

Fitness Floor Forum

Fall is here and that means the holiday season is just around the corner! The hustle, bustle and extra demands on your time and energy tend to push the workouts to the side, but that's when you need it the most! Instead of reaching for that double-shot espresso, go for a walk or take an exercise class. It's easy to load up on caffeine when holiday overload kicks in, but in reality, too much caffeine makes you tired and wired and interferes with recuperative sleep. On the other hand, an easy and quick workout helps you feel physically relaxed but mentally recharged; it helps relieve tension and stress, enhances concentration and productivity, and can help you deal with holiday depression.

Of course, the other "side-effect" of the holidays is the food! So many of the holiday traditions revolve around food and parties that it's no wonder we start to stress! While some extra calories may not be avoidable, you can manage those by continuing your exercise program and use that time to sort out in your head what needs to be done next—exercise is a great way to clear your mind while burning those extra calories!

It's all too easy to forget what the holidays are really about—affirming commitment to friends, family and community and for enjoying the pleasures of the season. So, as you start to feel that knot in your stomach tighten, take a time-out and exercise to relax.

To your health, *Tracy*

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

FREE Pass Holder Group Exercise classes

Mondays—Tai Chi, Step, Pilates, Core Strength, Yoga
Tuesdays—Kickbox, Strength 101, Yagalates, Bootcamp
Wednesdays—Aerobics & Ball, Pilates, Step
Thursdays—Kickbox, Cardio Sculpt, Yoga, H.I.T
Fridays—Pilates, Bootcamp
Saturdays—Pilates, Cardio Sculpt, Intro to Cycle Fit SilverSneakers® classes, too! See schedule for times.

Fitness Center News

- ☆ **Peddle Off the Pounds - Nov. 27** - Pass holders sign up for one of our FREE "post-turkey day" *Cycle Fit* classes! Register at the Front Desk beginning 11/1. Receive a free RVRC water bottle at class.
- ☆ **Holiday Special for Personal Training!** Buy a gift certificate for a **5-pack of personal training** and get a **FREE** single session for yourself! A great way to keep exercising during the holidays! Gift Certificates available starting 12/1.
- ☆ **Fitness Camp for Teens** during winter break!
- ☆ **Watch for our January incentive** - a buddy weight-loss challenge!

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

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

Pre-School "Parties"—Ages 3-6 yrs

Tea Party for Me (\$15) Tue 10/6; 11am-12pm

Halloween Fun Party (\$15) Tue 10/27; 11am-12pm

Thanksgiving Theme Party (\$15) Tue 11/17; 11am-12pm

Youth/Teen Classes

Childcare & Babysitting Safety Sat 11/07; 10-14 yrs
9:00am-1:00pm; \$43 (1 class)

Indoor Rock Climbing—Beginners Sat 10/17; 6-14 yrs
10:00am-12:30pm; \$69 (4 classes)

Mad Science—Red Hot Robots Sat 10/24; 7-12 yrs 1:00pm-4:00pm; \$35 (1 class)

Secrets of Natural Poise & Beauty Sat 10/03; 10-15 yrs
10:15am-12:15pm; \$47 (2 classes)

Adult Classes

Belly Dancing Level II—Zeina Choreography Wed 10/28
18yrs & older; 6:30pm-7:30pm; \$57 (6 classes)

Cycle Fit—classes run monthly on M, Th, or Sat's
Call 623.773.8600 for times; 16yrs & older; \$28 (4 classes)

Fabulous Faux for Boring Walls Fri 10/16
16yrs & older; 6:00pm-8:30pm; \$27 + supply fee (1 class)

Instant Piano for Busy People Fri 10/16
16yrs & older; 6:30pm-9:30pm; \$55+ supply fee (1 class)

Salsa for Beginners Tue 10/06
18yrs & older; 6:30pm-7:30pm; \$65 (6 classes)

Secrets of Getting Published Mon 11/09
18yrs & older; 5:45pm-7:45pm; \$20 (1 class)

Understanding Estate Planning, Trusts, & More
Thu 10/08; 18yrs and older; 6:30-9:00pm; \$20 (1 class)

Teens

Look for more information in the Fall brochure, mailed out the week of July 27th or log on to www.peoriaaz.gov/teenteam.

Jr. High Friday Night Dance

Ages: 12-14

Time: 6:30-9:30 pm

Cost: \$3.00/pass holders &
\$5.00/non-pass holders

Dates: **Oct. 30 - Halloween Dance**
(costumes encouraged for contest - prizes awarded)
Dec. 4th

(No Friday Night Dodgeball on the above dates.)



RioVista
RECREATION CENTER
CITY OF PEORIA

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:



Deer Valley www.solidrockgym.com Estrella Mtn
INDOOR CLIMBING

(623) 587-7625 & (623) 643-9399

Maria Casebeer,
Agent

b. 623.412.2770
c. 602.741.5905



Banner Boswell
Medical Center



www.cuwest.org
602.631.3200

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

Bill Wallace (Realtor)—623-363-4663

Skate Zone Roller Rink—623-925-0179

Baby's Restaurant—623-561-2229

Jake's Auto Repair Service—623-878-5801

Wazee's World Laser Zone—623-972-2667

Wildlife World Zoo & Aquarium—623-935-9453

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

Jason's Deli (Arrowhead)—623-412-7940

GXC Web & Graphic Design—623-414-8176

Polar Ice - Peoria—623-334-1200

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.

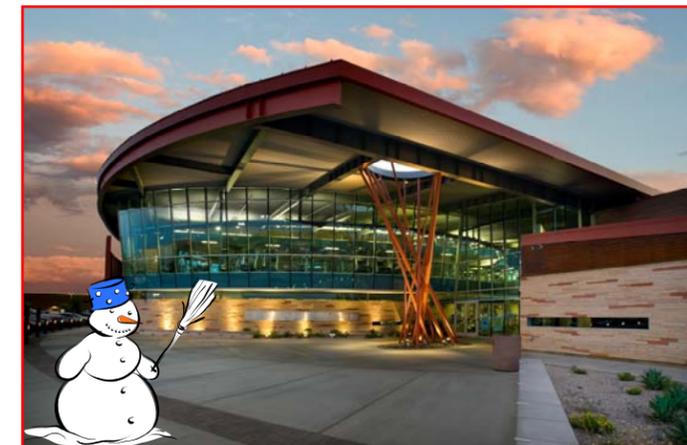
Keep it local.

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

RioVista
RECREATION CENTER
CITY OF PEORIA

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 for holiday hours.

- **November 25th - 6:00am-5:00pm**
- **The center is closed on Thanksgiving, Christmas and New Years Day**
- **Christmas Eve and New Years Eve 6am-2pm**

Amenities

Fitness Area

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



Walking Track

Climbing & Bouldering Walls

Gymnasium

- Basketball
- Volleyball
- Badminton

Rental space available

- Banquet Hall
- Meeting rooms

Game Room

Child Watch Area

Racquetball Courts



Notice

Gymnasium and Walking Track Closure

***Scheduled for Nov. 20—Dec. 17**

The gymnasium and walking track will be closed due to improvements and resurfacing work being done to the gym floor. The project will take 3 to 4 weeks to complete. All 3 & 6 month and annual pass holders will have an additional 4 weeks added to their pass. Thank you for your patience. We'll have a great looking gymnasium floor ready for the beginning of the holiday break on Dec. 18.

** Tentative Schedule*

Look for Rio Vista Mural Installation Late Nov. - Early Dec., Thanks to the Peoria Arts Commission!

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, held the **4th Tuesday** of every month from **5:30-6:30pm**.
Pre-registration required. See flyers at the front desk.
October 27 – “Advances in Breast Cancer Imaging”
November 24 – “Healthy Holiday Eating”
December 22 – “Before Disaster Strikes: Preparing for Emergencies”



Be Fit, Don't Sit

8-14 yrs drop-in after-school fitness activities

Schedule of Activities

Monday	Jump Rope Clinic	4-5pm
Tuesday	Cardio Dance Class	4-4:45pm
Wednesday	Racquet Sports	4-5pm
Thursday	Wallyball*	4-5pm
	* parents invited to join the fun	
Friday	Ping Pong, Badminton & Basketball	

Drop-in Activities—FREE for pass holders.

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 Oct. 30 & Dec. 4.)

Racquetball Challenge Court

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

Upcoming Events

Racquetball Lessons

Elmo Ortiz will teach beginning racquetball lessons for Youth and Adults pass holders. Register early, space is limited

Dates: Saturday, November 28

Time: 12-1:30pm (Teens/Adults) #56130
 & 1:30-3:00pm (Kids 8 & older) #56131

Dates: Monday, December 28

Time: 12-1:30pm (Teens/Adults) #56132
 & 1:30-3:00pm (Kids 8 & older) #56133

Cost: \$4.00

Teen Skin Care: Battling Blemishes and Beyond

Saturday, Dec. 19th 12:00pm-1:00pm

A workshop for both guys and gals designed to help devise a skin care regimen that leads to a lifetime of healthy skin. Rhonda Sandhagen, Licensed Aesthetician, will cover acne, skin care and sun protection. Time will be available for questions. Goodie bags to the first 25 participants! Register in person or by phone, space is limited. Course # 56182

Home School & Charter School

Friday, October 9, 10:00am - 2:00pm

Home School and Charter School students and their families are invited to check out our facility for FREE!

Lots of games and activities, see event flyer for details.

Ask about our specials.

For additional information call Jill (623) 773-8618.



Flu Shot Clinics

Saturday Oct 10 & Nov. 14

9:00am-12:30pm in the Riverside Room

Provided by Healthwaves

The cost for flu shots is \$30/ pneumonia is \$50, payable in cash or check. No fee with some insurance plans, please bring your insurance cards. **See flyer for details.**



Wilderness Survival Class

Saturday, October 17, 10:00am-12:00pm

Presented by the American Red Cross

Course is designed for those who work, play or live in areas 30 minutes or more from regular Emergency Medical Service response and for campers, hikers, hunters, fishermen or anyone who spends time in the outdoors. This course will not provide you with certification but will prepare you for appropriate response in emergency situations.



Dance Your Way to Good Health

Sponsored by Banner Boswell & Banner Thunderbird

Saturday, Oct. 24, 8:30-10:45am

Dancing is a great aerobic work – simple and fun to do! A growing number of cardiologists are giving heart patients some great advice as a prescription: dance your way to heart health! Bring the family and come join the dance party to learn a few new moves from salsa to hip hop with the Phoenix Mercury Hip Hop Squad, and also learn from a cardiologist about how to be heart healthy. Free Massage Envy chair massages and blood pressure screenings at this family-friendly and fun event. RSVP at (602) 230-2273.

Veteran's Day at Rio Vista

Saturday, November 7, *7:30am-12pm

- ★ 5K Race & Fun Walk
- ★ Pancake Breakfast
- ★ Exhibitors in Lakeview Room
- ★ Veterans Ceremony

See Event Flyer for Details

Inaugural Armed Services Dodgeball Tournament

Start time: 10:00am

Active Duty and Veterans from all 5 branches are invited to sign up for a team. There will be at least 1 team per branch.

\$10.00 per player includes a t-shirt. \$1.00 per spectator.

Proceeds benefit the Rio Vista Scholarship Fund.

Event flyers located at the Recreation Center and online.

Space is limited, register after Oct. 1st. *Times are tentative



Wedding Open House

Thursday, November 12, 5-9pm

& Friday, November 13, 8-10pm

Rio Vista's Lakeview Room can seat up to 300 people and has an extensive patio overlooking the lake. If you or someone you know is planning a wedding or special occasion visit us on the dates and times listed above. Information on rentals, catering and other vendors will be available.

Enter to win a Free Rio Vista 3 month pass for two!

Capital Christmas Tree

Coming to Rio Vista Park

Thursday, November 12th

This will be the 1st time Arizona has gifted the Capital Christmas Tree. The 75 ft tall tree selected from the Apache Sitgraves National Forest will stop briefly at Rio Vista Park before continuing on its journey to Washington D.C. A special event not to be missed!

Time will be posted at the Center and on our website.

Note: Rio Vista traffic re-routed through the park during the event.



After Turkey Day Activities at Rio

Friday, November 27, 1:00-3:00pm

Climb the wall and win prizes:

- Free shirts for adults who make it to the top (while they last)
- Balloon grab for the kids! Grab a balloon at the top and win the prize inside! 1 balloon per child while they last.

2nd Annual



Holiday Cheer Bingo

For families with children 5 and older

Saturday, December 12, 1:00-3:30pm

Try your luck with B-I-N-G-O!

A great family event with an ice cream bar. Play Bingo and win great prizes and socialize with friends and family. Admission \$4 before 12/12 and \$5 day of the event*.

Ice Cream~Fun~Prizes~Sprinkles~BINGO

Course Code is #55601.

For additional information, contact Sarah at 623-773-8618

*space is limited & may not be available the day of the event.

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!!!

Fall Promotion: **BINGO!**

Here's how it works:

Sign up at the front desk. You will have a Bingo Card in a binder at the front desk. Receive a stamp for each visit. Double stamp for Saturdays, Sundays and Mondays! Complete as many Bingo Cards as you can from October through December. For each card completed, a real Bingo Card will be giving at our

Silver Sneakers Bingo Party & Luncheon
Wednesday, Jan. 20, 2010 11:00am-2:00pm

Location: Rio Vista Lakeview Room

(a minimum of 1 card is needed to attend the party)

Great prizes including restaurant gift cards, hotel stays and passes to entertainment venues.

Lunch provided by One Step Beyond Catering