

## Fitness Floor Forum

### Water—It Does A Body Good

Did you know that your body is made up of almost 60% water? **Having enough daily fluid intake is vital to good body function;** add exercise to the mix and you'll need to bump up the amount! The dangers of dehydration manifest themselves tenfold when we exercise because dehydration reduces the body's ability to get rid of excess heat—this can lead to heat exhaustion or heat stroke. But there's also another good reason to keep pounding those fluids—**drinking water can help you lose fat!**

A hydrated body works best and allows all the organs to do their job, when the body becomes dehydrated it can cause the kidneys to "malfunction". If the kidneys are not working at full capacity, then the liver starts to take over the detoxing duties; the problem is that the liver's job is to metabolize fat. Can you see it coming? If the liver cannot do its job of metabolizing fat (fat in the body is not a life-threatening issue so nothing takes that job on) then excess fat is stored instead of being broken down and excreted.

So, physiologically, drinking water can help you lose fat! Of course, you've also got to watch your caloric intake and expenditure! So, drink water to keep cool AND enjoy the bonus of helping with some extra fat loss!

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, Kickbox, Yoga, Cycle

Tuesdays—Kickbox, Strength 101, Yoga, Bootcamp

Wednesdays—Aerobics & Ball, Pilates, HIT, Step, Cycle

Thursdays— 20/20/20, Cardio Sculpt, Yoga, Cycle

Fridays—Pilates, Bootcamp

Saturdays—Pilates, Cardio Sculpt

SilverSneakers® classes, too! See schedule for times.

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

**\*\* New Schedule will be effective 9/1/10 \*\***

### Fitness Center News

★ **Nutritional Counseling available July 15th!**  
Pick up an interest form at the Front Desk!

★ **Racquetball lessons are here! Single or 5-pack lessons available, see the Front Desk.**

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

★ **Watch for the new Fall into Fitness incentive in September—get points for being active and cash them in for prizes!**

## Special Interest Classes

"Have fun and learn a new skill! Peoria's Special Interest Class program has something for everyone! Over 125 recreational and personal development-oriented classes are offered every quarter for preschool-age children, youth, and adults! Check out our classes online at [www.PeoriaAz.gov/Classes](http://www.PeoriaAz.gov/Classes) or call 623.773.8600 for more information!"

**Check out upcoming classes at Rio Vista:**

### Adult Classes

#### The Organized Parent - Tame the Clutter!

7/17/2010 Sat; 1 class; 10:00am -12:00pm; \$22 Peoria Residents/\$29 Non-Residents

#### Understanding Estate Planning, Trusts, and Charitable Giving

7/21/2010; Wed; 1 class; 6:30pm - 8:30pm; \$20 Peoria Residents/\$27 Non-Residents

#### Tai Chi - Basic

8/27/2010; Fri; 10 wks; 7:30pm - 8:30pm; \$60 Peoria Residents/\$67 Non-Residents

#### Tai Chi - Advanced

9/10/2010; Fri; 6wks; 6:30pm - 7:20pm; \$36 Peoria Residents/\$43 Non-Residents

#### Learn Italian!

9/15/2010; Weds; 8wks; 6:00pm - 7:20pm; \$79 Peoria Residents/\$86 Non-Residents

#### Waltz for Beginners

9/13/2010; Mon; 6wks; 6:15pm - 7:30pm; \$58 Peoria Residents/\$65 Non-Residents

## Teens

### Skate Events:

**Arizona Skatepark Tour** - Come Skate the Flagstaff area skateparks and escape the heat.  
**Monday - September 6, 2010**  
**Cost:**\$15. **Time:** TBD

### Junior High Dances (ages 11-14)

**Fridays -- July 9, August 6, September 3**  
No registration required, just show up and pay at the door. Cold beverages and snacks are sold.

**Time:** 6:30-9:00pm

**Location:** Rio Vista Recreation Center

**Cost:** \$3 for Rio Vista pass holders; \$4 for non-pass holders (no dodgeball dance nights)

### Lunch Box Program

The Teen T.E.A.M. Lunch Box program will be hitting Peoria, Centennial, and Sunrise Mountain High Schools once a week during lunch time with hit music, entertainment and activities to break the daily classroom routine.

If it's happening – it's on the **Teen TEAM** webpage [www.peoriaaz.gov/teenteam](http://www.peoriaaz.gov/teenteam). Bookmark this site and go back to it often for updates, opportunities and events.

### Youth Advisory Board

Nineteen local youth advise the City Council, through the City Manager, on recreation programs, events, ordinances and proposals pertaining to youth within our community. Representatives, appointed by City Council, from all areas of the City come from local, charter and private schools. Teens interested in the Youth Advisory Board should contact the City Clerk's office at 623-773-7340 or Teen Services at 623-773-8627 to request an application.



## 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:



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 spring:

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  
AMF - Peoria Lanes - (623) 486-1496  
Brunswick - 59th and Bell - <http://bowlbrunswick.com>  
Peoria Police and Fire Depts. - [www.peoriaaz.gov](http://www.peoriaaz.gov)  
Peoria Water Conservation - [www.peoriaaz.gov](http://www.peoriaaz.gov)  
Heroshot Wall Graphics - (602) 622-0930  
[HeroShotWallGraphics.com](http://HeroShotWallGraphics.com)  
Jamba Juice 7369 W. Bell Rd - (623) 486-1400  
Mr. Goodcents 8940 W Bell Road - (623) 977-2120  
Filiberto's Mexican Food - (623) 878-6939  
All Nations Church meets at Rio Vista every Sunday.  
Jake's Auto Repair Service - (623) 878-5801  
The Arizona Game and Fish - [azgfd.gov](http://azgfd.gov)  
Cabela's - [www.cabelas.com](http://www.cabelas.com)  
The Phoenix Herpetological Society - [phoenixherp.com](http://phoenixherp.com)  
Campbell Mercantile - [campbellscountystore.com](http://campbellscountystore.com)

**For sponsorship and advertising opportunities**

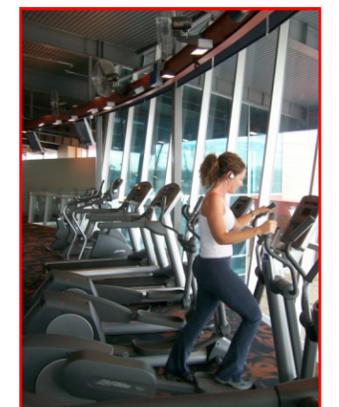
call Jackie Stanley at 623-773-8626

**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.



**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.

- Open on Labor Day regular hours
- July 4th - 12:00 - 5:00pm

## 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. The rooms can accommodate banquets, wedding ceremonies/receptions, meetings and more.

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



Rio Vista offers **Birthday Party Packages** stop by the front desk for information.



## 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	Circuit Training	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

### O.T.C. Special Events:

O.T.C. Members only

Pre-registration Required. Space Limited.

### OTC Pool Party Friday, July 30th

Sunrise Mountain Pool

5:00 – 7:00 p.m.

Dinner provided. Cost: \$2.00

### Be Fit Bingo Friday, August 27th

5:00 – 8:00 p.m.

Bingo games with prizes and fun fitness activities. Dinner provided. Cost: \$2.00 at the door.

### Free Racquetball Lessons (up to 8 kids)

Saturday, Sept. 11<sup>th</sup> 1:30 – 3:00 p.m.

OTC Members ONLY.

### 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 2:00pm

An orientation is required before participating in OTC activities/events.

## Upcoming Events

### "Casting" the Night Away

Friday, September 10th, 2010  
 \$5 per person

The clinic, co-sponsored by the Arizona Game and Fish Department and Cabela's will start at 5:30 pm at the Rio Vista Recreation Center. Rods, tackle, and bait provided or bring your own; no fishing license required.

Please dress appropriately for this outdoor adventure.

Door Prizes will be drawn; Geared for families with kids 8 and older.

Pre-registration is encouraged as space is limited. Call 623-773-8600 or stop the front desk to register. For more information, call Sarah Loerzel, (623) 773-8618.

## 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. Call 602-230-2273.

### No July Seminar

Saturday, August 21 at 10 a.m.

"Healthy Back to School Eating" with Jaime Palenque, Executive Chef, Culinary and Nutrition Services, Banner Thunderbird Medical Center.

Thursday, Sept. 2 at 10 a.m.

"Incorporating More Fruits and Veggies into Your Diet" with a dietitian from Banner Boswell Medical Center. Learn how to integrate more fruits and vegetables into your diet, why it's important for your overall health and take home some new recipes to try out.

Tuesday, Oct. 5 at 10 a.m.

"What You Know and What You Don't Know About Poison" with Ann-Marie Krueger MPH, CPH, Banner Good Samaritan Poison and Drug Information Center. Learn about the services offered at the poison center, how you can use the free information center and how it can help you 24-hours a day. Also learn about what is and isn't a poison and who gets poisoned most.

### Parents' Night Out Ages: 3 – 10\*

Next Dates: July 17, Aug. 20 & Sept 18

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!

### 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

Wed. August 4th @ 6:30-7:30pm

"Making Smart Choices"

Uncovering the threats of fast food and environmental toxins on your health.

Pre-register at the front desk or call 623-773-8600

### A BIG THANK YOU!!!

The Center has relied on a great group of teen volunteers throughout the summer! Thanks for all your efforts!

## Teen Skin Care Class



Saturday, July 28th 7-8:30pm

Attend a fun and informative class given by Skin Care Professional & Licensed Aesthetician, Rhonda Sandhagen. The class is designed for teens, both boys and girls, to teach proper skin care, give tips on general skin maintenance, products, teen acne, and much more. Armed with skin care knowledge, you can have healthy skin that you can't wait to show off!!

Drawings for FREE give-a-ways will be held at the end of the class. Hurry and sign up, you do not want to miss this class!!

Please register at the front desk or call 623-773-8600 Space is limited! Course # 60644

## Nutritional Counseling



will be available after July 15th

Look for informational flyers at the front desk.



## Dodgeball Tournaments

FREE with pass  
 Win prizes, enjoy some music and have fun playing the greatest game ever...DODGEBALL!!! Teams are randomly selected, so just show up, pay the recreation center admission and we'll put the teams together. Come a half hour early to sign up and get your spot.



Redband (9-12) Saturdays,  
 3:00-4:30pm

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 July 9, August 6, September 3.



## Racquetball Challenge Court

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

## 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!!!

Each Month, check-in 10 times and receive a prize!

July - Rio Vista T-shirt

- T-shirts will be ordered in August.

August - TBA

Sept - Movie Tickets courtesy of Jake's Auto Repair Service - 10824 N. 96th Ave. 623.878.5801