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Thank You for your support!

Dear Friends,

This year LVAC was voted the 'Best of Las Vegas' by the Las Vegas Review-Journal for the 22nd time! Thank you for making LVAC the best health club in Southern Nevada. We also recognize the number one reason for LVAC's popularity is because of our great members and team members. Last year we celebrated LVAC's 25th anniversary under the Smith-Palluck Associates ownership, and we are grateful for your support in the 'Best of Las Vegas' voting.



LVAC Group Fitness and Firemen Unite for The Holiday Gift Drive

We would like to thank all of those who donated a gift this past holiday season for LVAC's Holiday Gift Drive to benefit the Firefighters of Southern Nevada Burn Foundation. As I mentioned in the Fall Issue, this is the 17th year that LVAC has sponsored the gift drive. Our group fitness instructors hosted a two day, two hours each day MIXXEDFIT event. We had a tremendous turnout both days, and even had firefighters join in on the festivities. Members were encouraged to bring a gift, and they filled up the gift rooms at both clubs hosting the event. It means so much to give to these children and families, and to our firefighters who do so much for all of us. This kind of generosity represents the community of Las Vegas, and we are very fortunate to be able to help each other out in times of need.

We would also like to express our gratitude to all of you for keeping LVAC a sanctuary—a place where you can seek refuge from the distractions of life. After a highly contentious and divisive election year, we really appreciate you for respecting other members who may have differing opinions and political views. Our LVAC community rose above it all, to honor our #1 policy to be courteous, considerate and respectful (CC&R's). This mutual respect for others and the CC&R's is one of the very special parts of the LVAC experience. The experience of having a sanctuary gives members a chance to relax and unwind from their everyday problems and stress. Anything less would take away from our purpose, which is "making lives better" through health and fitness. An essential part of health and fitness is relaxation and rejuvenation, which is impossible to achieve when you are stressed out.

As stewards of LVAC, the member experience is one of our highest priorities. But the LVAC experience is always driven by our purpose of making lives better. My brother Chad and I were inspired by our father, Rudy Smith, who always had a drive and passion for making people's lives better. He taught us that helping people achieve their health and fitness goals will improve their lives. Not just physically, but emotionally and mentally as well. LVAC's purpose of making lives better was inspired by Pastor Rick Warren and his book titled the "Purpose Driven Life".

The LVAC experience is multi-faceted. Below are some highlights we focus on to give our members the best possible experience. We want LVAC to be:

1. Friendly, fun, inviting and entertaining.
2. Clean and well maintained.
3. Well-equipped with an excellent variety and an abundance of exercise equipment.
4. Cutting-edge group fitness programming, with a healthy quantity and variety of classes.
5. Well-run and professionally operated, with fair and consistent policies.
6. A sea of parking, so parking your car doesn't add stress to your day.
7. Great aesthetics, well designed with quality interior finishes.
8. Fitness training/coaching that makes lives better, such as LVAC's 'Transform' program.
9. Special amenities, such as indoor tracks, spa areas with multiple pools, racquetball courts, women's only workout areas, and juice bars.
10. Convenient, with seven locations, all of which are easily accessible off of a freeway/beltway or major thoroughfare.
11. The best team members and members (all of you) in the industry.
12. And of course, a sanctuary... your happy place!

Every successful business is focused on the customer experience. The pioneer in customer experience has to be Starbucks and Howard Shultz, Chairman and CEO. Focusing on customer service, quality products and creating a memorable experience have made them incredibly successful. For LVAC our product is a healthy and fit lifestyle, and we hope that you have a similar experience when visiting our clubs.

On behalf of the entire LVAC family, our goal is to always make your life better and to continually strive to improve the LVAC experience. Here's to a fabulous 2017, and hopefully another 'Best of Las Vegas' win this year!

To making lives better,

Todd O. Smith
CEO/Chief Experience Officer
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MEET OUR cover girl

Mariah Armknecht

📷 Photo by Omar Martinez 💄 Makeup by Jen Rose

Met our cover girl, Mariah Armknecht, who was born and raised in Las Vegas. “Growing up, my family was very active. I spent a lot of my childhood at the beach, hiking Red Rock, going to Lake Mead, or traveling to the Rocky Mountains to spend time with the family outdoors”, explained Mariah.

She graduated from UNLV where she majored in journalism and media studies with a minor in business management. She now works as an agency model with print campaigns not just here in Las Vegas, but around the world, having worked with The UFC, ESPN, Boxing Showtime on HBO, the Venetian and Bally’s, to name a few. She is also a real estate agent in the Las Vegas Area with an established family real estate business.

Mariah has been an LVAC member since her freshman year in high school. When we asked her to tell us some of the things she enjoys most about LVAC, she replied, “I love the running track with a view of the city! I typically do timed laps and lunges on the track. Since I have been motivated to work out and stay active since childhood, LVAC has always allowed me to take my fitness goals to the next level. I love being able to workout and release the tension from the stress of the day. When I leave the gym, I always feel more balanced. I have met so many individuals from all walks of life and developed friendships that will last a lifetime. Also, I can’t get enough of the Juice Bar! My favorite smoothie is the Banana Cream Pie. It is delicious.”

Outside of the gym, Mariah likes to spend time with her family. “We are always outdoors or in the kitchen putting a healthy twist to our favorite foods,” she says. She is also committed to the social movement to end homelessness in our community. She volunteers with the organization ‘Seeking Shelter’ which creates a resource guide for all major metropolitan cities. This guide makes shelters, food pantries and other critical resources easy to locate and access.

Mariah shared, “When I am at the gym, I see dedicated people of all ages coming everyday to work on becoming the best versions of themselves. The people I see who are diligent and consistent with their workouts have always inspired me. I have learned that we only have one body, and it is important to take care of ourselves mentally and physically.”

For modeling or real estate inquiries, you can contact Mariah at: Mariaharmknecht@gmail.com or Homesbyjanet22@gmail.com

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success story

ASHLEY JAVAR AGUILERA

Ashley was born in California, but she has lived in Las Vegas since she was five months old, so Las Vegas has always been home to her. A licensed cosmetologist, she is currently a stay at home mom with her five year old daughter, Hazel. She and her husband Nicolas celebrated their fifth wedding anniversary in December. When we asked her about her hobbies outside the club, she enthusiastically replied, "Shopping! I absolutely love shopping. I don't care what it's for or where I shop. As long as I can scan each aisle for the newest clothes or nut butters, count me in!"

LVAC: What was the catalyst, or 'last straw' that motivated you to change your diet and lifestyle?

Ashley: In November of 2013 I injured my back while cleaning my house and the injury required that I be hospitalized. Because of my weight, I had to have multiple hospital staff members help me while in the hospital. When I got home, I had to sleep on the couch because my husband couldn't carry me up the stairs. Once I was able to walk, I got on the scale and I was in complete shock. I actually weighed 287 pounds. In that moment I knew I needed to change my life.

LVAC: What type of exercise and workout routine has helped you to succeed?

Ashley: Let's be honest here. I am not a fan of exercise and never really have been. But I know that it's crucial to having a long and healthy life. I walked as much as possible in the beginning and am now in a love/hate relationship with the StairMill! I follow a weight training routine and make sure to get cardio in 3-4 times a week.

LVAC: What types of foods did you eat before, and what specific changes have you made to your diet?

Ashley: Before embarking on this weight loss journey I had a bad relationship with food. Whatever I wanted to eat, I would eat. I ate out of sadness and happiness. I craved processed carbohydrate foods and ate them at virtually every meal. I then made a complete 180° turn in my eating habits. Now my daily calories come from lean meats, veggies, complex carbohydrates, healthy fats, and fruit. I cut out all sodas and I try to drink a gallon of water daily.



After
Weight: 150lbs
Dress size: Size 8/Medium

LVAC: Tell us about the benefits you have experienced because of your lifestyle changes.

Ashley: I have so much more drive in life. I used to merely exist, almost waiting for my life to pass. Now, I fill my days with healthy activities and I am excited to go out and enjoy each and every day. I used to live in constant pain and discomfort and now I feel so light and free. My back and knees haven't ached in months and I have the energy to stay active without reaching for Tylenol every 4 hours. My life has changed for the better in so many ways. I have the stamina to keep up with my very active daughter. I am able to pick up and go to the park on a whim without having to plan my day around when I would have enough energy to get out of bed.

The relationship between my husband and I is the best it's ever been and he has recently started on his own journey towards a healthier life. I am so proud of him, and so grateful we are able to instill a desire for a healthy lifestyle in our daughter. Life is so good. I have lost a total of 137 pounds, and I will never allow obesity to take over my life again.

LVAC: What are your favorite things about being a member at LVAC?

My favorite thing about LVAC is the people. Gyms and active people have always intimidated me, but I have yet to meet someone at LVAC that makes me feel uncomfortable. Everyone is so caring and approachable that it makes you feel like you're working out with friends. I also love the pool and spa. Nothing like relaxing those muscles after a hard workout!



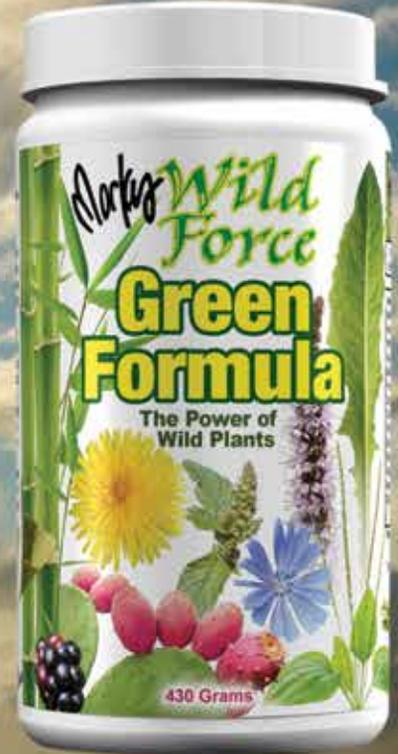
Before
Weight: 287lbs
Dress size: Size 24/3x

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Cara Brotman
Age 47 LVAC member

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club life



Member Chad Sugimoto (left) competing in the BSBC Pumpkinman Triathlon (Olympic Distance) on October 22, 2016.



Member Suzy Hendrix, finishing her most memorable race-IM 70.3 Silverman! Suzy is pictured above with her friend and fellow LVAC member, Chad Sugimoto.

Suzy said of her experience, "Receiving a medal is one thing, but crossing the finish line with tears of joy streaming down your face is another. Throughout the entire day-to-day training in addition to the mental preparation required, the challenges of preparing for this race taught me about how to successfully meet the other challenges in my life. I would like to thank my coach Nancy Dickinson, for teaching me that every race gives you an opportunity to learn about yourself and then apply those lessons to your life."



Check out this two-time competitor at the Kona Ironman World Championship Triathlon! Congratulations to LVAC group fitness instructor and personal trainer Nancy Dickinson, who competed for the second time in the Kona Ironman World Championship Triathlon, November 2016. In both Ironman competitions, she placed in the top third of her age group in the world! In addition to a very long list of athletic achievements, Nancy is a USA Triathlon All-American Award recipient. You can reach Nancy at corehorefitness.wordpress.org or at nancy.corehore@gmail.com.



Are the Bride & Groom holding KETTLEBELLS?

LVAC members Paul & Kenia Amodio pictured here at their wedding reception at Tule Springs Park on October 29, 2016. Beautiful, right? Well, here's the best part. Paul and Kenia began taking Kettlebell group fitness classes over a year ago. Patricia Norman, LVAC group fitness director and instructor of the Kettlebell class shared, "They were always in the front row with about three or four people in between them. Then one day I noticed that they were working out next to each other and flirting. The next thing I knew, they were inseparable!" Paul took Kenia to Rome to propose and of course, she accepted. Congratulations, Mr. And Mrs. Amodio!



LVAC member Lupe Munoz has been faithfully attending indoor cycling classes for years. Now she brings her son Joaquin (17) and daughter Zuleyma (15) to class with her. We love it when fitness becomes a family affair!

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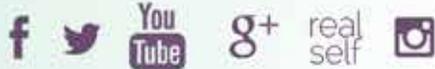
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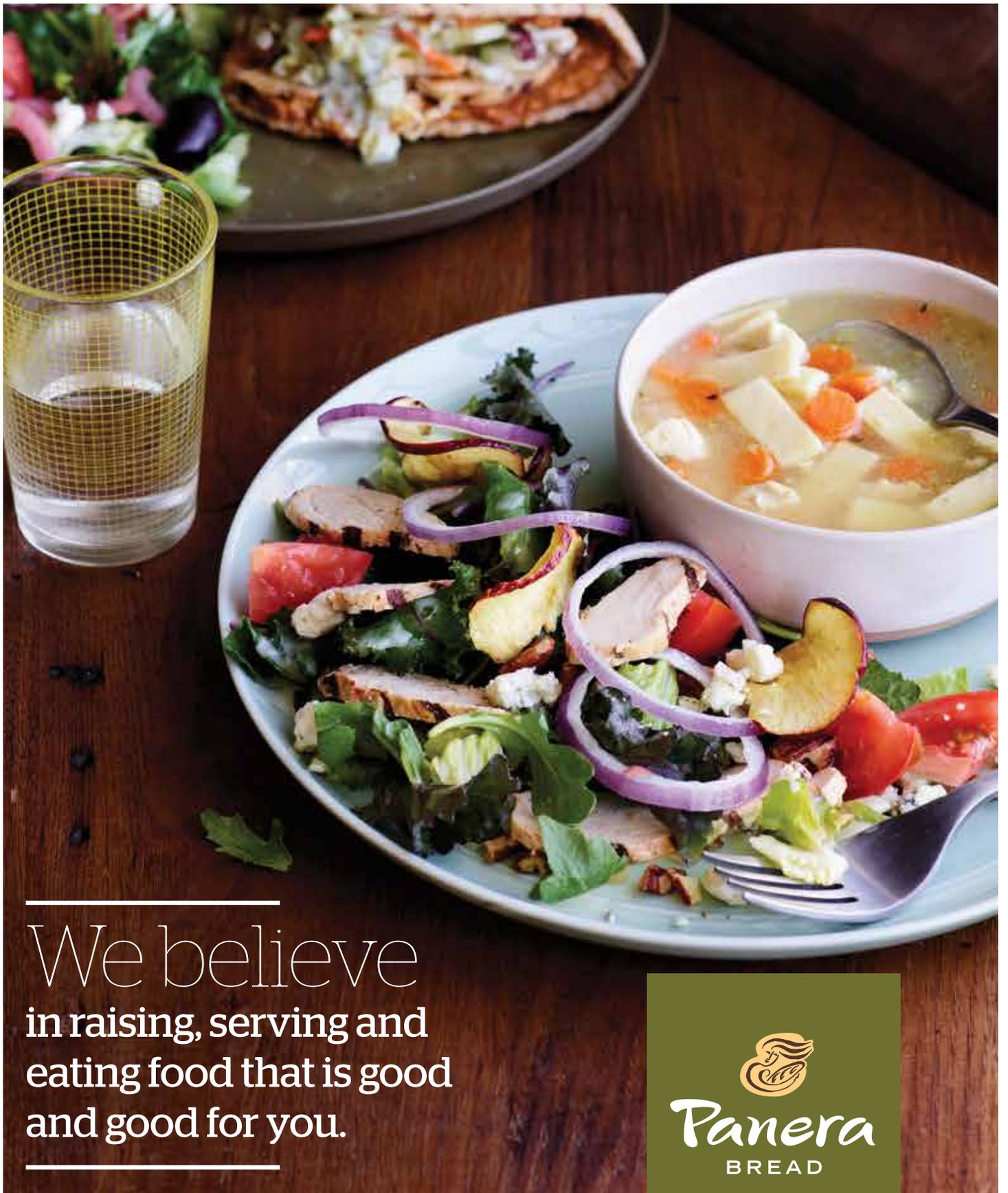
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LVAC would like to thank all of our generous members for their donations to our Holiday Gift Drive, 'Fill the Fire Truck' to benefit the Firefighters of Southern Nevada Burn Foundation. A huge shout out to MIXXEDFIT team leader Sean Williams, and all of our incredible MIXXEDFIT group fitness instructors, who volunteered their time and efforts in taking this year's gift drive *over the top!*

From LVAC and all of the kids in our community who will receive a gift this year, thank you!





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5 TIPS FOR BEGINNING Runners

By Cyndee Platko



If you have been thinking about running but just haven't been able to hit the pavement, these tips will help you get started and stay on the right track.

1. Work into it slowly. If you are a beginner, it's best to start with a walk/run program. You should time your walk/run ratio depending on your current fitness level. If you are a beginner and starting a running program for the first time, start with brisk walking 3-4 minutes and then jog 1 minute. Do this program for a few weeks. Once it becomes comfortable you can change the ratio. Make sure you don't run too many days in a row and slowly increase the amount of time for each run. As a rule of thumb, avoid increasing your volume by more than 10% each week. In addition to working into the program slowly, you may want to set a goal and find a 5K in your area to sign up for. This will keep you motivated and moving towards a goal.

2. Choose the right equipment. This is essential for success! The right running shoes and socks are basics and without these in place you are setting yourself up for injuries. Most people don't even think about what kind of socks they should wear when running, but the wrong socks can cause chaffing and blisters and the wrong shoes can lead to multiple injuries. There are several great local running stores in Las Vegas that will evaluate you and suggest the right shoe for you.

3. Variety is the spice of life! It's important to have variety in your exercise program. Strength training is very important and you can find strength training programs online that are specifically designed for runners. Consider hiring a personal trainer that has experience coaching runners. Other activities such as cycling, swimming and yoga are great to do on your non-running days. Trail running is another way to add variety and make it fun. There are some wonderful trails in Las Vegas with some amazing views.

4. Complete a proper warm-up and cool-down. Make sure you have time for a 5-10 minute warm up and cool down. Do active or dynamic (moving) stretches before your run and static (non-moving) stretches after your run. Using the foam roller several times a week will help reduce your risk for injury.

5. Have a partner in crime. Find a running group that meets weekly. A group makes running fun and it's exciting to meet new people who have similar goals. Most running groups have people with varying levels of running experience. This is great because you will find people who share your level of fitness. You can also get valuable advice from the more advanced runners. Some running groups even have a running coach that will lead the group and evaluate your running form. Many of these organized groups are free while some charge a small fee.

Be smart and most importantly, have fun on your fitness journey.

Cyndee Platko is an ISSA Certified personal trainer and endurance trainer. She is also a licensed massage therapist, a triathlon coach and a swim coach. Cyndee has completed 12 Ironman Triathlons, 2 ultramarathons, an 8K swim and has qualified and competed in the 70.3 World Championships on two occasions.

You can reach Cyndee at trainwithcyndee@yahoo.com or on her website, www.coachcyndee.com.

6-WEEKS BEGINNER'S RUNNING GUIDE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off	1 mile run 3 minute run, walk 1 minute	Strength Workout/ Cross-Train	1 mile run 1 minute run, walk 1 minute	Off	2 mile run 5 minute run, walk 1 minute	Strength Workout/Cross-Train
2	Off	2 mile run 4 minute run, walk 1 minute	Strength Workout/ Cross-Train	1 mile run 1 minute run, walk 1 minute	Off	2 mile run 7 minute run, walk 1 minute	Strength Workout/Cross-Train
3	Off	Strength Workout/Cross-Train	Strength Workout/ Cross-Train	1.5 mile run 2 minute run, walk 1 minute	Off	5K run as much as possible	Strength Workout/Cross-Train
4	Off	2.5 mile run 5 minute run, walk 1 minute	Strength Workout/ Cross-Train	2 mile run 2 minute run, walk 1 minute	Off	2.5 mile run run as much as possible	Strength Workout/Cross-Train
5	Off	2.5 mile run 6 minute run, walk 1 minute	Strength Workout/ Cross-Train	2 mile run 2 minute run, walk 1 minute	Off	3 mile run as much as possible	Strength Workout/Cross-Train
6	Off	2 mile run 6 minute run, walk 30 seconds	Strength Workout/ Cross-Train	1.5 mile run 2 minute run, walk 1 minute	Off	5K run as much as possible	Strength Workout/Cross-Train

**KEEP UP WITH
LVAC IN AND
OUT OF THE
GYM.**





1. Drink more water.

One study showed that drinking a half-liter (17 oz) of water about a half an hour before meals helped dieters eat fewer calories and lose 44% more weight.

2. Eat eggs for breakfast.

Studies show that replacing a grain-based breakfast with eggs can help you eat fewer calories for the next 36 hours, and lose more weight and more body fat.

3. Use coconut oil.

Coconut oil is high in special fats called medium chain triglycerides, which are metabolized differently than other fats. These fats have been shown to boost metabolism by 120 calories per day, and also reduce your appetite so that you eat up to 256 fewer calories per day. Keep in mind that this is not about adding coconut oil on top of what you're already eating, it is about replacing some of your current cooking fats with coconut oil.

4. Cut back on added sugar.

Added sugar is the single worst ingredient in the modern diet, and most people are eating way too much of it. Studies show that sugar (and high fructose corn syrup) consumption is strongly associated with the risk of obesity, as well as diseases like type 2 diabetes, heart disease and others. If you want to lose weight, you should be cutting back on added sugars. Just make sure to read labels because even so-called health foods can be loaded with sugar.

5. Eat more protein.

Protein is the single most important nutrient when it comes to losing weight. Eating a high protein diet has been shown to boost metabolism by 80 to 100 calories per day, while helping you feel so satiated that you eat up to 441 fewer calories per day.

One study also showed that eating 25% of daily calories in protein reduced obsessive thoughts about food by 60%, while cutting the desire for late night snacking in half. This may be the single most important tip for weight loss.

6. Eat whole, single ingredient foods.

If you want to be a leaner, healthier person, then one of the best things you can do for yourself is to eat whole, single ingredient foods. These foods are naturally filling, and it's very difficult to gain weight if the majority of your diet is based around them.

Keep in mind that real food doesn't need a long list of ingredients, because real food IS the ingredient.

7. Eat more fruits and vegetables.

We know, we know...we've all heard this a million times. However, only 13% of Americans eat the recommended five servings a day. Vegetables and fruits have several properties that make them effective for weight loss. They contain few calories, but a lot of fiber. They are also rich in water, which gives them a low energy density. They also take a while to chew, and are very filling.

Studies show that people who eat vegetables and fruits tend to weigh less. These foods are also nutritionally dense, so eating them is important for all sorts of reasons.

8. Lift weights.

Studies show that weight lifting can help keep your metabolism high, and prevent you from losing precious muscle mass. Doing some sort of resistance exercise is critical.

9. Move more.

Find something that you enjoy doing, and make it a regular part of your life. Whether it's walking, taking Zumba or a HEAT class, or heading out the door for a long, solitary run, engage in some type of cardio. Consistency, over time, is the key to improving your health and seeing the weight loss results you are working for. Current recommendations from the American Heart Association for overall cardiovascular health are:

- For optimal cardiovascular and overall health benefits, complete at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes.
- OR -
- At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate and vigorous intensity aerobic activity.

10. Plan your meals.

Registered dietitians will tell you that the biggest mistake clients make in their weight loss journey is their failure to plan ahead for meals. Make a menu, grocery shop once a week and prep foods ahead of time. That way, you always have healthy food on hand, and will be less tempted to pull into that fast food drive through on your way home from a long day at work.



Sources:

Authoritynutrition.com "Evidence Based Weight Loss"
 American Heart Association "Recommendations for Physical Activity in Adults"

A promotional graphic for CW Las Vegas. On the left, four superheroes are shown: Superman, Supergirl, The Flash, and Green Arrow. On the right, two news anchors, a man in a grey suit and a woman in a pink top and grey skirt, stand together. A large yellow and red comic-style speech bubble at the top contains the text 'DYNAMIC DUOS'. A smaller yellow speech bubble at the bottom right contains the text 'TRAFFIC & WEATHER EVERY 10 MINUTES'. The background is a mix of green and blue with a white zig-zag line separating the superhero and news anchor sections.

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Monday Nights at 8

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zucchini and turkey pizza boats

Ingredients

- 6 medium zucchini
- 2 tsp extra virgin olive oil
- 1 lb lean ground turkey
- 1 cup porcini mushrooms, diced
- ½ tsp dried oregano
- ½ tsp dried basil
- 1½ cups marinara sauce
- ½ cup grated Parmigiano-Reggiano cheese
- ½ cup part-skim ricotta cheese
- ½ cup shredded mozzarella cheese
- 2 cloves of garlic, minced

Directions

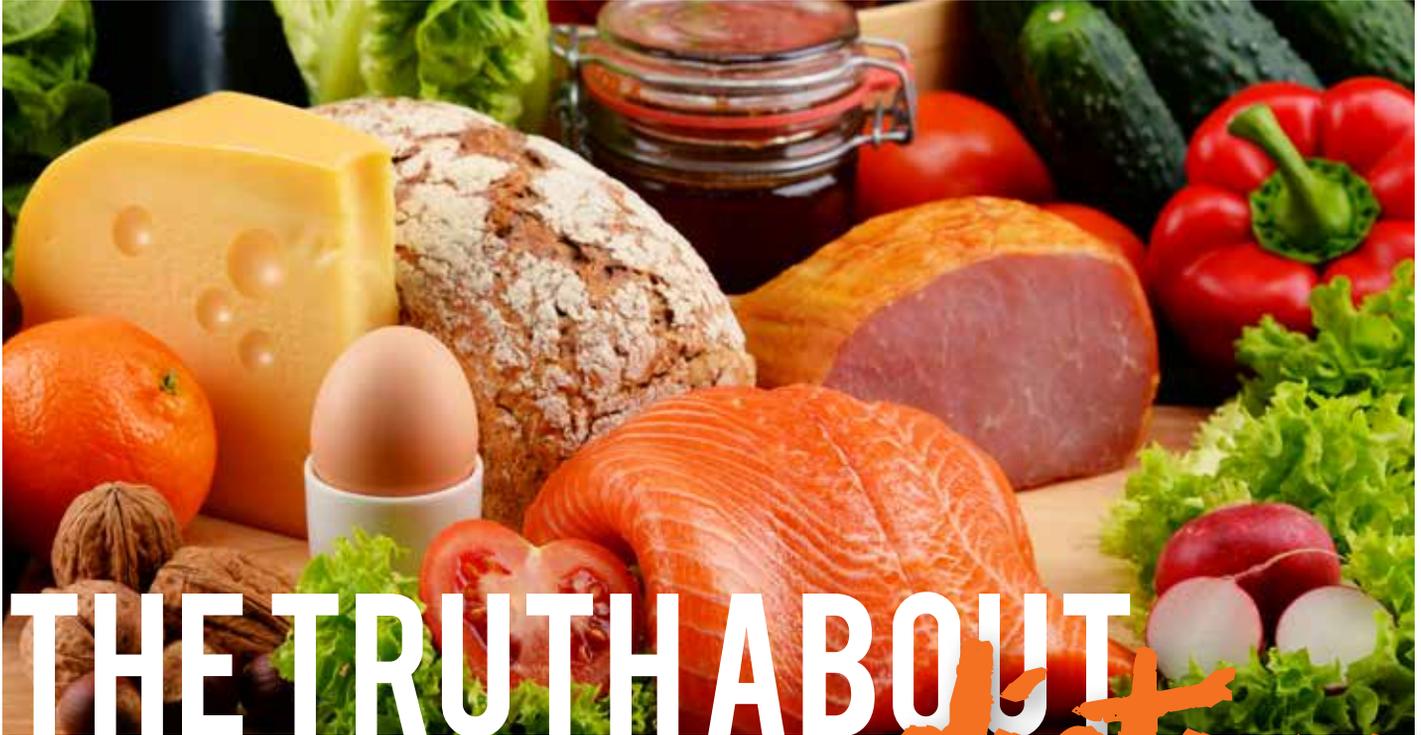
Preheat the oven to 400 degrees. Coat a baking dish with non-stick spray. Set aside.

Heat the olive oil over medium high heat. Add the turkey, mushrooms, and garlic. Cook until turkey is fully browned, about 6-8 minutes. Season with salt and pepper. Stir in the oregano, basil, and marinara sauce. Stir gently until the mixture begins to simmer, then remove the pan from the heat.

Meanwhile, cut the zucchini in half and scoop out some of the center using a spoon or melon baller to create the boat. Fill the boats with the turkey and mushroom mixture.

Top each boat with one tablespoon of Ricotta and one tablespoon of shredded mozzarella cheese. Sprinkle the top of each boat with one tablespoon of Parmigiano-Reggiano cheese.

Bake for 15-18 minutes until the cheese is bubbling and the zucchini is tender.



THE TRUTH ABOUT *diETING*

By Crystal Petrello

When it comes to the public acceptance of dieting, history keeps repeating itself. Essentially a fad diet is created by someone taking a science-based idea and extrapolating it into a diet. For example, a few fad diet creators knew that when our bodies are deprived of energy providing carbohydrates, they adapt by engaging a process called ketosis. Ketosis turns the metabolism to using stored fat cells for energy. Understanding this they immediately wrote books and created low or no-carb diets. They made a fortune doing so. The problem is that they strategically left out essential information about the after effects of the ketosis process, such as how a buildup of ketones can change the chemical balance of your blood. They also hoped you would forget what you learned in junior high school health class about the positive benefits of carbohydrates, like helping rid your system of cholesterol and assisting in the cleansing of your digestive tract.

Most fad diets may help you lose weight in the short term, but aren't healthy in the long term and can have lasting negative effects on your body. This is the overall health problem for fad or yo-yo dieting. These diet obsessions have ranged from Lord Byron's Vinegar and Water Diet in the 1820s, to the Hay Diet in the 1930s, and the Beverly Hills Diet in the early 1980's. The diets get renamed and repackaged, and with clever marketing they promise weight loss through utilizing one or more of the following principles:

1. Elimination or restriction of entire food groups or macronutrients. Each food group contains a different ratio of fat, protein and carbohydrates. These are macronutrients. All groups need to be consumed for specific biological and metabolic reasons. Different food groups contain naturally occurring vitamins and minerals that are essential for health and disease prevention. When we eliminate whole food groups or macronutrients, we risk nutrient deficiencies. The Bulletproof Diet removes large categories of food such as soy, cheese, and wheat, while

basically eliminating all dairy except for butter. The diet alleges that if you load up on fresh vegetables and lean grass-fed protein while eliminating carbohydrates, you'll shed the pounds without having to exercise. (1) On the contrary, recent research shows that low fat milk can be a great post-exercise drink and can decrease blood pressure as well as heart disease. (2)

2. Specific food combinations. The process of eating your fruit first and your protein last is over thinking basic human metabolism. It all hits the stomach and becomes mixed together once you chew and swallow.

3. Severely restricting calories. With a healthy caloric deficit, the body will shed unnecessary weight. However, if we consume too few calories to maintain our health, the body goes into a starvation mode. When this happens, the body doesn't use the fat we are trying to lose for fuel. Instead, our body's processes slow down, particularly our metabolic process. With that, our weight loss slows down and we become hungry and miserable. When we begin to eat normally again, the weight piles right back onto the waistline because often our metabolism remains in a lowered state. A good rule of thumb to remember is that you need calories to burn calories. Intermittent fasting is an example of restricting calories. Fasting can be done in various ways and when done for short periods of time (not longer than 24 hours), it can promote good health. Not eating for long periods of time however, can cause you to be light-headed or dizzy, tired, nauseous, and irritated ("hang-ry") (3). This can lead to difficulty sleeping, poor workouts, and then compensating for the hunger by overeating when it is finally time to eat. Check with your physician if you have questions about fasting, especially if you have specific health issues or are taking prescription medications.

4. Rigid menus and extreme portion control. Simply put, these are not sustainable diets for anyone trying to live a healthy lifestyle. They can also be expensive and time consuming. An example of

Continue On Page 22



this type of dieting is the Bulletproof Diet. "When [a] diet is telling you to avoid certain vegetables, you know you shouldn't trust it," says Joan Blake, a registered dietitian and clinical associate professor at the Boston University College of Health and Rehabilitation Sciences: Sargent College. "It's a major red flag. Dieticians worry about the diet's extreme view on certain foods. Cutting out all legumes and grains is not necessary to promote weight loss. Legumes and grains pack fiber, which promotes fullness and improves blood sugar, cholesterol levels and gut health. Along with beans, nuts are also a healthy source of non-animal protein, especially important for vegetarians", she adds.

5. Lack of exercise. We know we must exercise for overall health and well-being. The benefits of exercise are practically endless. Exercise helps to raise our metabolism, builds muscle to allow our bodies to function better, protects our organs, strengthens our bones, and tightens our skin. Any diet that claims you can lose weight without working out is not endorsing a healthy method of weight loss. And research has shown that individuals who lose weight without exercise are much more likely to gain the weight back. True weight loss requires a change in lifestyle, and that always includes regular, consistent exercise.

The key to most fad diets is to play on what the informed consumer believes and what the media says is healthy. Whole food is healthy. Removing additional sugar is healthy. Eating foods that are less processed is healthy. Fad diets placate your need for direction and give

you a roadmap in planning a strict and restrictive diet. Having a plan is not a bad thing. But make sure that your plan meets current scientific recommendations and passes the 'common sense' test.

As a dietitian, my clients know what they should eat. I have never heard a client tell me they should not drink water or eat vegetables or never have a banana or an orange. Most the time I end up debunking myths of fad diets and reassuring clients that past failures (due to the lack of sustainability of these fad diets) do not define who they are as a person. I have had intelligent, mature women break down crying over how "dumb I feel for believing all those lies" over the years. Not to mention all the money they have spent! Weight loss, good health and a life full of energy can be achieved without any of the 6 stresses listed above. There is no magic bullet to weight loss and wellness but there are simple and important truths that will help you to be successful.

- 1. Hydrate.** Drink fluids that taste good without additional sweeteners or sugars. Try water (in its many forms), tea or coffee. I like drinking unsweetened flavored sparkling water all year long!
- 2. Focus on eating more fruits and vegetables.** Fresh, frozen and canned are ALL acceptable ways of getting your fiber and nutrients through produce. I love my beans canned, my carrots fresh, and my cauliflower frozen. And I will take tomatoes anyway I can get them! Likewise, using the excuse "vegetables are too expensive" is not acceptable. A pound of snap peas costs the same as a bag of potato chips and provides an equal amount of crunch with a lot more health benefits.
- 3. Incorporate whole grains.** Processed food can be made from whole grains, but I encourage you to eat closer to the source. I recommend trying the whole grain itself such as quinoa, millet, oats, or wild rice. These grains offer protein, fiber, and carbohydrates that can help make a more balanced meal and add variety to your menu.
- 4. Include dairy.** There are multiple benefits to drinking milk and eating yogurt including the protein, probiotics, and calcium that they provide. Another benefit of dairy is the average cost per serving is 26 cents, making it is easy on the food budget. Aim for a variety when choosing your three daily servings of dairy, such as yogurt, milk, kefir, and cheese.
- 5. Love yourself.** We would be embarrassed if our children knew what we think of our bodies and ourselves. Stop being your own bully! Focus on how you can change the conversation in your mind. Once you do that, you will begin to change what you put in your mouth and how you stay active. Focus on loving you and the rest will follow.

Crystal Petrello, MS, RDN, LD

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 crystalpetrello@gmail.com
 702-575-7717

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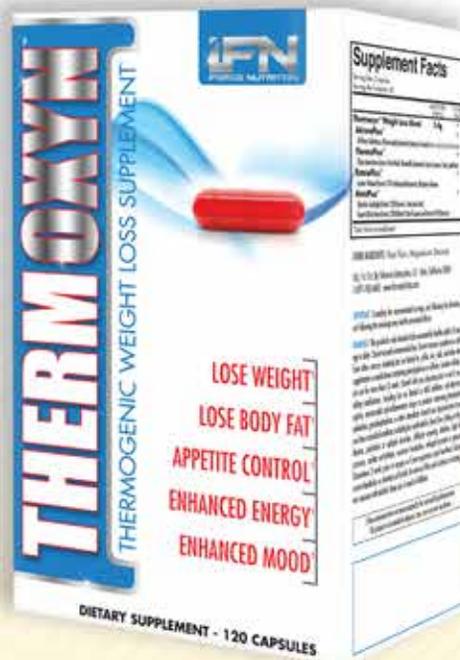
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FIT FACTS

“When you truly understand that your food choices are powerful and life affirming, you can exercise **control** and **restraint** without deprivation.”

- Marlene Adelman

6 truths You Should Remember

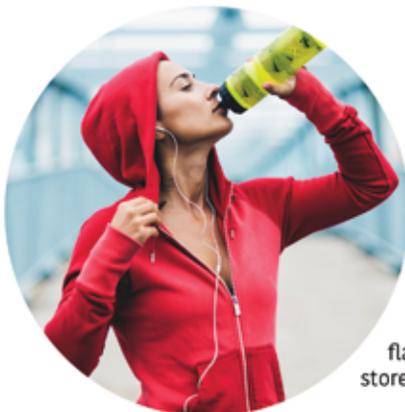
- The perimeter of the grocery store is where 90% of the healthy food is located.
- The more muscle mass you have, the more calories you burn at rest. Muscle burns calories at all hours throughout the day. Weight train.
- Eating healthy is not more expensive than a junk or fast food diet, especially when you consider health care costs down the road.
- You need to burn about 3500 calories to lose one pound of body fat.
- 69% of men consider themselves to be physically fit. 13% of men are actually physically fit.
- You're *never* too old to do squats.



“Break out of your comfort zone when you are cooking. Buy a new cookbook, cozy up with a recipe blog that friends rave about, or make it your goal to try one new recipe each week. It’s a great (and fast) way to have a lot more fun in the kitchen and remember how much you love making food for your family. Trying something new—especially when that something is super-delicious—is the best way to stop thinking of cooking as a chore and start thinking of it as an exploration that literally nourishes you.”

-Elizabeth Faulkner
Pastry Chef and a James Beard Foundation Award nominee
IDEA Fitness Journal, October 2016

more veggies.
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Say hello to H2O

Whether you're heading off to spin class, boot camp, or any other exercise, it's always important to hydrate so you can stay energized and have your best workout. Electrolyte-loaded athletic drinks though, can be a source of unnecessary calories, so drinking water is usually fine unless you're exercising for more than one hour. At that point, feel free to go for regular Gatorade-type drinks (and their calories), which can give you a beneficial replenishment boost. But worry not if you like a little flavor in your drink. There are now lower-cal sports drinks available, so check for them at your grocery store. What's even better? Add fresh lemon or lime slices for an infused, natural flavor with no added calories.

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BEFORE



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This patient was unhappy with prior dental work that left her teeth with an inward-sloping and asymmetrical smile. Dr. Palluck used all-porcelain veneers and crowns to correct the tooth angles, reduce the upper gum line, and to whiten her new smile.



BEFORE



AFTER

This patient was unhappy with previous crowns on the front teeth that had a "fake" look to them, along with dark lines at the gumline. Dr. Palluck replaced the crowns with all-porcelain veneers and crowns while adding natural-looking tooth anatomy. The result is a beautiful, bright smile with natural looking teeth.



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FIT **FACTS**: KIDS NEED RECESS

Everybody needs a break – kids as much as anybody. In fact, research shows it helps them learn better in school. Recess time has been championed as a way to help combat the nation's childhood obesity problem. Studies have also shown that the free-play that comes with recess is crucial to a child's cognitive, social and emotional development. So parents across the country are criticizing a trend where schools slash recess time, or even eliminate it entirely, to devote more classroom minutes to academic subjects and standardized test preparation. Many are lobbying their state lawmakers to require free-play for their children at school.

According to an American Academy of Pediatrics (AAP) policy statement touting its benefits, recess "represents an essential, planned respite from rigorous cognitive tasks and affords a time to rest, play, imagine, think, move and socialize."

It also helps kids reset their brains for the remainder of the day. "After recess, for children or after a corresponding break time for adolescents, students are more attentive and better able to perform cognitively," the organization said.

But just as critical to cognitive improvement, recess also is crucial to developing social and communication skills learned on the playground – lessons that usually don't get taught inside a classroom. "Recess is the only place in school, maybe the only



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place in their social life, where kids have the opportunity to develop social skills with their peers," said Robert Murray, M.D., one of the AAP report's lead authors.

Physical education classes don't offer the same benefits as recess because, while offering a physical outlet, P.E. is part of a structured curriculum taught in a controlled environment. Turner said kids need a chance to "just go out and play and have fun," something they may not be able to do in P.E. class. "Kids need time in an unstructured environment where they are given creativity in terms of their outlet where they basically learn how to share and get along with each other."

*American Heart Association
Heartinsight E-News
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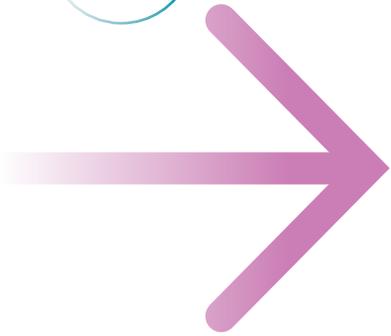
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Most of our class titles are self-explanatory, but here are a few mainstream classes explained to help you get started. These are not the only classes we offer, but because we like to try new things, your best bet is to go through the schedule to see what we are featuring at your preferred location!

You don't really have to bring anything to any of the classes, as we provide all the equipment and mats. Some classes you will find even more enjoyable if you do bring additional personal gear, such as Cycle shoes to clip in during Cycle, or a padded bike seat, or a Yoga mat for Yoga or Pilates. But before you invest in extra gear we recommend you participate in a few classes first, to see if you will continue with that particular class.

HIGH INTENSITY/CARDIO CLASSES

High Intensity formats are designed to enhance muscular strength and endurance, speed and agility, and most importantly to change your body composition! Cardio classes are designed to get large muscle groups working over a sustained period of time keeping your heart rate to at least 50% of its maximum level. Our High Intensity & Cardio classes enable your cells to burn more fat during both exercise and inactivity.

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
BODYATTACK™ BY LES MILLS This sports-inspired cardio workout builds strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!	55 Minutes	Cardio	735	Body Weight
BODYCOMBAT™ BY LES MILLS Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Maui Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.	55 Minutes	Cardio	740	Body Weight
BODYSTEP™ BY LES MILLS The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.	55 Minutes	Cardio	620	Height Adjustable Step
BOOT CAMP Both cardio and strength, this high intensity class practices drills for strength, power, endurance and speed. You'll be doing lots of relays, sprints, small hurdle running, lunging, push-ups, plyometric exercises, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.	60 Minutes	Total Body Workout	550	Various types of equipment
CYCLE Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. This is an effective lower body, cardio workout that will tone your lower extremities and core for a long, lean body. Cycling can enhance your heart and lung capacity and is great for any age group.	60 Minutes	Lower Body & Core	500	Bike/Body Weight
8STRIKES™ This class is unique from the heart pounding music that is custom made to the 8Strikes combinations that involve 8 points of contact used by kick boxers around the world. Use your fists, knees, elbows and feet to kick inches off your waist line. Squats, pushups and plyometric moves that will reshape your body. 8Strikes™ will challenge and improve your endurance, reaction time and reflexes.	60 Minutes	Total Body Workout	700	Body
H.E.A.T. H.E.A.T. (High Energy Athletic Training) is an enriched form of athletic training utilizing interval workstations, such as battle ropes, free weights, kettlebells, jump ropes, gliders and more, to create short but intense anaerobic exercises with brief less intense recovery periods. The goal of this class is to provide the participant with enhanced athletic capacity and conditioning.	60 Minutes	Total Body Workout	600+	Battle Ropes, Kettlebells & more
P.I.T. PURE INTENSITY TRAINING Looking for something to really challenge your workout? P.I.T Pure Intensity Training ~ P.I.T. will have your muscles burning from head to toe! Mixing old calisthenics with modern-day functional training, this will be a program you'll want to add to your existing exercise regimen! Currently at our Southwest Club location only.	60 Minutes	Total Body Workout	600	Body Weight, Weights

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Class Descriptions

For the most updated schedules and descriptions visit LVAC.com.
 For new class demo announcements, special events and workshops visit our Facebook Page at [lvacgroupfitnessclasses](https://www.facebook.com/lvacgroupfitnessclasses)



HIGH INTENSITY/CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
KICK BOXING Non-contact boxing will increase your heart rate and help burn fat and calories. This class also helps with coordination with kicking and punching moves that help improve balance and reflexes. Punches made with precision and power help to build upper and lower body muscles as well as abdominal muscle strength from the various positions required to perform many of the kickboxing moves	60 Minutes	Total Body Workout	400	Body
LITE STEP/LITE WORKOUT A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.	60 Minutes	Lower Body	250	Step/Bench
PILOXING™ Piloxing is a creative mix between Pilates and boxing, with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. This low-impact workout is done barefoot and incorporates movements from dance, punches inspired by boxing and core work based on Pilates. It is fun, a perfect fat burning workout.	60 Minutes	Total Body Workout	300	Body Weight
RPM™ CYCLE BY LES MILLS RPM is the indoor cycling workout based on outdoor riding, where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.	45 Minutes	Cardio	675	Indoor Stationary Bike
STEP 1, 2, 3 Classes performing moves on and off a step platform will provide both cardiovascular and muscular endurance. Incorporating both upper and lower body movements together will improve your coordination and agility; and the constant push up onto the step will increase leg strength. This intense cardiovascular workout will make your heart and lungs work more efficiently and the calorie burning aspect of the exercise will help you maintain a healthy weight.	60 Minutes	Lower Body & Core	600	Step Bench

DANCE CLASSES

LVAC is proud to offer many dance classes suitable for the non-professional participant. Our goal is to motivate as many people to love fitness and exercise by keeping our dance classes simple, fun and energetic.

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
BALLET BARRE TONING This is a comprehensive workout for the entire body (and mind): beginners will learn the essential ideas of the ballet movement process while advanced dancers will be reminded of the often-neglected basics that make the difference. This is a perfect barre workout for students of all levels. Become leaner, longer and stronger with this amazing class.				
BELLY DANCE Learn traditional belly dance moves that firm and tone the waist and hips. No experience necessary.	75 Minutes	Total Body Workout	350	Body Weight, Yoga Mat
BOOTY BLAST BAR Booty Blast B.A.R.® is a ballet inspired workout that utilizes a combination of ballet steps, aerobic movements, and resistance exercises to give you a fun cardio workout. Booty Blast B.A.R.® helps you increase your muscle flexibility, improve your balance and lengthen and tone your whole body - especially those hard to hit areas including your Booty, thighs, hips, core and arms. The workout is performed using your body weight and incorporating a hand held bar for balance and toning.	60 Minutes	Total Body Workout	400	Balance Bar, Body Weight



Class Descriptions

DANCE CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
HIP HOP DANCE From R&B and House to Club, Hip Hop Dance utilizes upbeat music from a variety of genres. The results – an energetic class that not only teaches you Hip Hop movements and technique, but instills rhythm and precision in your muscle memory.	60 Minutes			
HOT HULA FITNESS Inspired by the dances of the Pacific Islands, HOTHULAFITNESS® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HotHulaFitness® isolates your larger muscle groups, increasing strength and definition to your core, glutes, quads and arms.	60 Minutes			
MIXXEDFIT Is a Dance fitness program that is a mix of explosive dancing, hip hop and boot camp toning. Dance to Latin, Hip Hop, Bollywood and African inspired rhythms. The class incorporates boot camp inspired drills and works on developing lean muscle through toning and dancing.	60 Minutes	Total Body Workout	400	Body Weight
SH'BAM™ BY LES MILLS This class features simple but seriously hot dance moves that will shape you up and let out your inner star. The soundtrack is made up of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics and modernized LATIN Beats.	45 Minutes	Total Body Workout	510	Body Weight
ZUMBA® This is a cardio based class using international rhythms. Zumba is a great cardio workout! 70% Latin based rhythms with 30% from genres such as Bollywood, Hip Hop, African, and many other genres that will keep you moving. This high energy, aerobic class allows you to burn calories and body sculpt while enjoying the “fitness party”.	60-90 Minutes	Total Body Workout	650	Body Weight

STRENGTH CLASSES

Strength formats are designed to enhance muscular strength and endurance. Additional benefits of strength training are balance, healthier bones and building lean muscle mass. Strength training also helps with better body mechanics, boosts energy levels and translates into more calories burned.

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
ARMY RANGER BOOT CAMP This class mimics traditional boot camp with an added push to ignite the Army Ranger within you. You will use various equipment inside and outside of the gym to fire up muscles and pump up your agility skills. Take this class to take your workout to the next level. Taught at our Central location only.				
BODYPUMP™ BY LES MILLS Les Mills is the original barbell class. Designed for all ages and fitness levels, BODYPUMP delivers real results, real fast. This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music and easy to follow moves, BODYPUMP strengthens, tones, and defines the body.	60 Minutes	Strength Endurance	560	Barbell, Plates & Height adjustable Step
KETTLE BELL POWER These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.	70 Minutes	Total Body Workout	600	Kettlebells
SANDBAG XPRESS Want to improve your overall strength and conditioning? Our Sandbag Xpress class will do just that. Sandbags provide an unstable load which constantly targets muscle groups and stabilizers making your body stronger in a functional way. Become the athlete you want to be by developing functional strength by taking LVAC's Sandbag Xpress training. This class will give you the challenge you have been looking for.	45 Minutes	Total Body Workout	500+	Sandbag



Class Descriptions

MIND/BODY CLASSES

Mind/Body classes are designed to improve balance, flexibility and core strength as well as practice body awareness and mindfulness. Mind/Body classes are best enjoyed when bringing a Yoga mat to class to enjoy the full format benefits.

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>ASHTANGA (INTRO/PREP) YOGA</p> <p>Ashtanga moves through a set series of poses always done in the same order, moving through sun salutations and performing each pose individually to build flexibility and stamina. To help you learn the series safely and effectively, LVAC currently offers these classes in shorter versions, moving slower in "Prep" to help you learn the series.</p>	60-70 Minutes	Mind/ Body	150	Yoga Mat, Body Weight
<p>BEGINNING YOGA</p> <p>For those looking for a slower practice or looking to begin your yoga practice journey, this class offers the most basic postures and sun salutations to introduce you to the benefits of the Yoga. Beginning Yoga focuses on alignment and is a great place to learn the basics of this gentle format.</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p>BODYFLOW™ BY LES MILLS</p> <p>This Yoga, Tai Chi and Pilates workout will leave you feeling long, strong, centered and calm. The 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.</p>	55 Minutes	Joint Flexibil- ity & Tight Muscles	390	Yoga Mat, Body Weight
<p>GENTLE YOGA</p> <p>A slower approach to a traditional Yoga class, keeping joint limitations in mind for the practice of poses. This gentle approach isn't always easy and yet its simplicity may take you places you didn't know you could go!</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p>GENTLE YOGA MIX</p> <p>The yoga postures or asanas exercise every part of the body, keeping all the systems in radiant health. It combines all the movements needed for physical health with the breathing and meditation techniques that develop a state of inner peace and tranquility. Postures are held and performed slowly and meditatively, combined with deep abdominal breathing. These asanas work on all the various systems of the body, creating suppleness in the spine and flexibility. Each series of asanas is followed by one that provides the opposite stretch and any asana that works primarily on one side is always repeated on the other for balance and unity.</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p>IYENGAR YOGA</p> <p>Named after & developed by B.K.S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision & alignment in the performance of asana and breath control. The development of strength, mobility and stability is gained through the asanas.</p>	60-70 Minutes	Mind/ Body	150	Yoga Mat, Body Weight
<p>PIYO</p> <p>PIYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This is a fast moving class that delivers a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.</p>				
<p>PLYOGA</p> <p>This is a fitness system that uses fundamental & accelerated yoga postures with intense plyometric intervals allowing you to use your body as its major power source.</p>	60 Minutes	Mind/ Body	150	Body Weight
<p>TAI CHI</p> <p>The traditional slow, focused, moving meditation health exercise. Tai Chi has been associated with reduced stress, anxiety, depression, and enhanced mood in both healthy people and those with chronic conditions. It has been shown to improve aerobic capacity, increase energy, and build muscle strength.</p>	60 Minutes	Mind/ Body	150	Body Weight
<p>VINYASA FLOW YOGA</p> <p>Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated from Sanskrit as meaning "connection". In terms of yoga asana, we can interpret this as a connection between movement and breath.</p>	60-70 Minutes	Mind/ Body	250	Yoga Mat, Body Weight
<p>YOGA BLEND</p> <p>Here you will discover how traditional Yoga and modern Fitness principles can be blended into an effective workout. You may find elements from Pilates and Functional Training incorporated in these classes.</p>	60 Minutes	Mind/ Body	200	Yoga Mat, Body Weight

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Class Descriptions

AQUA CLASSES

Aqua classes should not be mistaken as “easy”. Water is very suitable for all fitness levels, inexperienced or seasoned participant. Whether you are coming back from an injury or are looking for an environment that surrounds you with resistance, this is the perfect class for you. Classes meet in the pools and no swimming skills are necessary. Exercises are easily modified.

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
AI CHI A slow, focused, moving meditation water exercise that will help improve wellness and balance.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
AQUAAEROBICS This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training. This cardio based aqua class will give you a higher calorie burn while strengthening and sculpting the entire body.	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
AQUABOOTCAMP With the combination of resistance bands, medicine balls, and other equipment, you will get an amazing workout that will challenge your perception about Aqua training. With the focus on strength and endurance conditioning, everyone in this AquaBootCamp class will reap the benefits of their hard work. This class accommodates all level of fitness and challenges everyone individually. Let AquaBootCamp be the motivation you need to become a better "you".	60 Minutes	Total Body Workout	450	Body Weight, Paddles, Med Balls, Noodles, Tubes
AQUAFIT This class combines segments of cardio and strength training using training intervals and water approved weight resistance tools. Changing the dynamics of traditional aqua classes through energetic use of force and resistance. AquaFit is designed for all fitness levels using equipment that helps drive a quality aqua experience resulting in a toned and functional body covering strength, cardio, and mobility, well enough to wear you out!	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
AQUA RECOVERY Aqua Recovery addresses general flexibility improvement, daily life functional mobility, athletic training recovery and also incorporates yoga and mind/body practice. This class uses deliberate and effective movement patterns to help you enjoy a functionally healthy existence.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
AQUA ZUMBA This class is for those looking to make a splash by adding a low-impact high-energy aquatic exercise to their fitness routine. Water resistance means less impact on your joints and you can really let loose and enjoy the Zumba party. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.	60 Minutes	Total Body Workout		
H2O CORE + MORE Postural core training to increase mobility, flexibility, strength and muscular endurance based on Pilates and Yoga exercises in the water. (Offered at our Sandhill location only)	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
HYDROFIT A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
RAPID LIQUID CARDIO 60 minutes of non-stop cardio challenges. Combinations of aqua sprints, punches and kicks will leave you sweating in the water! Varying aqua tools are used, from kettle bells to Dumbbells. This class is challenging and exciting – working in this liquid room will keep you inspired and wanting more!	60 Minutes	Total Body Workout	450	Body Weight, Paddles, Noodles, Water Weights
WATER JOGGING A simple cardio class in the water, using the natural resistance to increase strength and cardiovascular health.	60 Minutes	Total Body Workout	350	Body Weight Paddles Noodles



Class Schedules

Visit LVAC.com or download the **LVAC App** on your mobile device for the most up-to-date info!



GREEN VALLEY (853-5822) - ROOM 1 ON THE GROUND FLOOR

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP	BODYPUMP	BODYSTEP			
6:00		BODYPUMP	BODYSTEP	BODYPUMP	H.E.A.T.	BODYPUMP	
7:00						BODYSTEP	
8:00	HEALTHY BACK		TAI CHI*	HEALTHY BACK	TAI CHI*	BODYCOMBAT	BODY ATTACK
8:15		BODYFLOW					
9:00	MIXXEDFIT						
9:15			BODYCOMBAT	BODYPUMP	STEP 2		BODY PUMP
9:30		H.E.A.T.				STEP 3	
10:15					BODY PUMP		
10:30	KETTLEBELL PWR		M.R.T.	ZUMBA		ZUMBA	MIXXEDFIT
11:30		ZUMBA	PILATES	H.E.A.T.		MIXXEDFIT	
PM							
12:00	MIXXEDFIT				MIXXEDFIT**		BODYPUMP
12:30		BODY PUMP	H.E.A.T.	MIXXEDFIT**			
12:45						BODYPUMP	
1:00							
1:30		KETTLEBELL*	KICKBOX	KICKBOX	KICKBOX		ZUMBA
1:45						BODYCOMBAT	
2:30							
3:30							
4:00							
4:30	ZUMBA	BODYPUMP	ZUMBA	BODYPUMP	BODYCOMBAT		
5:00							
5:30	BODYSTEP		MIXXEDFIT	8STRIKES*	H.E.A.T.		
6:00		MIXXEDFIT**					
6:30	BODYPUMP		BODYPUMP		BODYPUMP		
6:45				KETTLEBELL*			
7:00							
7:30		BODYCOMBAT					
7:45					MIXXEDFIT		
8:00	ZUMBA		ZUMBA	ZUMBA			
8:30		ZUMBA					
9:00			BODYPUMP				

GREEN VALLEY - ROOM 2 ON THE SECOND FLOOR (UPSTAIRS)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE					
6:00	RPM CYCLE	PILATES	RPM CYCLE	CYCLE			
8:15	CYCLE		CYCLE		RPM CYCLE	CYCLE	
8:30							
9:00		CORE					CYCLE
9:15				CYCLE		M.R.T.	
9:30	CYCLE	BODYCOMBAT	CYCLE		CYCLE		
10:15				BODYFLOW			YOGA-VINYASA FLOW*
10:30	PILATES	PIYO			PILATES	BODYATTACK	
10:45			BODYFLOW				
11:30						YOGA-BEGINNING*	CORE
PM							
12:00	CYCLE - 45 min	RPM CYCLE		RPM CYCLE			BEAT-IT-OUT
12:30			ZUMBA		YOGA-VINYASA FLOW*		
1:00	YOGA-BLEND	YOGA-VINYASA FLOW*		YOGA-VINYASA FLOW*			
1:30							
2:30							
3:15		BODYFLOW					
4:00							
4:15			YOGA-VINYASA FLOW*				
4:30				BODYFLOW			
5:15							BELLY DANCING*
5:30	BODYFLOW	CYCLE	CYCLE		RPM CYCLE		
6:00				RPM CYCLE			
6:30	BODYCOMBAT	HOT HULA FITNESS	PILATES				
7:00							
7:30	CYCLE						

H.E.A.T. = High Energy Athletic Training, M.R.T. = Muscle Resistance Training

Unless otherwise noted, all classes are 55 minutes long. * = 75 min. class ** = 90 min. class

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies.

Please check lvac.com or the **LVAC App** for the most accurate schedules. Questions about scheduling? Email patricia@lvac.com



Class Schedules

GREEN VALLEY - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30						RAPID LIQUID CARDIO	
8:30				RAPID LIQUID CARDIO			
9:00	RAPID LIQUID CARDIO	AQUAEROBICS	RAPID LIQUID CARDIO		RAPID LIQUID CARDIO		
10:00	AQUA RECOVERY	AQUA RECOVERY	AQUA RECOVERY		AQUA RECOVERY		
11:00			AI CHI				
PM							
12:00	AQUAEROBICS		AQUAFIT		AQUAEROBICS		
1:00	AI CHI				AI CHI		
6:00							
6:30		RAPID LIQUID CARDIO		RAPID LIQUID CARDIO			

WEST SAHARA - ROOM 1 (364-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP		BODYCOMBACT/CX			
8:00	STEP 2						
9:00						BODYPUMP	
9:30	ZUMBA	ZUMBA	BODYCOMBAT	ZUMBA	ZUMBA		
10:00							
10:15							
10:30	BODYPUMP	CxWORX	BODYPUMP	M.R.T.	BODYPUMP		
11:15						CxWORX	
11:30							
11:45			PILATES				
PM							
12:00	PILATES				PILATES	ZUMBA	ZUMBA
12:30		BELLYDANCE**					
1:00	ZUMBA						KICKBOX
1:15							
3:00				BALLET BARRE			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM	ZUMBA			
5:00							
5:30	BODYSTEP	ZUMBA		BODYCOMBAT	ZUMBA		
5:45			MIXXEDFIT				
6:00							
6:30		BODYPUMP		H.E.A.T.			
6:45	MIXXEDFIT		BODYPUMP				
7:30		MIXXEDFIT		MIXXEDFIT			
7:45			8STRIKES*				

WEST SAHARA - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30							
6:00			CYCLE				
9:00		CYCLE*				YOGA-ASHTANGA*	
9:30			YOGA-BLEND*				
10:00							YOGA-IYENGAR**
10:15						RPM CYCLE	
10:30	LITE STEP				LITE STEP		
11:00			BOOTY BLAST BAR				
11:30	FLEXIBILITY				FLEXIBILITY		
PM							
4:00							
4:15				PILATES			
5:30	RPM CYCLE	RPM CYCLE		BODY FLOW			
5:45					RPM CYCLE		
6:30							

WEST SAHARA - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			
9:00							
PM							
12:00	AQUAEROBICS		AQUAEROBICS		AQUAEROBICS		
5:30		AQUAFIT	AQUAFIT*	AQUAFIT			

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WEEKNIGHTS



Class Schedules

SOUTHWEST - ROOM 1 (798-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODYPUMP		BODYPUMP			
6:00	BODYPUMP		BODYPUMP		H.E.A.T.	BODYPUMP	
7:00	MIXXEDFIT					CxWORX	
7:30						H.E.A.T.	
8:00	H.E.A.T.	HIIT	HIIT		H.E.A.T.		
8:30							MIXXEDFIT
8:45		CxWORX					
9:00			BODYCOMBAT		BODYCOMBAT	ZUMBA	
9:30	ZUMBA	BODYATTACK		BODYATTACK			BODYPUMP
10:00			PIT		PIT	STEP 1	
10:30	PIT	H.E.A.T.		H.E.A.T.			
10:45							KICKBOX
11:30		BODYCOMBAT		BODYPUMP	PIT	KETTLEBELL POWER*	
11:45	H.E.A.T.		H.E.A.T.				
PM							
12:30		BODYPUMP		ZUMBA			ZUMBA
1:00			ZUMBA		PILATES		
1:30	CxWORX					CxWORX	
1:45		8STRIKES*					
2:00	ZUMBA				ZUMBA	ZUMBA	
4:15	BODYPUMP			BODYPUMP			
4:30		BODYPUMP	H.E.A.T.				
5:30	H.E.A.T.		BODYPUMP		BODYPUMP		
6:00		MIXXEDFIT		BODYCOMBAT			
6:45			BODYCOMBAT		MIXXEDFIT		
7:00	ZUMBA	BODYPUMP		BODYPUMP			
7:45			ZUMBA				
8:00	MIXXEDFIT			MIXXEDFIT			
8:15		HIP HOP DANCE					
9:15		ZUMBA					

SOUTHWEST - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE				CYCLE		
6:00		CYCLE	CYCLE	CYCLE	CYCLE		
7:00		YOGA-BLEND*	YOGA-GENTLE		YOGA-VINYASA FLOW		
7:15				CYCLE			
7:45	YOGA-BLEND					CYCLE	
8:00					ZUMBA		
8:15			PILATES				
8:30		CYCLE		CYCLE			
9:00						YOGA-BLEND	
9:15	CYCLE		PIYO		CYCLE		CYCLE
9:45		YOGA-BLEND*		YOGA-BLEND*			
10:00						HOT HULA FITNESS	
10:30	BODYFLOW		CYCLE		YOGA-BLEND		BODYFLOW
11:15				BOOTY BLAST BAR		CYCLE	
11:30		BEG. YOGA	M.R.T.				
PM							
12:00							YOGA-VINYASA FLOW*
12:15						SH'BAM	
12:30	CYCLE	YOGA-BLEND	CYCLE	YOGA-GENTLE*	YOGA-GENTLE*		
1:30		ZUMBA					
2:00				PILATES			
4:15	CYCLE		RPM CYCLE		RPM CYCLE		
5:30	YOGA-VINYASA FLOW*	CYCLE	PILATES	CYCLE			
5:45					HOT HULA FITNESS		
6:30		BODYFLOW		BODYFLOW			
6:45	CYCLE		CYCLE		BOOTY BLAST BAR		
7:30		BODYCOMBAT		BELLYDANCE			
7:45			BODYFLOW				
8:00	PILATES						
8:30				HOT HULA FITNESS			

SOUTHWEST - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30					HYDROFIT		
9:00	AQUAFIT	AQUAEROBICS	RAPID LIQUID CARDIO	AQUAFIT		AQUAFIT	
9:30					AI CHI		
10:00		AQUAFIT		AQUA ZUMBA		AQUA ZUMBA	
PM							
6:00							
6:30	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO				

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Class Schedules

NORTHWEST RAINBOW (835-5822) - ROOM 1 ON THE GROUND FLOOR

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODYPUMP		BODYPUMP			
6:00	BODYPUMP	BODYCOMBAT	BODYPUMP	BODYATTACK	BODYPUMP		
8:00		STEP 2			PIYO	BODYATTACK	H.E.A.T.*
8:30				BODYCOMBAT			
9:00	CxWORX	BODYPUMP	MIXXEDFIT			KETTLEBELL*	
9:15							CxWORX
9:30	BODYATTACK			BODYPUMP	ZUMBA		
9:45							KICKBOX
10:00		CxWORX					
10:15			BODYPUMP				
10:30	BODYPUMP			H.E.A.T.*	M.R.T.	H.E.A.T.*	BODYPUMP
10:45							
11:30	BODYCOMBAT	M.R.T.	ZUMBA		BODYCOMBAT		ZUMBA
11:45							
PM							
12:00						BODYPUMP	
12:30	H.E.A.T.*		BODYPUMP	ZUMBA	BODYPUMP		BELLYDANCE*
1:00		ZUMBA*					
1:30					CxWORX		
2:00							BODYPUMP
2:15			BODYCOMBAT				
3:15							
4:00				KICKBOXING			
4:15	BODYPUMP		BODYPUMP				
4:45				BODYPUMP			
5:15		BODYPUMP					
5:30	MIXXEDFIT		BODYATTACK		BODYPUMP		
6:00				ZUMBA			
6:15		H.E.A.T.*					
6:30	BODYPUMP		KETTLEBELL*		BODYCOMBAT		
7:00				BODYPUMP			
7:30		MIXXEDFIT			ZUMBA		
7:45	ZUMBA						
8:00			ZUMBA				

NORTHWEST RAINBOW - ROOM 2 ON THE SECOND FLOOR (UPSTAIRS)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	YOGA-IYENGAR*		YOGA-IYENGAR*	YOGA-GENTLE*			
8:30							
9:00					YOGA-VINYASA FLOW*	CxWORX	HATHA YOGA
9:30	PILATES	BODYFLOW	BOOTY BLAST BAR	ZUMBA		PILATES	
10:30	PLYOGA	SANDBAG XPRESS	PLYOGA	CxWORX	SANDBAG XPRESS	PILOXING	PIYO
10:45							
11:15		YOGA-BLEND		YOGA-VINYASA FLOW*			
11:30						SANDBAG XPRESS	
PM							
12:00							YOGA-VINYASA FLOW*
12:30	YOGA-VINYASA FLOW*	PILATES	YOGA-VINYASA FLOW*			ZUMBA	
4:15	YOGA-VINYASA FLOW*		SANDBAG XPRESS				
4:30		BODYATTACK					
5:00			CxWORX				
5:15							
5:30		BOOTY BLAST BAR					
6:00			SANDBAG XPRESS	BODYCOMBAT	YOGA-VINYASA FLOW*		
6:15	SANDBAG XPRESS						
6:30		SANDBAG XPRESS					
7:00	BODYFLOW		YOGA-BLEND*	SANDBAG XPRESS			
7:30		YOGA-VINYASA FLOW*					

NORTHWEST RAINBOW - ROOM 3 ON THE GROUND FLOOR To the right side of the Juice Bar as you enter the building

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE		CYCLE		CYCLE	CYCLE	
6:00		CYCLE	CYCLE	CYCLE			
7:30							
8:00				CYCLE	CYCLE	CYCLE	
8:30							CYCLE
9:00						CYCLE (45min)	
9:15	CYCLE				CYCLE	CYCLE	
9:30		CYCLE	CYCLE	CYCLE			RPM CYCLE

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Class Schedules

10:30	CYCLE					CYCLE	
11:00		CYCLE					
12:30		CYCLE		CYCLE			

NORTHWEST RAINBOW - ROOM 3 ON THE GROUND FLOOR (Cont'd)

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:15		CYCLE			CYCLE		
4:30			CYCLE				
5:15	CYCLE						
5:45			CYCLE	CYCLE			
6:30	CYCLE	CYCLE					
7:00			CYCLE				

NORTHWEST RAINBOW - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		AQUAEROBICS		AQUAEROBICS			
8:00	AQUAEROBICS		AQUAEROBICS				
9:00			AQUAFIT	WATERJOGGING		AQUAEROBICS	
9:30					AQUAFIT		
10:00	AQUA RECOVERY		RAPID LIQUID CARDIO	AI CHI		RAPID LIQUID CARDIO	
10:30					AQUAFIT		
PM							
12:30			AQUAFIT				
4:30	AQUAFIT						
5:30	AQUAFIT						
6:00							
6:30	AQUAEROBICS	RAPID LIQUID CARDIO					

EAST FLAMINGO (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP			BODYPUMP		
6:45		CxWORX					
8:00		YOGA-VINYASA FLOW*		ZUMBA	BODY FLOW		
9:00	T.B.C.		ZUMBA	PILATES		ZUMBA	ZUMBA
9:15		ZUMBA			ZUMBA		
9:30							
10:00			M.R.T.	MIXXEDFIT		PILATES	
10:30	PILATES	BODY FLOW			M.R.T.		BODY FLOW
11:00			CORE	BODY FLOW		M.R.T.	
11:30	ZUMBA		YOGA-GENTLE*		PILATES		
PM							
12:00		TAI CHI		TAI CHI		STEP 1	
1:00	YOGA-GENTLE*	ZUMBA					
4:00	BODYPUMP	M.R.T.					
4:30				M.R.T.			
5:00	CORE	PILATES					
5:30	KICKBOX		BODYFLOW	PILATES			
6:00		BODY PUMP					
6:30	CORE - 15 min		CORE	BODYPUMP			
6:45	BODYATTACK						
7:00			KICKBOX				
7:15		BELLYDANCE*					
7:30	ZUMBA						
8:00			MIXXEDFIT				

EAST FLAMINGO CLUB - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	RAPID LIQUID CARDIO	AQUAFIT	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO		
9:00						AQUAEROBICS	
10:00						H ₂ O CORE	
PM							
6:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			



Visit LVAC.com or download the **LVAC App** on your mobile device for the most up-to-date info!





Class Schedules

NORTH DECATUR - ROOM 1 (647-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODYPUMP	ZUMBA	BODYPUMP	ZUMBA	BODYPUMP		
7:00							
8:00				BODYATTACK		BODYATTACK	
9:00	ZUMBA	BODYPUMP		BODYPUMP		BODYCOMBAT	BODYATTACK
9:15					ZUMBA		
9:30			ZUMBA*				
10:00	BODYPUMP						BODYPUMP
10:15		H.E.A.T.		H.E.A.T.			
10:30					PIYO	ZUMBA	
11:00	CxWORX		PIYO				
11:30		ZUMBA		ZUMBA		BODYPUMP	
PM							
12:00	ZUMBA		BODYCOMBAT		BODYCOMBAT		ZUMBA
12:30							
1:00			YOGA-VINYASA FLOW*		YOGA-VINYASA FLOW*		
4:30	LITE WORKOUT						
5:30	H.E.A.T.	MIXXEDFIT	ZUMBA	MIXXEDFIT	BODYATTACK		
6:00							
6:30	ZUMBA	KETTLEBELL*	BODYPUMP	KETTLEBELL*	MIXXEDFIT		
7:30	BODYPUMP				BODYPUMP		
8:00		ZUMBA	MIXXEDFIT	ZUMBA			

NORTH DECATUR - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE		CYCLE			
6:00	RPM CYCLE	CYCLE	CYCLE	RPM CYCLE	CYCLE		
7:00							
7:30					YOGA-IYENGAR		
8:00		YOGA-GENTLE					PLYOGA
8:15						PIYO	
9:00	CYCLE		CYCLE	CYCLE			CYCLE
9:15		RPM CYCLE			CYCLE		
9:30						CYCLE	
10:00							
10:15	YOGA-VINYASA FLOW*	PIYO	YOGA-VINYASA FLOW*	YOGA-GENTLE*	BODYFLOW		
10:30						BODYFLOW	
11:00							PILATES
11:30				SANDBAGXPRESS		SANDBAGXPRESS	
PM							
12:00	BODYCOMBAT				HOT HULA FITNESS		CYCLE
12:30						ZUMBA	
1:00							
3:00							
2:30	BOOTY BLAST BAR		BOOTY BLAST BAR				
4:00		BODYFLOW					
5:00		RPM CYCLE		BODYFLOW	SANDBAGXPRESS		
5:30	RPM CYCLE		BODYATTACK				
6:00		CYCLE		CYCLE	YOGA-VINYASA FLOW*		
6:30			RPM CYCLE				
6:45	SANDBAGXPRESS						
7:00		SH'BAM		SH'BAM			
7:30	BELLY DANCING		YOGA-VINYASA FLOW*				

NORTH DECATUR - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30					AQUAEROBICS		
8:00	AQUAEROBICS	AQUA FIT	AQUAEROBICS	AQUA FIT			
9:00						AQUA FIT	
10:00							
10:30							
PM							
5:00			AQUA FIT				
6:00							

H.E.A.T. = High Energy Athletic Training, M.R.T. = Muscle Resistance Training

Unless otherwise noted, all classes are 55 minutes long. * = 75 min. class ** = 90 min. class

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies.

Please check lvac.com or the [LVAC App](#) for the most accurate schedules. Questions about scheduling? Email patricia@lvac.com



Class Schedules

6:00				AQUA FIT	AQUAEROBICS		
6:30	AQUA BOOTCAMP	AQUA FIT	AQUA BOOTCAMP				

CENTRAL CLUB AT KAREN (734-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODYPUMP	CYCLE	BODYPUMP	CYCLE			
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE		
9:30							
10:00	LITE WORKOUT	M.R.T.	LITE WORKOUT	BODYPUMP	LITE WORKOUT		YOGA-VINYASA FLOW*
10:30						LITE WORKOUT	
11:15		FLEXIBILITY		FLEXIBILITY			ZUMBA
11:30						ZUMBA	
PM							
12:00	ZUMBA	CYCLE	ZUMBA	CYCLE			
12:30							BOOT CAMP**
1:00		CORE		CORE			
1:30		YOGA-VINYASA FLOW*		YOGA-VINYASA FLOW*			
2:30							
4:30	ZUMBA		BODYCOMBAT	MIXXEDFIT			
5:00							
5:30	H.E.A.T.	ARMY RANGER BOOT CAMP†	BODYPUMP	BOOT CAMP			
5:45		CYCLE					
6:00					ZUMBA		
6:30	8STRIKES*						
6:45			H.E.A.T.	KICKBOX			
7:00		STEP & TONE					
7:45	KETTLEBELL POWER			CORE			
8:00		ZUMBA	ZUMBA	ZUMBA			

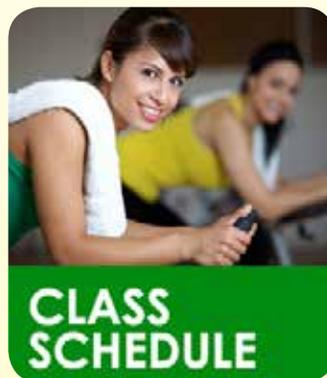
CENTRAL CLUB AT KAREN - AQUA

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00		AQUAFIT	AQUAFIT				
9:30	AQUAFIT				AQUAFIT		
PM							
5:30			AQUAFIT				

†Note: Army Ranger Boot Camp meets outside Group Exercise Room.



For the most updated schedules and descriptions visit LVAC.com or the [LVAC App](#). For new class demo announcements, special events and workshops visit our [Facebook Page](#) at [lvacgroupfitnessclasses](#)



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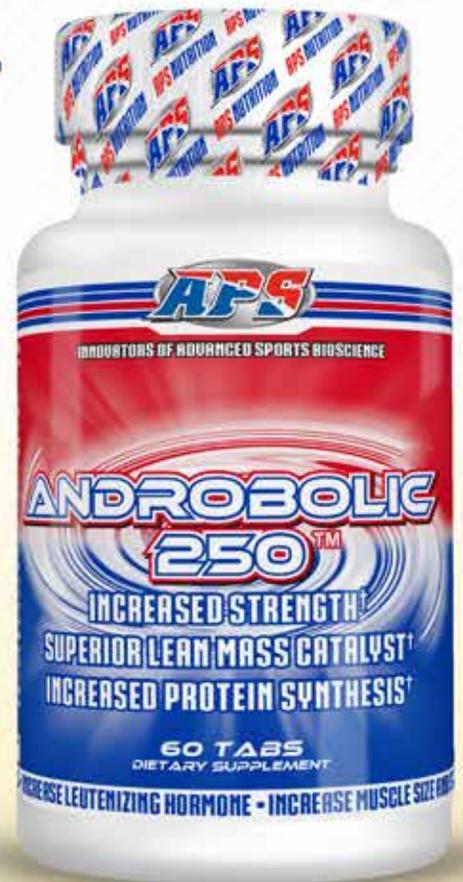
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M-F 9AM-9PM
SAT-SUN 9AM-7PM

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