

**Mad Science—Hair-Raising Fun w/Electricity & Sound**  
Sat 4/24; 7-12 yrs 1:00pm-4:00pm \$35 1 class

### Adult Classes

**Solar Power 101—Energy Self-Sufficiency** Sat 4/3; 18+  
1:00pm-2:30pm \$15 1 class

**Instant Guitar for Busy People** Tue 4/27; 18+ 6:30pm-9:00pm \$54 1 class

## Teens

### Skate Events:

**PHX AM - April 10<sup>th</sup> & 11<sup>th</sup>**  
**Concrete Rodeo - May 1<sup>st</sup>**  
**Wild in the Parks - May 22<sup>nd</sup>**



**Junior High Dances** (ages 11-14) **6:30 - 9:00pm**



**Friday, June 4<sup>th</sup>**  
**(no dodgeball dance nights)**

**Coming Summer 2010 to a High School near you!**



2010 Step OUT sites will be located at Peoria, Centennial and Sunrise Mountain High Schools. For students entering 6<sup>th</sup> through 9<sup>th</sup> grade. Activities include gym games, arts and crafts and lots of trips. Trips are not included in the registration price.  
**\* Mon. - Fri. \* 8:00am-2:30pm \***

**Registration Fee:**  
**Resident \$60 Non-Resident \$90**

Look for more information in the summer brochure or log on to [www.peoriaaz.gov/teenteam](http://www.peoriaaz.gov/teenteam).



## Community Partners

**Rio Vista Recreation Center is fortunate to partner with some outstanding local businesses. The Center would like to thank the following partners for their year-round sponsorship:**



Banner Boswell  
Medical Center



www.cuwest.org  
602.631.3200



Maria

Casebeer, Agent

b. 623.412.2770

c. 602.741.5905



14155 N. 83rd Ave, Bldg. H,  
Suite 148 Peoria, AZ 85381  
623-487-8598

**Rio Vista would like to thank the following partners for their sponsorships last winter:**

**Bill Wallace (Realtor) - (623) 363-4663**

**Wazee's World Laser Zone - (623) 972-2667**

**Polar Ice - Peoria - (623) 334-1200**

**Theater Works - (623) 815-7930**

**Phoenix Zoo - (602) 273-1341**

**Phoenix Art Museum - (602) 257-1222**

**Hollywood Video (91st & Union Hills)—(623) 974-9665**

**Skate Zone - (623) 925-0179**

**Buca Di Beppo - Arrowhead - (623) 412-9463**

**For sponsorship and advertising opportunities**

**call Jackie Stanley at 623-773-8626**

**Did you know that every taxable dollar spent in Peoria helps our city?**

Sales tax generated here helps pay for things you count on, like police officers, fire fighters, parks, libraries, street maintenance and recreation programs.

**Keep it local.**

**PEORIAfirst**  
www.peoriaazfirst.com

**United States Census 2010** **It's in our hands.**  
<http://2010.census.gov>



**Taking community wellness to the next level!**



**Rio Vista Recreation Center**  
**8866-A W. Thunderbird Rd.**  
**Peoria, AZ 85381**  
Phone: 623-773-8600  
Website:

[www.peoriaaz.gov/riovista](http://www.peoriaaz.gov/riovista)



## Welcome

The City of Peoria's Rio Vista Recreation Center opened its doors in September 2007. Its mission is to provide year-round opportunities for fun and fitness in a family friendly environment. The facility offers a variety of reasonable pass fees, rental space for any occasion, state-of-the-art-equipment and beautiful views of the surrounding park.

## General Information

### Hours of Operation:

**Monday – Friday** 6:00am – 10:00pm  
**Saturday** 8:00am – 10:00pm  
**Sunday** 12:00pm – 8:00pm

visit [www.peoriaaz.gov/riovista](http://www.peoriaaz.gov/riovista) for holiday hours.

- The center is closed on Easter
- Open on Memorial Day and July 4th

## Amenities

### Fitness Area

- Cardio machines
- Free weights
- Strength training equipment
- Group exercise classes



### Walking Track

### Climbing & Bouldering Walls

### Gymnasium

- Basketball
- Volleyball
- Badminton



### Game Room

### Child Watch Area

### Racquetball Courts

## Did you know...

The center has Rental Space for up to 300 people is available throughout the year. The Lakeview room can accommodate banquets, weddings, business meetings and more. Call the center at 623-773-8600 to discuss availability.



Rio Vista will be offering **Birthday Party Packages** after April 15th, stop by the front desk for information.45



## 2010 Kids Fitness



### OTC Kids' Club

The Off the Couch Kids' Club is a Free Program for Rio Vista Pass Holders ages **8-12 years**.

### Weekly Class Schedule:

Monday	Jump Roping Clinic	4:00-5:00pm
Tuesday	Yoga	5:30-6:30pm
Wednesday	Kickboxing	5:30-6:30pm
Thursday	Jammin' in the Gym	5:00-6:00pm
Friday	Meet at the Rock	5:00-6:30pm
Saturday	Parent/Kid Yoga*	11:00-12:00pm

\* Now open to ages 5 & older with parent

### Special Events:

**Kickball Tournament**  
Saturday, April 10th

**OTC Pool Party**  
Friday, July 30th

### Free Racquetball Lessons

(up to 8 kids per day)  
**May 22nd and June 26th -**  
**1:30 – 3:00 p.m.**  
 OTC members can sign up for one of the 2 dates.

### Swim your way to fitness

OTC members can receive punches at any of the Peoria Pools. Present your punch card at check-in.

### OTC Orientation Schedule

Wednesdays at 7:00pm OR Sundays at 3:00pm  
 An orientation is **required** before participating in OTC activities/events.

### Be Fit Bingo

Friday, August 27th -  
 5:00 – 8:00 p.m.

## Upcoming Events

### Reel Fun Fishing at Rio Vista



**Saturday, April 17th**  
**8:00 am – 12:00 pm**



Bring the whole family for a "reel" fun day of family fishing!

- Enjoy a hands on fishing clinic
- Rods, tackle and bait will be provided or bring your own
- No fishing license required
- Get friendly with reptiles from the **Phoenix Herpetological Society**
- Play games and practice casting
- Win raffle prizes!

**\$4 per person**  
 Includes Continental Breakfast

**Pre-registration is required, please call 623-773-8600 or register online, course # 58488**



## Ongoing Programs

In partnership with Banner Boswell:

### FREE Blood Pressure checks in the lobby

**1st Wednesday** of each month - 5:30-7:00pm  
**2nd Monday** of each month - 8:00-9:30am

### Lifestyle Enrichment Series

FREE seminars on health related topics.

Pre-registration required. See flyers at the front desk.

**Wednesday, April 21st at 10:00 a.m.**

**"Getting to Know Your Heart"**

**Tuesday, May 11th at 10:00 a.m.**

**"Living With Arthritis"**

**Saturday, June 5th at 10:00 a.m.**

**"Understanding Food Labels & Health Claims in Nutritional Marketing"**

### Dodgeball Tournaments FREE with pass

**Redband (9-12) Saturdays, 2:30-4:30pm**

Come alone or bring your friends.

Great activity for Birthday Parties! Prizes each week for the winning team.

**Teens (13-17) Fridays, 7:30-9:30pm**

Teams chosen at random, prizes each week.  
 (No Teen Dodgeball on June 4th.)

### Racquetball Challenge Court

Sundays 4pm-8pm Drop-in on Court 2

### Partners in Weight Loss and Wellness

Presented by Dr. Melanie Dias-Zair of Lake Pleasant Chiropractic: A Creating Wellness Center

Quarterly Seminars - Pre-Registration requested  
**May 5th - "My hormones are driving me CRAZY!"**  
 Understanding the role of hormones in weight loss and how to take the first basic steps in balancing them.

Pre-register at the front desk or by calling 623-773-8600.

### Parents' Night Out Ages: 3 – 10\*

**Next Dates: April 17, May 15 & June 19**  
**5:30 – 9:30 p.m.**



Parents, one Saturday a month, it's all about YOU! Drop the kids off at the Center while you have a night out or a quiet evening at home. Kids will enjoy a pizza dinner, games, movies, crafts and more. \*children must be fully potty trained

**Cost:** \$10.00 per child for RVRC pass holders, siblings \$5.00 each and \$15.00 per child for non-pass holders

**Minimum # of registrations required.**

Please register at least three days prior to the date.

**Registration Limited!**

## Summer is coming...



Come in from the heat and play!

Free Summer Passes



Through the generous support of the Anthony Holly Foundation, Rio Vista Recreation Center will offer up to 100 free summer passes for youth ages 13-17!

Free summer passes for youth ages 13 – 17! Rio Vista Recreation Center will begin taking applications for up to 100 free summer passes for youth who have a financial hardship. This is offered through the generous sponsorship of the Anthony Holly Foundation. Applications and information will be available by April 1, 2010 at the center and on the center's website at [www.peoriaaz.gov/riovista](http://www.peoriaaz.gov/riovista).

### 2010 Summer Snapshot

- ★ **Teen Fit Challenge** - Look for flyer after May 1st
- ★ **Rio Teens - Summer Volunteer Program** - Applications available online for Ages 14+ Pass holders and returning volunteers apply April 1, all others may apply May 1–15.
- ★ **Group Exercise Schedule Changes for June - July**
- ★ **Weekday Activities: May 24–Aug 6**  
 Movies, Wallyball, Games + More! Spend an afternoon at Rio and bring your lunch or you can order pizza every Tuesday.

### Summer Walk Programs - May 1 - Sept. 1, 2010

**STEP into Summer** - Teens & Adults

**ATTACK the Track** - youth ages 8-12

Register beginning May 1 - Raffle Prizes include free 6 month pass and more.

### "Spring" into Summer Recreation Expo

**Saturday, May 22nd from 11am – 2pm**

Thinking of summer? Then join us to learn about all the fun that Rio Vista and Westside Businesses have to offer kids, adults, seniors and families this summer! Watch for event flyer at the front desk.

## SilverSneakers



SilverSneakers provides **free** annual passes for those enrolled in participating Medicare health plans. Weekly classes, events and incentive programs are offered throughout the year. Stop by or call the front desk to see if your insurance plan participates. Staying fit has never been so fun!!!

### April - Arizona Broadway Theater

The Theater has given us 70 pairs of tickets to a variety of upcoming shows in 2010. One pair per person while they last. Shows include "Alice in Wonderland", "Foot Loose", "I Love You, You're Perfect Now Change", and "Lend me a Tenor". Tickets are for shows only, dinner is not included.

**May - TBA & June - TBA**