



# NEWS RELEASE

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FOR IMMEDIATE RELEASE

## City of Las Vegas November 2009 Fitness & Martial Arts Activities

*All activities are subject to change. List is not all-inclusive. For a complete list of activities, go online to [www.lasvegasparcsandrec.com](http://www.lasvegasparcsandrec.com) for the Fall Leisure Guide. Most activities require advance registration. Most centers will be closed Nov. 11, 26-27. Doolittle Community Center also will be closed Nov. 8-22.*

**Minker Sports Complex Break a Holiday Sweat Aerobithon & Health Fair/Info Expo** (ages 10+)  
Saturday, Nov. 21, 9:30 a.m. to 12:30 p.m.; Health Fair/Info Expo 10 a.m. to 1 p.m.

Fee: Current Minker membership or \$3 daily fee

Minker Sports Complex, 275 N. Mojave Rd, 229-6563

This workout is for all levels of fitness and abilities. A pre-holiday workout aimed at reminding all of us to eat in moderation and to continue working out during the busy holiday season, when we tend to indulge in all the holiday cooking and feel the stress of it all. This workout will help you maintain your fitness goals and relieve a little holiday stress. The three-hour aerobithon includes instruction in Zumba (hour 1), strength and core training (hour 2) and yoga (hour 3). Bring your own yoga mat. The first 25 participants will receive a free gift. Water and healthy snacks will be provided. Youth ages 10-15 need to be accompanied by a participating parent.

### **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.

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**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.

**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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