

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	6:00 am – 10:00 pm
Saturday	8:00 am – 10:00 pm
Sunday	12:00 pm – 8:00 pm

visit www.peoriaaz.gov/riovista for holiday hours

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 (nominal fee)

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.



2011 Kids' Fitness Programs



Rio Vista Recreation Center

Co-Sponsored by:
Universal Athletic



The Off the Couch Fit Club is a free program for Rio Vista pass holders ages **8-12 years old**.

Program runs through Dec 1, 2011.

Weekly Class Schedule:

Monday	Jump Roping Clinic	4:00-5:00pm
Monday	20-20-20	5:30-6:30pm
Tuesday	Stretch It Out*	5:30-6:30pm
Wednesday	Jammin' in the Gym	5:30-6:30pm
Thursday	Cardio Fit	5:30-6:30pm
Friday	Win at the Wall—See Front Desk for Details	

*Parents may participate in class

2011 O.T.C. Orientation Schedule

Wednesdays at 7:00pm

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

2011 Prize Sponsors:



All Nations Church meets at Rio Vista Sunday mornings.



10054 N. 43rd Ave.
(623) 842-1181



9750 W. Peoria Ave.
(623) 418-8234



7565 W. Bell Rd.
(623) 487-0307



Win at the Wall

Co-sponsored by Credit Union West
open to all ages

Climb for a chance to win some great prizes! Enter a raffle ticket for every 6 climbs to the top of the rock wall.

Drawings are held on the last day of every month throughout 2011! **New Prizes Every Month**

Ongoing Programs

In partnership with Banner Boswell:



FREE Blood Pressure checks in the lobby
2nd Monday of each month - 8:00-9:30 am

Parents' Night Out Ages: 3 – 10*

Next Dates: **Jan. 22nd, Feb 19th & Mar. 19th**

5:30–9:30 pm

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. **Registration Limited!**



Dodgeball Tournaments FREE with a pass

Win prizes, enjoy some music and have fun playing the greatest game ever...DODGEBALL!!! Teams are randomly selected, so just show up. Come a half hour early to sign up and get your spot. Great activity for Birthday Parties!

Redband (9-12) Saturdays, 3:00-4:30 pm
Teens (13-17) Fridays, 7:30-9:30 pm



Pass holder Survey coming in February

Rio Vista Recreation Center will be surveying pass holders February 1 – 15th.

Please take time to provide us with your suggestions, comments and insights as we look toward the future. Information from surveys will aid staff in enhancing your experience at the center. Surveys will be located at the front desk and on the fitness floor.

Rio Vista Volunteer Program:

Since Rio Vista Recreation Center opened its doors in September 2007, volunteers have had a positive impact on the Center's operations. Volunteers work in partnership with Center staff to help ensure a high level of safety, customer service, cleanliness and supervision. In some cases, students can receive school credit for volunteer job at Rio Vista.

For more information and to apply, please call Jill Kuntz at 623-773-8619 or e-mail jill.kuntz@peoriaaz.gov.



Extended Open Volleyball Times in January and February:

Rio Vista Recreation Center has increased open volleyball times throughout January and February. Open volleyball is available on Tuesday, Thursday, and Saturday evenings and Sunday afternoons. Please contact the center at 623-773-8600 or pick up a gym calendar at the front desk.

Upcoming Events



Teen Survival Camp

This series of seminars is designed to teach important life skills for survival in the real world. Topics will include personal finance, getting that first job, personal safety and fitness. Sessions will be taught by knowledgeable professionals and include lunch and a pass to the Rio Vista facility each day. Current pass holders receive a RVRC towel.

Dates: **March 15th, 16th and 17th**
(Tues-Thurs during Spring Break)

Time: **11:00 am - 1:00 pm**

Cost: **\$10 for all 3 sessions**

Look for event flyer after Feb. 1st.

Huntington Learning Center will be offering two FREE workshops each month at Rio Vista Recreation Center:

Homework: A Parent's Survival Guide --

A 30-minute, practical workshop for today's busy parent, designed to solve common homework problems and help children do better in school.

Next Workshop: **Sunday, February 13, 1:00pm.**

Exam Prep Workshop --

A 30-minute presentation covering the role of the SAT and ACT in the college admission process, the differences between the two tests, and what you should expect from an exam prep program.

Next Workshop: **Sunday, February 27, 1:00pm.**

Advance registration is required. Simply call us at **602-504-9600** to reserve your space!

SilverSneakers



SilverSneakers provides **free** annual passes for those enrolled in participating 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!!!

January - Gift bag courtesy of Credit Union West. - Check-in 10 times in the month of January and receive a bag filled with goodies!

February - TBA

March - Do you have the "Luck of the Irish"? - Each visit equals 1 raffle ticket towards some great prizes. Earn up to 10 tickets. Drawing to be held April 1st.

Fitness Floor Forum

Chasing the "Blues" away with Exercise

Everyone feels down once in a while, especially after the holidays—and that let-down feeling can be rough. One of the best ways to chase those feelings away is through exercise.

Research has shown that for mild to moderate depression, regular physical activity can be as effective as psychotherapy. And, unlike medications, exercise has positive side effects!

Exercise counters depression symptoms like sleeplessness, anxiety and fatigue by improving self-esteem and energizing your spirit. When you feel down and don't want to exercise, that's when you need it the most!

One of the common symptoms of depression is social withdrawal, so grab yourself by the bootstraps and get out of the house and to the rec center! You'll see friendly faces and surround yourself with others who may be there for the very same reason!

To your health, *Tracy*

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

Drop the Excuses, Drop the Weight

New and improved for 2011!

We are offering a more comprehensive and hands-on 12-week weight loss challenge from January 10th — April 3rd, 2011.

The challenge includes weekly weigh-ins, encouragement e-mails, three 1-on-1 Nutritional counseling sessions, three 1-on-1 Personal Training sessions with Rio Vista's certified personal training staff and monthly support group meetings! There are two categories for winning—total weight lost and greatest percent lost—the winners of each category will receive 3-month passes to Rio Vista to keep up the good work. Plus, all participants will be entered to win a chance at one of four 1-month passes! Watch for the flyer with complete details.

Fitness Center News

- ★ **Start the New Year off on the right foot with a special Smart Start package—2 personal training sessions and 2 nutritional consults for \$60! See the Front Desk for details!**
- ★ **Nutritional Counseling is now available! Pick up an interest form at the Front Desk and get your eating habits on track!**
- ★ **Racquetball lessons are here! Single or 5-pack lessons available, see the Front Desk.**
- ★ **Beginning January 3rd, 2011 we'll be offering Chair Yoga on Monday mornings at 8:30am!**
- ★ **L.E.A.N. Teens is coming back in February - more details to come.**

FREE Pass holder Group Exercise classes

Mondays—Step, Pilates, Core, Kickbox, Yoga, Cycle

Tuesdays—Strength 101, Yoga, Kickbox, Bootcamp

Wednesdays—Aerobics & Ball, Pilates, Step, Cycle

Thursdays— Cardio Sculpt, Cardio Jam, Yoga

Fridays—Pilates, Aerobics & Ball, Bootcamp

Saturdays—Pilates, Cardio Sculpt

SilverSneakers® classes, too! See schedule for times.

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 classes are offered every quarter for preschool-age children, youth, and adults! Check out our classes online at

www.PeoriaAZ.gov/Classes or call 623.773.8600 for more information!

Check out upcoming classes at Rio Vista:

Pre-School Classes

Rio Vista Play-n-Learn - NEW!

Guided play sessions, story time, music and movements and creative expression activities geared to enhance social skill development, motor skills, communication skills and pre-kindergarten readiness. Children must be potty trained.

01/04/2011 Tues/Thurs; 8 classes; 12:30pm -2:30pm; 3-5 yrs old; \$115 Peoria Residents/\$122 Non-Residents

02/01/2011 Tues/Thurs; 8 classes; 12:30pm -2:30pm; 3-5 yrs old; \$115 Peoria Residents/\$122 Non-Residents

02/01/2011 Tues/Thurs; 8 classes; 12:30pm -2:30pm; 3-5 yrs old; \$115 Peoria Residents/\$122 Non-Residents

Youth/Teen Classes

Learn the "New" CPR—CCC/AED Training

01/15/2011 Sat; 1 class; 10:00am -11:30pm; 12 yrs+; Free

Learn the "New" CPR—CCC/AED Training

02/26/2011 Sat; 1 class; 10:00am -11:30pm; 12 yrs+; Free

Adult Classes

Country Dance - Arizona Two-Step

01/21/2011 Fri; 6 classes; 7:30pm -8:30pm; 18 yrs+; \$58 Peoria Residents/\$65 Non-Residents

Guitar and Ukulele 101

01/20/2010 Thurs; 6 class; 10:00am -11:15pm; 18 yrs+; \$55 Peoria Residents/\$27 Non-Residents

Upcoming Teen Team Activities



Skate Events:

Thrash in the New Year - **January 14th**
FREE Event! 6pm - 9pm at the Rio Vista Skate Park

Junior High Dances (6:30-9:00p) (no dodgeball on dance nights)

Friday, February 4th

Friday, March 4th



Teen Trips:

Teen Snowboarding Turn Around Trip -

Saturday, January 22nd

& Saturday February 12th

Look for more information in the Spring brochure or log on to 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:



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



Banner Boswell
Medical Center



1-800-CAN LEARN



www.cuwest.org
602.631.3200



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

Maria Casebeer,
Agent

b. 623.412.2770
c. 602.741.5905



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

Polar Ice - Peoria - (623) 334-1200

Theater Works - (623) 815-7930

The Arizona Game and Fish - azgfd.gov

Cabela's - www.cabelas.com

Campbell Mercantile - campbellscountystore.com

For sponsorship and advertising opportunities

Contact the Rio Vista Manager:
Jackie Stanley at 623-773-8626



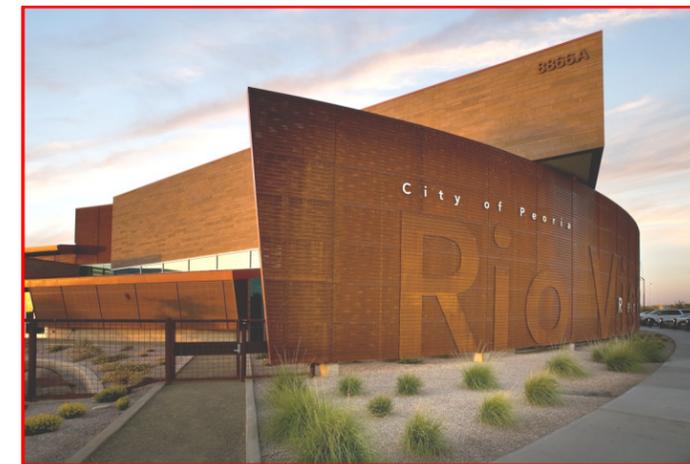
Give the Gift of Fun and Fitness

at the City of Peoria's Rio Vista Recreation Center!

Gift certificates are available for:

Passes, Personal Training, Nutritional Counseling, Adult/Children's Classes, Racquetball Lessons & Teen Trips

Ask the front desk staff for details.



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



Pass fees as low as \$18.75 per month for an adult and \$11.25 per month for a youth.