



NEWS RELEASE

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FOR IMMEDIATE RELEASE

City of Las Vegas December 2009 Fitness & Martial Arts Activities (all ages)

All activities are subject to change. List is not all-inclusive. For a complete list of activities, go online to www.lasvegasparksandrec.com for the Fall Leisure Guide. Most activities require advance registration. Centers will be closed Dec. 25. Veterans Memorial Leisure Services Center will be closed Dec. 19-Jan. 2.

Fitness Memberships (18+)

Monday through Thursday, 8 a.m. -9 p.m.; Friday 8 a.m.-8 p.m.; and Saturday 8 a.m.-4:30 p.m.
Fee: \$3/day, \$15/month, \$70/6 months, or \$105/year. Couples discount available.
Doolittle Community Center, 1950 North J Street, (702) 229-6374.

Fitness Memberships (18+)

Monday through Thursday, 8 a.m. -9 p.m.; Friday 8 a.m.-8 p.m.; and Saturday 8 a.m.-4 p.m.
Fee: Range of fees available from daily to annual, to include fitness room, fitness classes, open gym, or all of these.
Veterans Memorial Leisure Services Center 101 N. Pavilion Center Drive. (702) 229-1100.

Pilates (ages 18+)

Mondays, 6:15 to 7:15 p.m. or 7:15 to 8:15 p.m.
Fee: \$35 for six-week class
Cimarron Rose Community Center, 5591 N. Cimarron Road, (702) 229-1607.

Yoga (ages 16+)

Tuesdays or Thursdays, 6:15 to 7:15 p.m.
Fee: \$30 for six-week session
Johnson Community School, 340 Villa Monterey, (702) 229-6175.

Jazzercise (ages 12-adult)

Mondays and Wednesdays 6:45 to 7:45 p.m., and Saturdays, 9 to 10 a.m.
Fee: \$30 per month
Lied Community School, 5340 West Tropical Parkway, (702) 229-5072.

Bosu Fitness Class (ages 14-adult)

Mondays at 4:30 p.m. and Thursdays at 5:30 p.m.
Fee: Included with membership or \$3 per day. Pre-registration not required.
Minker Sports Complex, 275 N. Mojave Road, (702) 229-6563.
A unique modular training system using a dome to focus on cardio, strength, flexibility and agility in a fun workout format.

Zumba Class (ages 14-adult)

Monday, Tuesday and Thursday at 8:15 a.m.; Wednesday at 5:30 p.m. and Friday at 5:15 p.m.
Fee: Included with membership or \$3 per day. Pre-registration not required.
Minker Sports Complex, 275 N. Mojave Road, (702) 229-6563.
Expect a fitness class with a Latin beat and plenty of fun cardio movement.

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Yin Yoga Class (ages 14-adult)

Mondays at 6:30 p.m. and Saturdays at 10 a.m.

Fee: Included with membership or \$3 per day. Pre-registration not required.

Minker Sports Complex, 275 N. Mojave Road, (702) 229-6563.

Develop strength and flexibility and relieve stress in this 75-minute class.

Power Yoga Class (ages 14-adult)

Tuesdays, 5:30 p.m.

Fee: Included with membership or \$3 per day. Pre-registration not required.

Minker Sports Complex, 275 N. Mojave Road, (702) 229-6563.

Develop strength and flexibility and relieve stress in this 45-minute class.

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