

Rio Vista Roundup

Taking Community Wellness
to the Next Level!

April - June 2012



A newsletter for the City of Peoria's Rio Vista Recreation Center 8866-A W. Thunderbird Rd. Peoria, AZ 85381
Located inside the Rio Vista Park - Phone: 623-773-8600 www.peoriaaz.gov/riovista



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, fitness classes, equipment, and beautiful views of the surrounding park.

Summer Fitness for Kids - Program flyers available after May 1st

L.E.A.N. Teens Ages 12 - 17 Orientation: Friday, June 1, 2012 6-7:30pm

Lifestyle, Exercise And Nutrition for Teens. This program is designed to get young teens active and healthy through regular exercise requirements, nutritional counseling and a weekly group class. Includes one-on-one time with a certified Rio Vista Personal Trainer and an evaluation of a 3-day food diary by a certified Nutritional Counselor.

Fitness Adventure Camp Ages 8 - 12 Tue & Fri begins 6/12

Fitness fun for the younger crowd! Move and groove with various physical activities for kids!

Off The Couch Fit Club Ages 8 - 12

Co-Sponsored by Universal Athletic (623)878-1900

The *O.T.C. Fit Club* is designed to provide 60-minutes of physical activity for kids ages 8-12. A wide variety of classes and activities are offered throughout the year. **OTC membership is free with a RVRC pass.** Kids are required to take a one-time orientation held every Wednesday @ 6:30pm through May 30th. Effective June 5th, orientation will be held every Tuesday @ 6:30pm.



APRIL	MAY	JUNE
PARENTS VS. KIDS DODGEBALL	WACKY KICKBALL	FAMILY GAME NIGHT
4/21/2012	5/19/2012	6/16/2012
5:00 PM	4:00 PM	7:00 PM

We want to hear from you...

Comment cards are located at the front desk. **Each Comment is Important.** Comments are evaluated with great care by the Rio Vista Recreation Center Staff and Advisory Council.



Like us TODAY!
Peoria Recreation is now on Facebook!

Official SilverSneakers Site!



2012 Prize/Event Sponsors:



GOURMET FROZEN YOGURT
83rd & T-bird Rd.
623-334-6733



St. Joseph's Medical Group
Peoria North
A member of CHW
602-406-1200



Meets every Sunday
at Rio Vista



We Didn't Invent The Chicken,
Just The Chicken Sandwich.
623-878-0885

Spotlight on.... RVRC's Kid's Corner (Ages 18 months- 7 years old)

Rio Vista Recreation Center's Kid's Corner provides both structured and un-structured play to allow your child(ren) to interact with others through a variety of different activities while you workout. Activities for the children include: Arts and Crafts, Board Games, Computer and Video Games, Movies, LEGOS, Assorted Toys, and Group Games.



NEW UNLIMITED PLANS AVAILABLE

Unlimited 30 Day Single Child	\$18.75
Unlimited 30 Day Family (up to 3 children)	\$28.00
Unlimited Annual Single Child	\$180.00
Unlimited Annual Family (up to 3 children)	\$240.00

Single visit price \$3. 12 & 24 Punch Passes available at the front desk.

2012 Summer Walking Programs...

June 1st—August 31st Beat the heat and walk for fitness on the Center's Walking Track. Prize drawing each month throughout the summer. Ages 8 and older. Register beginning June 1st.

Sundae Family Bingo

~Ice Cream ~Fun ~Prizes ~Sprinkles ~BINGO~

Sunday, June 17th, from 2-4 pm at RVRC.

Test your luck with B-I-N-G-O! Join us for this great family event and make your own ice cream sundaes! Play Bingo and win great prizes and socialize with friends and family. For families with children ages 6 and older. Admission is \$4 per person.



Fitness Floor News

Tracy DeBerge, MS

Rio Vista Fitness Coordinator

Fitness Tip

New US Government Food Pyramid



Last year the US government unveiled a revised version of the food pyramid with the hopes of making it easier to eat healthier and make wiser food choices with a simpler visual. If you haven't checked it out, visit the website and get some free, quality advice on portion sizing, tracking calories, weight management, physical activity logs, etc. There are print outs and pages for kids, too! Visit the website at

www.choosemyplate.gov.

Affordable Personal Training & Nutritional Counseling



Rio Vista Recreation Center offers you experienced and certified Personal Trainers and Nutritional Counselors who can guide you toward your goals! The Center offers training and counseling options at a very low cost.

Did you know...



The center has small or large rental space for up to 300 people. The rooms can accommodate banquets, wedding ceremonies, receptions, meetings and much more!

Call the center at 623-773-8600 to discuss availability.



Rio Vista also offers **Birthday Party Packages!** Stop by the Front Desk for info.

Need a quick, but intense workout? Try the **ABSOLUTE POWER** classes on Mondays and Thursdays from 5:00-5:30pm

Summer Volunteer Program

Accepting Applications:

April 1st-30th for Rio Vista Pass Holders

April 15th-30th for Non Pass Holders

Limited Space Available

**Must be age 14 by July 30, 2012 **



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

Bill Wallace - Realtor - (623) 363-4663

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

Theater Works - (623) 815-7930

The Arizona Game and Fish - www.azgfd.gov

Cabela's - www.cabelas.com



83rd & T-bird Rd.
623-242-8826



UNIVERSAL
ATHLETIC

14131 N. Rio Vista Blvd.
623-878-1900



623-776-8400



Banner Boswell
Medical Center