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Schedule *page* **34**

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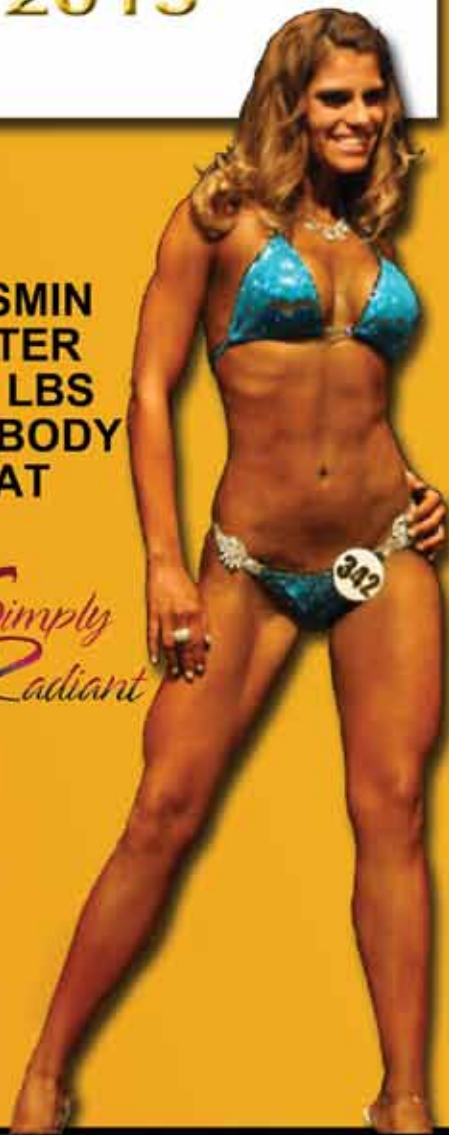
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CONTENTS



12
Club Life

Faces of
Our Community



14
**Success
Story**

Group Fitness
Instructor,
Alecia Fife,
Shares Her
Inspirational
Story



16
**The Climb
of a Lifetime**

LVAC Member
John Beede Fulfills
a Lifelong Dream



18
**Member
Spotlight**

Isaac Shares Love
and Inspiration
Without Boundaries



20
**Fitness
Parties**

Fall Fitness
Party
Schedules



22
Fit Facts

Tips To Help
Improve Your
Health, Fitness &
Well-being



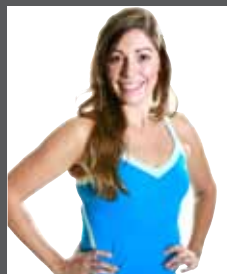
24

Metabolism
All the Facts ...
Simplified



30
**Fall
Recipes**

A Healthy Twist on
Comfort Food



32
**Member
Spotlight**

Jennifer Dietlin
Overcoming
Extraordinary Odds

34 **CLASS SCHEDULES & DESCRIPTIONS**



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You're Never Too Old to Chase Your Dreams



Dear Friends,

Hopefully you enjoyed your Summer, as well as the article in the Summer issue featuring big-wave surfing legend, Laird Hamilton. We also hope you have had the opportunity to use some of the new equipment that arrived at the end of the summer. In our quest to continually maintain our clubs and keep them up to the highest standards, we plan on placing another equipment order before the end of the year.

In late August, my family took a trip to Alaska. As this trip was on the bucket list, so was the experience of dog sledding on a glacier. The dogs that took us sledding were actually enjoying their off-season from training for the Iditarod Race that occurs between September and March. What was not apparent to me before this experience was the athletic conditioning of these superb dogs. The Alaskan Husky is bred for racing, and their overall fitness level is far superior to the best human athletes. On a bodyweight basis, the Alaskan Husky's rate of caloric burn is about 3.5 times that of a Tour de France cyclist. Similarly, their VO2 Max is about three times that of an elite marathon runner. VO2 Max is the maximum capacity to transport oxygen during exercise, and reflects a person's (or canine's) level of cardiovascular fitness. The Iditarod race takes place over 1,000 miles in normally 9-15 days, in some of the most extreme conditions on the planet (as cold as -100 degrees).

Furthermore, sled dogs have a change in metabolism that occurs during the races, and seem to flip an internal switch that changes how they burn fat calories. These incredible animals are carefully fed specific amounts of fats and proteins to maintain their energy levels, so they can metabolize their food efficiently for this ultra-endurance event. During the first few days of racing, sled dogs draw energy from glycogen stored inside the muscle cells. Then, instead of depleting glycogen stores and tiring the muscles, the dogs suddenly switch to a glycogen-sparing metabolism. They start drawing energy from sources outside of the muscles, extracting fat directly from the blood where it can then be burned as fuel. Researchers are trying to determine how these sled dogs burn fat calories the way they do, which may have implications for human diabetics and obesity.

In this issue we have attempted to do justice to the subject of metabolism and how it relates to health in general, and specifically weight-loss. Metabolism is a complicated topic, and hopefully after reading this article we can help simplify some of the mysteries. I have read articles, though, where the main focus on the importance of metabolism seems to discount the value of counting calories as a weight-loss tool. We believe that counting calories is a very helpful weight-loss tool, and accountability programs like myfitnesspal and dotFIT nutrition are a valuable resource to help simplify the information related to metabolism. What we have found with these types of opinions against counting calories is that they are associated with someone who has something to sell, like a dietician/nutritionist, or personal training program or a nutrition supplement company. Myfitnesspal and dotFIT are programs that are offered for free, and this is the main reason they are dismissed. There is no doubt that a good accountability program like myfitnesspal or dotFIT will help you achieve your fitness goals, and is a lot more than just a 'counting calories' program. These types of programs will give you a solid foundation on how much proteins, fats and carbohydrates you will need to meet your daily nutritional needs, as well as the vitamins and minerals necessary for good health. Just like the Iditarod sled dogs who are fed the proper amounts of proteins, fats and carbohydrates, myfitnesspal and dotFIT will provide you with a balanced plan of nutrients based on your specific goals. It won't cost you an arm-and-a-leg to get some valuable information on proper nutrition and a healthy diet.

A good nutrition program, like Myfitnesspal or dotFIT, also recommends you combine good healthy nutrition with exercise to achieve your fitness and weight loss goals. So we will continue to promote these programs as valuable tools to help you achieve your goals, based on science and success to support them. We are also proud to announce that dotFIT has a new app, so you can easily do your food and exercise logging on the go. It gets down to a personal preference of which program you choose, and instruction on both is of course offered for free to our members.

Congratulations to Diana Nyad who, in September on her fifth and final attempt, became the first swimmer to complete the journey from Cuba to Florida without a shark cage. Nyad, 64, after swimming the 110 miles in 53 hours, said, "You're never too old to chase your dreams." What was also amazing about her success was that it occurred 35 years after her first attempt! Over the summer, I also accomplished something after many years and countless attempts. At 56, I completed a 7-mile bike ride up a Utah canyon road in less than 70 minutes. Now that does not seem too impressive compared to 110 miles and 53 hours, but this particular ride has a pretty steep ascent. The ride also starts at over 5,000 feet in elevation and climbs to over 7,700 feet. So part of the difficulty, at least for me, is riding at an altitude with less oxygen. Maybe when I am Diana Nyad's age I can breakthrough the 60-minute barrier? We'll see about that!

Until next time, here's to chasing your dreams and making them a reality.

Yours in health and fitness,

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About Our Cover Girl



Featured on this issue's cover is LVAC member Jayde, a Las Vegas native. Jayde's dedication to fitness started with her love of dance, which she has been involved with throughout her life. When she gets a little time to relax, she loves to read, go to the movies and cook. Jayde is the mother of a two year-old son, and an employee at Encore. Her favorite things about being a member at the Las Vegas Athletic Clubs are the group fitness classes, especially P.I.T, the convenient locations, and the clubs' cleanliness.

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Club Life

Faces of Our Community



LVAC Instructor Brian Catanio and friends at the Spartan Race on April 6th.



Patricia Dettling competing in the wall climb at the Spartan Race.



Members Julie Kemmer, Sara Gordon, Stacey Woods and Jamie Brophy at the Spartan Race.



Dawn Keltner at the Senior Games in Cleveland, Ohio in July. She brought home a Gold Medal in racquetball in the 50-55 age bracket.



Instructor Carol Shannon and members following a tough CXWORX class at our Central location.

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Success Story

Group Fitness Instructor, Alecia Fife Shares Her Inspirational Story



Alecia Fife is an LVAC Group Fitness Instructor, and Certified Personal Trainer. She and her husband Steve recently celebrated their 20th anniversary. They have two daughters, one in college and one in high school. Alecia has been a teacher for the Clark County School District for the last 20 years, and is currently a fifth grade teacher at Berkeley Bunker Elementary School.

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

On my 39th birthday, I had to get my driver's license renewed. After looking at my picture, I was stunned! I looked so heavy and old! I called my husband crying, and said I wasn't going to turn 40 looking the way I did. He bought me a membership to a gym and hired a personal trainer to work with me. At our first weigh in, I discovered that I weighed 182 pounds. I was in shock. I didn't think I would be able to lose the weight. After crying all the way home, my husband reassured me that I was not a quitter and that I could absolutely do this. After training for eight months, I dropped 50 pounds! Eight years later, I still carry that old driver's license picture with me as a reminder of how far I have come.

When did you join LVAC and what were your goals in doing so?

The trainer I had worked with at another facility left, (we remain good friends), so I joined LVAC and thought it was an amazing facility. I continued to work out on my own, but missed the instruction of working with a personal trainer. Once again my amazing husband came through, and hired another trainer for me. I had always looked into the group fitness room, but could never get the courage to go in. One day I finally decided to go, and I took a Body Pump Class from LVAC Group Fitness Instructor Charli Douglass. I loved it! It was very different from what I had been doing and I found that it gave my workouts great variety.

How has your diet changed over the last eight years?

If you asked me eight years ago what my favorite food was, it would not be the same answer that I would give today. All of my life I have struggled with my weight. It has taken me over 40 years to learn that exercise and diet are a lifestyle, not a quick fix. Today I focus on balance. I eat a clean diet the majority of the time - lean protein, low fat, complex carbohydrates, but I do allow myself to splurge once in a while. If I happen to waiver off of the path of clean eating, I get right back on track. I don't deprive myself of the foods I enjoy; I simply eat less of them. This way I don't crave those foods and binge on them like I did in the past.

I feel it is my responsibility as a parent, instructor, and trainer, to set a good example in terms of my diet and exercise. I don't obsess about the scale anymore and I enjoy food. I keep healthy food in the house. I remember where I came from and how far I have come. My husband and I spend time every Sunday preparing our meals for the coming week. We grill a variety of lean meats, chicken, and fish. I undercook fresh vegetables that can be reheated during the week. This way, there is no excuse to go out and pick up something fast but unhealthy.

What led you to become an LVAC Group Fitness Instructor?

Trainers and other instructors encouraged me, so I enrolled in Les Mills certification courses. I loved Body Pump and began teaching. I also teach CXWORX, Body Attack, Boot Camp and MRT. I truly love teaching and feel it is a privilege to be a positive influence in people's lives. I love teaching these classes because I believe in them. I have seen the way my body has changed. I am leaner, lighter and stronger- both mentally and physically, and I want to help other people accomplish their goals. To be able to hear someone say, "I love your class - thank you so much for inspiring me," is the reason I am here. It makes me so proud and happy to be a part of someone's road to a fitter, healthier lifestyle. This is a responsibility I take very seriously.

You are a wife, a mom, a teacher, a trainer and instructor. How are you able to balance your time and responsibilities?

People always ask me that question, and my response is, "I find the time to work out." Yes, I have a full time job; I train from 10-15 clients a week and teach about 10 group fitness classes a week. I have a husband; one daughter in college and my daughter in high school has Down Syndrome. She keeps me grounded. Watching how hard she works for things we take for granted makes me appreciate everything I have been given. Her disability has taught me about unconditional love and acceptance, as well as patience and forgiveness. I am blessed with a great support system and my family understands how important my work at LVAC is to me. They are always there 110% to help me achieve my goals and we make it work. I am thankful each and every day!

In the past I was always comparing myself to someone else- "I wish I could look like her", or "Why can't I be that skinny?" Now, I have learned to love myself even with my flaws, and appreciate the body that has carried me for 47 years.

Exercise has made me a better person in every aspect of my life. I cannot tell you how amazingly happy I am right now!

Before

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Dress Size: 12

After

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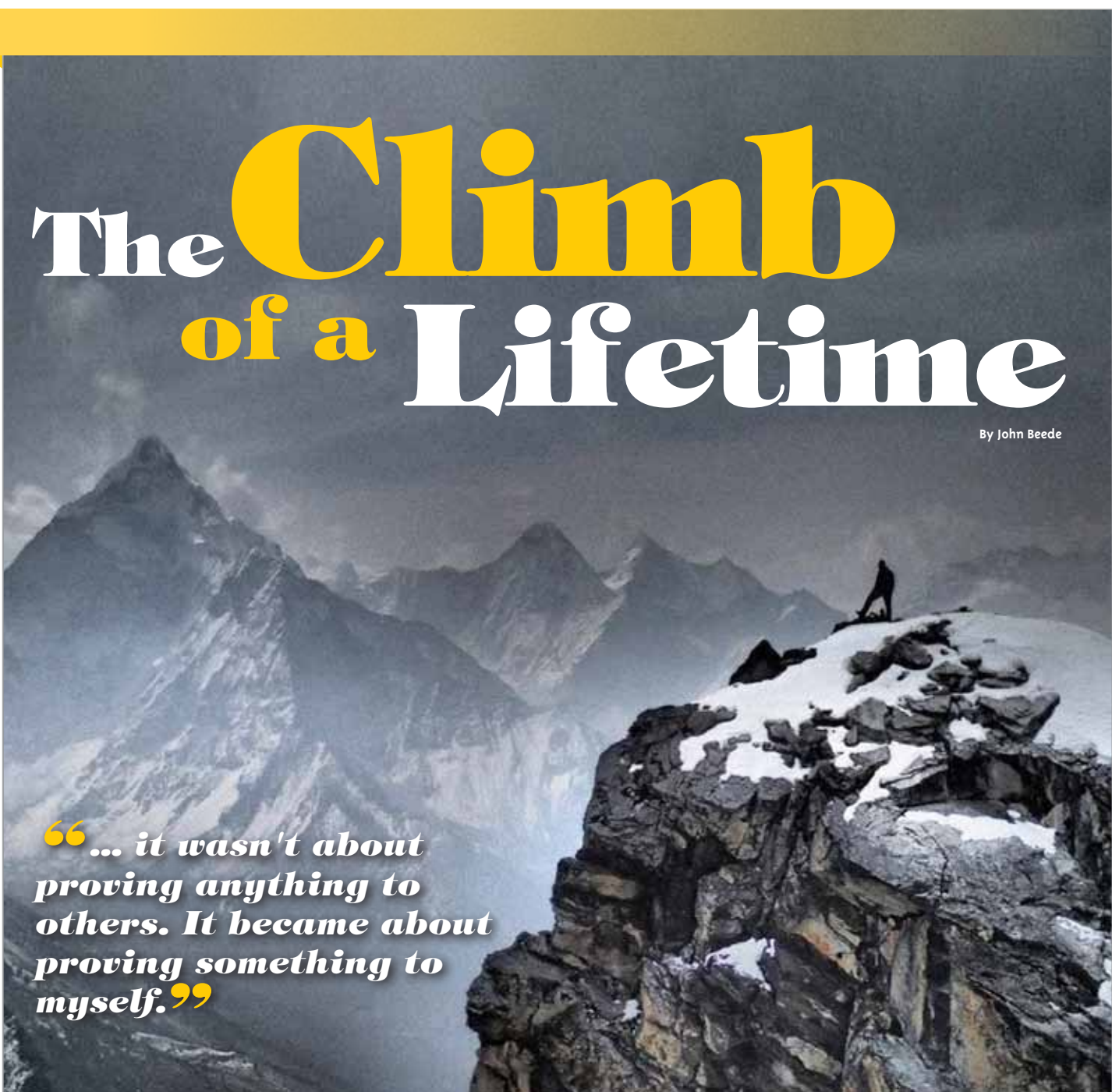
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The Climb of a Lifetime

By John Beede



“... it wasn't about proving anything to others. It became about proving something to myself.”

LVAC Member John Beede Fulfills a Lifelong Dream

It's been a lifelong dream to climb Mount Everest. During elementary school recess, I used to look up at Mount Charleston and the mountains above Red Rock Canyon, thinking how much I'd rather be "up there" than playing tetherball and kickball. As soon as I heard that there was such a thing as the tallest mountain in the world, I knew I had to climb it. As a boy, it came from a desire to be a real stud of a man. Then, as a man, it wasn't about proving anything to others. It became about proving something to myself. As I bagged the tallest mountains all over the USA, and then around the world, the shadow of Mount Everest was always looming over me. In 2012, I realized that it was time; I could feel it in my blood. I knew that I had enough experience and skill as a climber to safely get up and down that beast.



To train, I did laps up and down Mount Charleston and other peaks around the valley, carrying 60-100lbs on my back. LVAC was instrumental in my training, specifically, Alan Giron's 8Strikes group fitness class. For gym training days, I'd be at an LVAC facility for 3-5 hours, typically starting with a cycling class, moving on to stair steppers, again with 60-100lbs of added weight. Then I'd get motivated in 8Strikes. Finally, I'd finish with swim sprints to teach my body to work at high levels of performance without much oxygen. I trained 3 days on, 1 day off, for 9 straight months before the climb, never once skimping on the regimen. My life counted on it. During that time, I gained 20 lbs of mass, nearly all of it in my core and legs. On March 23rd, I flew to Nepal in the best shape of my life.

On May 21, 2013, 5:48 a.m. Nepal time, I reached the highest place on earth, the top of Mount Everest! The 7-week expedition, 7-day summit bid, and 37 hour final push to the top and back to Camp 2 was successful. Both of my oxygen bottles leaked empty, making for an epic and terrifying adventure. I only had 11 minutes on the peak, and the entire time on top I wept like a baby. I was both exhausted and elated. During the climb, the temperature, with the wind-chill, was -91 degrees Fahrenheit and I had to pass the frozen bodies of several climbers who had succumbed to the mountain. I lost 25 pounds on the expedition. As far as I know, I'm the first Las Vegas native to ever reach the summit.

If only my kid self could have known that he would achieve his dream!

During the climb, I was witness to the infamous brawl at Camp 2 between the wonderful Sherpas and three arrogant Europeans. My story even became a big part of a '60 Minutes' feature that has already aired in Australia.

When I was at the end of my strength, my friends and family became my reasons to get down alive and in one piece. I drew strength from them that I never knew I had. I've learned that everyone is overcoming a 'mountain,' whether it's Mount Everest, overcoming an injury, stepping foot in the gym for the first time, or even just summoning the will to put two feet on the floor in the morning. Each of those journeys is to be respected and encouraged. In my speeches I say, "The mountains will never lower themselves to your level, but you must rise to the demands presented to you by the climb." It's our purpose, as humans, to help one another overcome our mountains. I'm certain that LVAC's facilities, plus Alan's motivation in 8Strikes, helped me 'rise up' and climb to the top of the world!

John Beede is a Las Vegas native. He graduated from Green Valley High School, attended UNLV and graduated with a bachelor's degree in communications from Wheaton College, in Chicago. Now 31 years old, he is the author of three books, and has given paid motivational keynote speeches in 46 U.S. States and seven countries. His climbing and mountaineering stories have become parables for leadership and personal success.



Member Spotlight

Isaac Shares Love and Inspiration Without Boundaries

By: Charli Douglass

Have you ever met someone who changed your life in a positive way? The first time I met Isaac was when he came into my Zumba class. He was so excited to be there. In the beginning his enthusiasm was a little overwhelming and most of my students didn't know how to react to him. To tell you the truth, I didn't either. All I knew is that my students would follow my lead, either in welcoming Isaac or shunning him.

When I first saw Isaac I didn't even know why he was in my class. I thought he would never be able to move like my other students and I was fearful he would hurt someone or even himself. Isaac has a severe scoliosis of his spine, which makes one leg and one arm considerably shorter than the other. He walks with a rolling and swaying action in order to create momentum and balance.

The first words out his mouth were, "I love you and you are so beautiful." Isaac had me at that first "I love you." He showed me that if there is a will to do something, there certainly has to be a way to do it. I made room for him at the front of my class so he wouldn't bump into any students and he could dance with all the gusto that is in his body. Everyone was surprised when we realized that all Isaac wanted to do was dance to the music!

We now find his dancing a magnificent sight to see. He hops and jumps and twists. It is truly amazing how he can move his

body in such a fluid and smooth manner. Isaac loves Elvis Presley. In fact, he was born on Elvis' birthday. He sometimes brings his own music for me to play, and he becomes "D Star" as he dances to 'Jail-house Rock' or 'Hard Headed Woman.'



He makes everyone smile when he says, "I love you and you are so beautiful."

Isaac and his mom, Marina

Isaac is that ray of sunshine that can light up the darkest day. He makes everyone smile when he says, "I love you and you are so beautiful." I wish everyone could be more like Isaac, because his love of life is one of the purest and most inspiring things I have ever experienced.

Marina, Isaac's mother, is an extraordinary lady. She is a cardiologist at Desert Inn Hospital. Her love for her son is apparent in everything she does. When Isaac was born he had a stroke and lost the use of one side of his brain. He was diag-

nosed with cerebral palsy and curvature of the spine, which left one arm and leg malformed. His physicians counseled Marina to place Isaac in an institution so he wouldn't be a burden to her and others.

Of course, Marina replied, "No way is my son going to go into an institution to be taken care of by others who don't love him. I will take care of him for as long as God has given him to me!" That was over 30 years ago. I am so thankful that Marina chose to keep her son with her and give him the quality of life he deserves. Now, he can share his beautiful personality and love of life with everyone he meets.

Isaac has taught me to be more understanding, kind, generous and loving to others who are not like me. He knows that some people feel very uncomfortable around him or do not like him just because he looks different. That never stops him from saying, "I love you and you are so beautiful!"

Next time you are quick to judge someone else, or maybe judge the outside package and find it lacking, stop and think - "How can I show kindness in this situation?" Let's all choose to be like Isaac. Smile and say, "I love you and you are so beautiful."

Charli Douglass is an LVAC, ACE Certified Group Fitness instructor and has been teaching group fitness for over 30 years. Charli teaches a variety of classes, including Zumba, MRT and Step. She has two daughters and is a grandmother of three. She is also an ACE Certified Personal Trainer who specializes in Mind Coaching, a technique of assessing and overcoming fears in order to accomplish new goals. You can contact Charli at charlisue5@gmail.com

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Group Fitness Parties



Once every quarter, the LVAC Group Fitness Department hosts Fitness Parties for members to have an opportunity to try a class new to them, for just 30 minutes. Often you may hesitate to try a new class because you are not sure if it might be too easy, too difficult, or you are afraid it may just not be your cup of tea. We like to think almost everyone can stick something out for 30 minutes.

These Fitness Parties are designed to give you a general idea of what a class entails. To master the moves of a new class, you will often need just 3 to 5 classes to get the hang of it.

With that in mind, you can potentially try four new classes during a two-hour period. Please save the following dates and bring a friend as a complimentary guest.

These and other events are posted at www.lvac.com under Special Announcements and on [facebook.com/lvacgroupfitnessclasses](https://www.facebook.com/lvacgroupfitnessclasses).

Photographs may be taken at this event, and placed in our LVAC Magazine.

Fall Schedule

GREEN VALLEY
Thursday, OCTOBER 10th
Regular classes from 3pm until 8:30pm will be replaced by the following on this date only

Room 1
 3:00pm Zumba
 3:40pm Sh'Bam
 4:20pm BodyStep
 5pm BodyPump
 5:45pm INSANITY
 6:20pm 8STRIKES Kickbox
 7:00pm BodyCombat
 7:40pm CxWorx
 8:10pm BodyAttack
 9pm Zumba Regular Schedule

Room 2
 4:15pm CxWorx
 4:50pm BodyVive
 5:30pm RPM Cycle
 6:15pm BodyFlow
 6:55pm Yoga Ashtanga Intro
 7:30pm Booty Blast B.A.R.
 8:30pm Yoga Regular Schedule

RAINBOW
Friday, OCTOBER 11th
Regular classes from 3pm until 8pm in Room 1 and 3 will be replaced by the following on this date only

Room 1
 3:15pm Sh'Bam
 4pm Zumba
 4:30pm BodyFlow
 5:10pm BodyStep
 5:50pm INSANITY
 6:30pm BodyPump
 7:15pm BodyAttack
 8pm Zumba Regular Schedule

Room 2
*In addition to our regular cycle classes
 Please join us for the full RPM workout*
 7:15pm RPM Cycle

Room 3
 4:30pm BodyVive
 5:15pm BodyCombat
 5:50pm Booty Blast B.A.R.
 6:30pm CxWorx

SOUTHWEST
Saturday, OCTOBER 12th
All Morning Classes (except Aqua) will be replaced by the following on this date only. Regular Schedules resume after 1:30pm

Room 1
 9am Sh'Bam
 9:40am BodyAttack
 10:20am Zumba
 11am BodyPump
 11:40am CxWorx
 12:15pm BodyStep
 1pm INSANITY

Room 2
 9am Booty Blast B.A.R.
 9:40am BodyFlow
 10:20am BodyVive
 11am CxWorx
 11:30am RPM Cycle
 12:15pm BodyCombat

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Fit Facts

Tips To Help Improve Your Health, Fitness & Well-being



Like “Miracle-Gro” for the Brain

Dr. John Ratey, a Harvard clinical associate professor of psychiatry, argues that not only is more physical activity essential for reducing the incidence of childhood obesity, but it helps improve kids’ academic performance as well.

“I cannot understate how important regular exercise is in improving the function and performance of the brain...it stimulates our gray matter to produce Miracle-Gro for the brain,” Ratey writes in his book, *Spark: The Revolutionary New Science of Exercise and the Brain (2008)*. Exercise, Ratey explains, prompts the release of proteins into the bloodstream that increase the production of brain chemicals that improve the connections between existing neuron, helping trigger the formation of new ones. Levels of other neneurotransmitters, including dopamine, serotonin and norepinephrine, also are elevated after strenuous exercise, helping kids to increase focus and induce feelings of calmness.

“It’s not who you are that holds you back, it’s who you think you’re not.”

—Anonymous

Positivity is the process of developing positive emotions. Positivity is a natural high that helps lift our spirits. More than that, research shows positivity broadens our minds and expands our range of vision. Create a mindset of positivity:

- + **Be open**
- + **Be appreciative**
- + **Be curious**
- + **Be kind**
- + **Be real**

- *Idea Fitness Journal, June 2013*



Exercise is the Only True Anti-aging Product

Forget the miracle cream. Current scientific evidence suggests that exercise can help you to live longer and keep you vibrant throughout the length of your life. Various studies have shown that being active can benefit your health down to your DNA—it can lengthen your telomeres and keep your mitochondria healthy. (Trust us on this one, it is important). A great deal of the physical effects we once thought were caused by aging, are actually the result of inactivity. So, seriously. Get to cycling class.

Shine On

Moisturize hair with coconut oil! Due to its low molecular weight, coconut oil is one of the few oils that is able to penetrate hair shafts fully. Over time, it makes hair shinier and even contributes to making skin more supple.



- Apply the coconut oil directly onto your scalp. Because we live in an arid climate, consider lightly misting your hair with water first.
- Massage hair from hair roots to ends.
- Leave on for at least 30 minutes before washing. For best results, leave on for as long as you can, (but not longer than overnight) and apply at least three times a week.
- For deeper penetration, apply directly onto your scalp, massaging from roots to ends before bedtime. Then leave on overnight (cover your head with a cap or towel, or lay a towel across your pillow). Shampoo and rinse well in the morning

- Apply a thin layer of oil over your body after bathing or showering. Several thin layers of oil are absorbed much better than one thick layer because too much oil in any one place saturates the tissues and limits absorption.
- Add to the bath. You may also drop some coconut oil in your bath water while taking a bath

If you're not already using coconut oil in your beauty routine, it's worth trying it—it's inexpensive and you are sure to love the results.

Snacks can be a simple way to incorporate more fruits and vegetables into your family's daily diet.

Keeping fresh snacks available in your kitchen makes it easier to choose healthier options. Here's a great recipe that is easy to make and will have your kids asking for seconds. Let them help in the preparation, and they will be excited to try eating something new.

Roasted Edamame

2 cups shelled edamame (young soybeans)
1-tablespoon olive oil
1-teaspoon salt

Directions: Preheat oven to 400 degrees. In a bowl, mix the edamame, olive oil and salt together and place onto a baking sheet. Roast in the oven for 20 to 25 minutes or until crispy, occasionally stirring the mixture. Let cool and store in an airtight container, if they last that long!

From "The First 20 Minutes", by Gretchen Reynolds

Candy vs. Apples

In one year Americans spend more money on candy, snack foods and soft drinks than on fresh produce.

\$69,145,000
Candy, Snacks & Softdrinks



\$66,694,000
Fresh Produce

- Ace Fitness Matters 2011

Metabolism

All the Facts ... *Simplified*

By Connie Stewart

While watching television, shopping at a grocery or drug store, or even reading magazines, I see it everywhere--products claiming to create weight loss by boosting or changing your metabolism. Honestly, it would be great if weight loss were as easy as taking a pill or sprinkling powder over your food. Who wouldn't do that? The fact that Americans spend \$40 billion a year on weight loss products and programs while obesity in America has reached epidemic proportions is an indicator of at least one thing; people do not understand what metabolism is or its effect on weight management.

The science of metabolism is very complex. However, understanding some basic facts about metabolism can help you sort through what is true and what is misleading information.

Metabolism is the term that is used to describe the chemical processes occurring within a living cell or organism that are necessary for the maintenance of life. Metabolism refers to all the physical and chemical processes in the body that convert or use energy; such as breathing, blood circulation, controlling body temperature, contracting muscles, digesting food and nutrients and eliminating waste, and the functioning of the brain and nerves. Basal metabolic rate (BMR), is the amount of energy expended daily at rest.

Boosting metabolism is the holy grail of weight watchers everywhere, but how fast your body burns calories depends on several factors. Genetics play a large role in determining an individual's metabolism. Some people inherit a speedy metabolism, others a slower one. I know, it's certainly not fair, but that is the reality of genetics. Men tend to burn more calories than women, even while resting, because they have more lean muscle mass and muscle tissue requires calories (energy) to function. For most people, metabolism slows steadily after age 40.

It is true that metabolism is linked to weight, but it may not be in the way you expect. Contrary to common belief, a slow metabolism is rarely the cause of excess weight gain. Although your metabolism influences your body's basic energy needs, it's your food and beverage intake and your physical activity that ultimately determine how much you weigh. Tempting, though it might be to blame your metabolism for weight gain, it usually comes down to one's lifestyle and habits. So while you can't control your age, gender or genetics, there are lifestyle changes you can make to improve your metabolism and maintain a healthy weight.

Here are five things that everyone can do, and while most are a matter of common sense, it's surprising how often we choose

The rate of your metabolism depends on the interaction between the number of calories you consume, the number of calories you burn while eating and exercising, and the calories you burn based on your individual genetic makeup.





not to do them. Although simple, they honestly can make a big difference in how your body functions, improving not only your metabolism, but your quality of life.

Eat Breakfast

If you are looking for one quick natural metabolism booster, eating breakfast is the easiest way for Mother Nature to aid your body. It is absolutely necessary for your body to have some fuel in it at the beginning of the day so that it can start working on breaking down the calories. If you skip breakfast and wait until lunch to eat something, you are missing out on hours of crucial time to get your metabolism started and working.

Although it may seem to make more sense that if you eat less you will lose more weight, that is completely untrue. Fasting will encourage your body to slow down its metabolic rate and therefore saves the calories that you are trying to burn. Numerous studies show that people who skip breakfast end up consuming more calories during the day than people who eat breakfast. In addition, eating breakfast gives your brain the nutrients it needs to function and supplies energy and helps to keep a stable blood sugar level throughout the day. dotFit and myfitnesspal are great tools for helping you manage your nutrition. Both programs are free with your LVAC membership; you can ask any LVAC Coach for details. It's simple—eat breakfast, every single day.

Build Muscle

Our bodies constantly burn calories, even when we're doing nothing. The more lean muscle mass you have, the higher your metabolic rate will be. Every pound of muscle burns about 6 calories a day just to sustain itself, while each pound of fat burns only 2 calories daily. That small difference can add up over time. In addition, after a bout of resistance training, muscles are activated all over your body, increasing your average daily metabolic rate.

Adding strength training to your workout routine is imperative, not just for building muscle to improve your metabolism, but also for bone density. Ask any LVAC Coach for assistance if you need some ideas on how to incorporate strength training into your workouts. Building lean muscle mass equals an increase in metabolism.

Get Enough Sleep

A study published in the International Journal of Endocrinology states that the average American sleeps 6.8 hours a night, compared to 9 hours per night a century ago. We are a sleep deprived nation and that is taking its toll. There is growing evidence that sleep deprivation and sleep disorders have a significant impact on metabolism. Laboratory studies have

... groups that consumed the highest level of protein had the hardest time gaining fat mass while the low protein group not only gained fat, but lost muscle mass.



shown that sleep deprivation can alter the glucose metabolism and hormones involved in regulating metabolism.

While sleep is an individual thing—some people need more, some less—most adults should aim for 7-9 hours a night. Make sleep a priority. You must schedule sleep like any other daily activity, so put it on your "to-do list" and cross it off every night. Don't make it the thing you do only after everything else is done. If you want your metabolism to run at peak efficiency, you have to make time for adequate sleep.

The Power of Protein

All food is not created equal. Protein has a high thermic effect, which means that your body will burn more calories to digest it. Proteins control nearly all of the molecular processes of the body. Enzymes that are found in proteins are the catalysts of metabolism. Proteins are important in promoting repair, growth and maintenance of cells throughout the body, and they provide the amino acids human bodies cannot make naturally.

When it comes to protein, work on including a lean protein source in every meal. Eating five to six mini meals per day and including a lean protein source such as low-fat cheese, beans, chicken, fish, or peanut butter on every plate is a great way to rev your metabolism and keep you feeling energized and fueled all day long. In a recent study, two groups of participants were given varying amounts of protein every day. The groups that consumed the highest level of protein had the hardest time gaining fat mass while the low protein group not only gained fat, but lost muscle mass. This is an important concept to master when you're trying to manage weight. Be vigilant about finding protein to have with every meal. It's one macronutrient you can't afford to neglect.

The Recommended Dietary Allowances (RDAs) of Protein

INFANTS	UP TO 5 MONTHS	13 GRAMS
	5 MONTHS—1 YEAR	14 GRAMS
CHILDREN	1—3 YEARS	16 GRAMS
	4—6 YEARS	24 GRAMS
	7—10 YEARS	28 GRAMS
MALES	11—14 YEARS	45 GRAMS
	15—18 YEARS	59 GRAMS
	19—24 YEARS	58 GRAMS
	25+ YEARS	63 GRAMS
FEMALES	11—14 YEARS	46 GRAMS
	15—18 YEARS	44 GRAMS
	19—24 YEARS	46 GRAMS
	25+ YEARS	50 GRAMS
PREGNANT		60 GRAMS
LACTATING	FIRST 6 MONTHS	65 GRAMS
	SECOND 6 MONTHS	62 GRAMS

This chart does not take into account your weight—heavier people tend to have greater protein requirements. The following calculation is a more popular method for calculating daily protein amongst most health professionals: Your weight in pounds multiplied by .36 to .50 = Daily protein requirement (in grams) Avid exercisers and athletes require even more protein than may be listed.

Consider Adding HIIT Intervals

High-intensity interval training (HIIT), or sprint interval training (SIT), is an enhanced form of interval training. This exercise strategy alternates periods of short, intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. Not only does exercise affect your metabolism while you're doing it, but research shows you can keep burning calories up to 24 hours after you finish because your metabolism stays elevated. Interval training amplifies metabolic benefits, and HIIT supercharges your metabolism.

Usual HIIT sessions may vary from 4–30 minutes. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning. High-intensity exercise delivers a longer increase in resting metabolic rate than low- or moderate-intensity workouts. In other words, HIIT is a great way to give your metabolism a boost. If the majority of your time working out is spent performing slow and steady exercises and holding a constant pace on the treadmill, your metabolism may not be getting the boost it could with a more varied workout.

In one Australian study, female volunteers either rode a stationary bike for 40 minutes at a steady pace or for 20 minutes of intervals, alternating eight seconds of sprints and 12 seconds of easy pedaling. After 15 weeks, those who incorporated the sprints into their cardio workouts had lost three times as much body fat—including thigh and core fat—compared with those who exercised at a steady pace.

“Bursts of speed may stimulate a fat-burning response within the muscles,” says a lead researcher, Ethlyn Gail Trapp, Ph.D. “Whether you ride, run, or row, try ramping things up to rev up your burn.” Start by doing three, eight-second all-out effort, can’t-talk sprints with 12 seconds at an easier (recovery) pace

between each effort. Continue to work your way towards completing 10, 45-second, all-out effort sprints followed by a 75-second recovery, for a 20-minute session. You could also try a more intense group fitness class or even include short bursts of jogging during your regular walk.

HIIT does carry a higher risk of injury, so make sure you are healthy before incorporating this type of training into your program. HIIT is most effective when done 2-3 times per week and in rotation with endurance training. (Endurance training, also known as aerobic endurance training, raises your heart rate to a specific level and keeps your intensity steady so that you can exercise continuously for extended periods of time.) For example, you can add HIIT to your training on Monday, then on Tuesday choose an endurance training session, like a 45-60 minute, steady state intensity swim. Continue to rotate HIIT training days and endurance training days throughout the week. Also, be sure to include at least one rest day during the week.

In review, metabolism is the process of breaking down proteins, carbohydrates, and fats to yield the energy your body needs to maintain itself. The rate of your metabolism depends on the interaction between the number of calories you consume, the number of calories you burn while eating and exercising, and the calories you burn based on your individual genetic makeup.

Advertisers often target the use of heat producing food additives, such as cayenne pepper, to tweak metabolism. But the impact of different foods and drinks on metabolism is very small compared to what you need for sustained weight loss. What’s your best bet for creating a lean, calorie-burning machine? Build muscle, eat a clean diet containing adequate protein and stay active.

Sources: International Journal of Endocrinology Volume 2010, Article ID270832
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Fall Recipes

A Healthy Twist on Comfort Food

Low in fat, butternut squash delivers an ample dose of dietary fiber, making it an exceptionally heart-friendly choice. It provides significant amounts of potassium, and it's rich, dark hue indicates butternut's most important health benefit- an abundance of powerhouse nutrients known as carotenoids which have been shown to protect against heart disease. With just a 1-cup serving, you get nearly half the recommended daily dose of antioxidant-rich vitamin C at a mere 63 calories. Butternut squash may have anti-inflammatory effects because of its high antioxidant content.

Choose an unblemished fruit that feels heavy for its size with a matte, rather than glossy, skin. A shiny exterior indicates that the fruit was picked too early, and it won't be as sweet as a fully grown squash.

Store whole butternut squash in a cool, dry place (not the refrigerator) with plenty of ventilation; it should keep for up to three months. Incorporate more of this hearty winter staple into your diet with the following recipes. They are so delicious, everyone will ask for seconds!

Roasted Butternut Squash Soup

Ingredients

3 to 4 pounds butternut squash, peeled and seeded
2 yellow onions
2 McIntosh apples, peeled and cored
3 tablespoons good olive oil
Kosher salt and freshly ground black pepper
2 to 4 cups chicken stock, preferably homemade
½ teaspoon good curry powder

Directions

Preheat the oven to 425 degrees F.

Cut the butternut squash, onions, and apples into 1-inch cubes. Place them on a sheet pan and toss them with the olive oil, 1-teaspoon salt, and ½-teaspoon pepper. Divide the squash mixture between 2 sheet pans and spread in a single layer. Roast for 35 to 45 minutes, tossing occasionally, until very tender.

Meanwhile, heat the chicken stock to a simmer. When the vegetables are done, put them through a food mill fitted with the medium blade. (Alternatively, you can place the roasted vegetables in batches in a food processor fitted with the steel blade. Add some of the chicken stock and coarsely puree). When all of the vegetables are processed, place them in a large pot and add enough chicken stock to make a thick soup. Add the curry powder, 1-teaspoon salt, and ½-teaspoon pepper. Taste for seasonings to be sure there's enough salt and pepper to bring out the curry flavor. Reheat and serve. You can top with a dollop of low-fat sour cream for extra richness.



Roasted Butternut Squash Salad with Warm Vinaigrette

Ingredients

1 (1 ½-pound) butternut squash, peeled and ¾-inch) diced
Good olive oil
1 tablespoon pure maple syrup
Kosher salt and freshly ground black pepper
3 tablespoons dried cranberries
¼ cup apple cider or apple juice
2 tablespoons cider vinegar
2 tablespoons minced shallots
2 teaspoons Dijon mustard
6 ounces baby arugula, washed and spun dry
½ cup walnuts halves, toasted
¼ cup freshly grated Parmesan

Directions

Preheat the oven to 400 degrees F.

Place the butternut squash on a sheet pan. Add 2 tablespoons olive oil, the maple syrup, 1-teaspoon salt and ½-teaspoon pepper and toss. Roast the squash for 15 to 20 minutes, turning once, until tender. Add the cranberries to the pan for the last 5 minutes. While the squash is roasting, combine the apple cider, vinegar, and shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6 to 8 minutes, until the cider is reduced to about ¼ cup. Off the heat, whisk in the mustard, ½ cup olive oil, 1 teaspoon salt, and ½ teaspoon of pepper.

Place the arugula in a large salad bowl and add the roasted squash mixture, the walnuts, and the grated Parmesan. Spoon just enough vinaigrette over the salad to moisten and toss well. Sprinkle with salt and pepper and serve immediately.

Based on original recipes by Ina Garten. For more of Ina's recipes, go to Foodnetwork.com/BarefootContessa

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Member Spotlight

Jennifer Dietlin... Overcoming Extraordinary Odds



Today my life is about health and fitness, however this wasn't always the path my life had taken. From the time I was in middle school until the time I graduated high school I was obese. At the age of seventeen I was five feet four inches tall, weighed two hundred and twenty pounds, and wore a size twenty in clothing.

Although I was a very active teenager (varsity tennis and swim team all four years of high school), I had a poor diet and my favorite activity was sitting on the couch watching TV. I could eat an entire tub of ice cream in one sitting. The turning point for me was realizing that at the age of eighteen I couldn't wear clothes that were age appropriate. Instead, I had to shop in the women's plus department or the maternity section. I felt like I didn't fit in. I was sick of being introverted and a homebody because of my lack of confidence. This realization prompted me to seek help from my doctor because I knew nothing about nutrition or fitness. He gave me a diet guide and a guideline for working out. Within a month I was beginning to see results. By the time I started college in the fall I had lost about twenty-five pounds, and was very motivated about the lifestyle changes I had made.



By the time I reached my sophomore year, I had started running with my best friend. She convinced me to run a half marathon with her. My happiness over my progress came to a sudden halt as Spring Break approached. I became incredibly sick with what I thought was the flu -- I couldn't get out of bed for over a week. I went to the doctor several times over the course of the next week and each time I was given a different diagnosis. I was given various medications to help me improve, but my health continued to spiral downward. I realized the seriousness of my condition when I woke up one morning and could not move from the waist down. My father carried me into the emergency room, and I could never have imagined that it would be over two months before I would be able to leave the hospital. It took time, but doctors were finally able to give me a diagnosis—I had contracted Guillain-Barre Syndrome (GBS). GBS is an autoimmune disease that attacks your nervous

system and can eventually destroy it, causing death. Because the disease is very rare, little is known about it. There was no answer to how I contracted it, and there was no medication to either cure or control it. I had no option but to let the disease run its course and hope that the paralysis would not advance or become permanent. Physicians told me that my case was severe; I went blind, I could not eat, I had difficulty speaking (due to the lack of control in my throat muscles), and I went into a coma. I also had spinal fluid leakage, which caused severe migraines and loss of consciousness. For six weeks I watched myself deteriorate, despite a grueling four hours of physical and occupational therapy every day.

Eventually, the doctor began to prepare me for discharge, but warned that I would need to use a wheelchair. I remember thinking to myself, "There is no way I'm giving up this easy! One day I will prove these doctors wrong when I run a half marathon." After that reality check I did everything in my power to stay positive and improve my strength. I was determined not to go home in a wheelchair.

The interesting thing about GBS is that once it is under control and begins to recede, it goes away permanently, leaving only small traces of damage. I will never forget the moment in physical therapy when my doctor said, "Want to try to stand up on the parallel bars?" They positioned my wheelchair in front of the bars, and helped me to stand up. Something inside me said, "Walk", so I did. There is absolutely no medical explanation for how I did what I did, but I attribute it to pure determination and faith. From that day forward I only used my wheelchair when I got too tired to use crutches. Two weeks later I walked out of the hospital.

I was able to go back to school, graduating with a degree in marketing and management. I also became a member at LVAC. I had a completely different perspective of my body and what I was capable of doing. It took me four years, but I finally completed my first half marathon (at Disneyland of all places) in 2009. The minute I crossed the finish line I started crying. I cried out of sheer happiness and the incredible feeling of knowing I had just accomplished something that was once considered impossible for me. I couldn't believe how far I had come, and I also couldn't wait to sign up for my next half marathon!

I have continued to compete in half marathons, and have also begun training to compete in triathlons. I started attending the LVAC Triathlon Training Group Fitness Class. I loved the instructor, Frank Butterfield and all of the support I received from the other class members. The class was very challenging and prepared me for that first triathlon. Since then I have enlisted the help of a good friend, Nancy Dickinson, who is also an LVAC Group Fitness Instructor and personal trainer and an amazing triathlete. I have never worked so hard, but it has paid off. Recently I took first place in my age group in the sprint distance race and first place in my age group in the Olympic distance race.



“I am living, breathing proof that no matter what a person is going through, no matter how hard things may seem, there is always light at the end of the tunnel. Nothing is impossible...”

Looking back over the last eight years, I am amazed at how my life has changed. I have gone from obesity and paralysis to becoming a competitive athlete. My experiences have given me a love of health and wellness, which I wanted to be able to share with others. I decided to change my career path and become a personal trainer. I know firsthand how hard it can be to overcome illness, self esteem issues, obesity and a sedentary lifestyle. Being given the chance to help others through these struggles has been a blessing to me and is giving me a chance to give back to all of the people who have supported me in my life.

So often we take for granted the little things in life, like being able to drink a glass of water, or being able to sit up and get out of bed in the morning. It becomes easy to focus on the negative in our lives, so I continually remind myself that I am a medical miracle: living, breathing proof that no matter what a person is going through, no matter how hard things may seem, there is always light at the end of the tunnel. Nothing is impossible.

A few months ago, I decided to try a full marathon, signing up for the *Disneyworld Dopey Challenge* taking place in January of 2014. This challenging race consists of running a 5k, 10k, half marathon, and full marathon back to back in a four-day span. I know it sounds crazy and miserable to most, but for me, nothing is more rewarding than running across that finish line—especially when I know I shouldn't even be walking.

Jennifer Dietlin, B.A., is an LVAC Group Fitness Instructor, a Personal Trainer and co-founder of Extraordinary Trainers. You can reach Jennifer at dietlin.j@gmail.com

LVAC CLASS DESCRIPTIONS

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 /STRENGTH & MIND/BODY Classes – High Intensity/Strength formats are designed to enhance muscular strength and endurance, speed and agility, and most importantly to change your body composition! 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 sticky Yoga mat, available at all major Sporting Goods Stores. However, using a Gym mat will suffice for trying the classes at first. Allow your body 3 – 5 classes to learn the basics of each class.

Core: (Different Name, Same Great Results) Abdominal and Back Strength – a class which may use just your bodyweight, balance balls, or medicine balls, either on mats or on balancing equipment, to strengthen your abdominal and back muscles. CORE will help support your body in everything else you do.

CxWORX™ by Les Mills: CxWorx is the 30-minute Core Class that's been formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else! CxWorx will get you results where it counts the most.

Healthy Back: Prevent injury, feel better, add stretching to your workout. Learn beginning core work as well as use of the foam roller and PNF stretching techniques to facilitate greater range of pain-free motion! Great for beginning exercisers, people with injury issues, and all who desire more flexibility and core control to support heavy lifting in fitness and in life.

BODYFLOW™ by Les Mills: is the Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal time out from the stress and strains of daily life – a 55-minute group exercise-to-music class that enhances your physical and mental well-being.

Body Pump™ by 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.

Booty Blast B.A.R.™ A Barre Principle Class: LVAC may not have ballet barres installed in any of our locations, but we put a different spin on the popular barre principle classes. Barefoot or in soft shoes, Ballet Aerobics Resistance (B.A.R.) uses low impact movements to target the muscles of your core and your lower body (hips, thighs, butt) as well as high impact blasts to get your heart pumping. The moves are lengthening, the focus is on alignment and good form and the repetitions are high - you will feel the burn! And instead of hanging from a barre you get to hold your own to tone your upper body.

Booty Blast B.A.R.™ Athletic: This offers the same burn and tone as a Booty Blast B.A.R.™. This upbeat Barre Principle, ballet inspired fitness class uses various forms of weighted resistance creating stronger, leaner muscles. As with the Booty Blast B.A.R.™ it is a combination of low impact strength movements with blasts of high impact moves.

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, plyometrics, bracing, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.

Flexibility: Guides you through safe stretches in order to increase range of motion and relief tension in tight areas of your body, using stretching techniques from various modalities.

MRT: A muscle-resistance training class designed to enhance muscle tone, definition and endurance using bands, balls, weights, as well as your own body-weight for resistance. Movements that take you through all three planes of motion will improve your functional fitness as well. Don't forget to take a cardio class to show off that long and lean muscle.

NAVY SEAL Bootcamp Central, Saturdays 9:30am - 12pm: This two and a half hour long workout integrates swimming, with calisthenics and running, not in sequence, but mixed up in drills. This is NOT a class you can show up for late. This is probably going to be the hardest 2.5 hour workout you have ever taken!

Hot Pilates: Hot Pilates is a challenging full body workout using Pilates principles to create long lean muscle mass. What makes it hot is the combination of low impact, high intensity movements, making this one of the best weight loss programs that also helps you improve your posture.

Pilates: Floor work class based on the principles of Joseph Pilates. A core conditioning class that mainly aims to improve posture and balance by strengthening the abdominal and low-back area. May also focus on strengthening upper and lower body with your own body weight or small equipment.

P.I.T.™ Pure Intensity Training: Looking for something to really challenge your workout? Exclusively at LVAC, P.I.T.™ will have your muscles burning from head to toe! Mixing old calisthenics with modern-day functional training, this will be one of the newest programs to add to your existing exercise regiment!

HIIT High Intensity Interval Training: The bottom line in HIIT is: you push yourself as hard as YOU are able to. These classes are of short duration so you know you don't have to go for too long. Give it your best and make sure you take some time to stretch on your own. The instructor is your guide, but it is your job to dig deep.

Tai Chi: The traditional slow, focused, moving meditation health exercise.

willPower: willPower & grace is a high-energy, cardiovascular solution that mind-body practitioners have been looking for and the foot-fitness conditioning program that athletes need. This workout is as philosophical as it is physical; a full-body functional workout meets sports psychology. We integrate the smartest and safest barefoot training methods to strengthen your feet while progressively correcting imbalances in your ankles, knees and hips. This unique workout appeals to "morning moms," sports athletes and teens, but must be experienced to be understood.

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LVAC CLASS DESCRIPTIONS

YOGA CLASSES – Yoga helps promote balance, focus, strength, and relaxation, through mind/body connection. We recommend you try different instructors to find the style you prefer. Yoga classes are always taught with options for easier and harder modifications. For your own comfort, dress in layers and be prepared to take off your shoes and socks. You can enhance your Yoga Practice by bringing a firm blanket or large beach towel to sit on and cover up with during relaxation. You may also want to bring a small towel to cover your eyes during relaxation.

Beginning Yoga: A class for people who are new to Yoga, those who desire a slower practice once in a while and those who want to review proper alignment. Mini lessons focus on alignment of the most basic postures, and Sun Salutations are reviewed and practiced at a slower pace. A great class to learn the options to take during other Yoga classes.

Ashtanga (Intro/Prep) Yoga: 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, and practicing as much of the complete series during "Intro" as time allows.

Gentle Yoga: 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!

Integrative Yoga: Breath, awareness and movement come together to enhance the wellbeing of body, mind, spirit. Different styles of hatha yoga blend into an intuitive practice, including mindfulness practice, deep relaxation and quiet contemplation. All levels welcome.

Iyengar Yoga: In addition to the basic benefits of a Yoga class, this style of yoga is noted for great attention to detail and the precise alignment of postures.

Vinyasa Flow Yoga: This style focuses on linking breath with movement. Participants can expect to move through variations of the sun salutations and have postures linked together to increase strength, stamina, and flexibility. This is a vigorous varied practice. Some maybe more vigorous than others.

Yoga Blend: 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.

CARDIO Classes

Cardio classes are designed to raise your heart rate and to get large muscle groups working. Everyone's level of Cardio Fitness is different and you need to listen to your body. If your heart feels as if it is going to jump out of your chest, simply march in place. Please allow yourself to take any class 3 – 5 times to learn the basic movements. Classes without numbers are taught to mixed levels of fitness, giving modifications for easier and harder options. Step Classes marked 1, 2 & 3 denote beginner, intermediate and advanced, with BodyStep being a great option for all levels. Always let your Instructor know if you are new to a class and if he or she should be aware of any injuries or pregnancy. Always bring a towel and water in a closed container.

8Strikes™: A High-intensity workout like no other. This class combines kickboxing, shadowboxing, plyometrics, calisthenics, speed and agility, strength/resistance and core conditioning. 8Strikes is designed to break all plateaus, ensuring constant change in your physique. From beginner

to advanced 8strikes challenges all. 8Strikes is taking back control with your knuckles!

BODYATTACK™ by Les Mills is the sports-inspired cardio workout for building 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! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography.

BodyCombat™ by Les Mills 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 Muay Thai. Supported by driving music and powerful rolemodel instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BodyStep™ by Les Mills is 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.

BODYVIVE™ by Les Mills is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on! Like all the LES MILLS™ programs, a new BODYVIVE™ class is released every three months with new music and choreography.

CYCLE: Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. However, you may enjoy your time on the bike more, if you wear padded bike shorts or bring a padded seat cover, available in the sports department of any major discount store.

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.

INSANITY is a revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. Inspired from the popular home DVD program, INSANITY has now come to the gym with an abridged "signature" experience. We have found some of the best instructors to provide you with that same intensity, encouragement and motivation to Dig Deep!!

By using MAX interval training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results and a more efficient metabolism and witnessing an amazing change in their body. INSANITY is for people who are willing to work hard... who like to sweat... and who like a challenge... INSANITY - For people who understand "Digging Deep" will get results!

Kickbox: Non-contact boxing and kicking moves done to motivating music in a cardio class setting that will release your tensions while burning lots of calories.

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 every-

LVAC CLASS DESCRIPTIONS

one, 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.

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 and great for your feet.

Step 1, 2, 3: Classes performing moves on and off a step platform, great for tightening those glutes (your booty)! If you can't make it to a level 1 class be sure to be patient if you start with level 2 or try BodyStep™ to improve your cardio fitness first. Let your instructor know that you are new AND JUST KEEP COMING.

Triathlon Class: Combines lap swimming, stationary cycling and running to simulate a triathlon. Goggles, towel, padded bike seat or shorts and water are recommended. First set up your bike in the Group Fitness room, and then meet the class in the lap pool.

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. You may have to personally try each style to find what suits you best, but we are confident you will find several options you will love.

Belly Dance: Learn traditional bellydance moves that firm and tone the waist and hips. No experience or flat stomach necessary. Men are encouraged to join in the fun!

BODYJAM™ by Les Mills is a 55minute cardio workout set to the latest music and greatest dance moves. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. It's cardio fun at it's best for those with a passion for movement. You will burn calories, increase your fitness levels – and learn to dance better. So grab a friend, get front and center and get high on the feeling of dance.

DANCE WITH ME™: DWM is truly a party with all the important elements for a great cardio workout. Different from any other cardio dance workout, DWM utilizes all styles of dance, such as Hip Hop, Bollywood, Country, Ballroom, Jazz, African, Hula, Russian, Latin Styles, Broadway, Disco, and so much more. There are cardio and toning bursts infused throughout, and the workout is paced so that students of all shapes, sizes and fitness levels can participate and change their body for the better, for life!

HotHulaFitness: Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core glutes, quads and arms. And if you like bring a sarong and a flower to wear.

Sh'Bam™ by Les Mills: How can you NOT want to do something that's called sh'BAM?!! 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. The class is 45 minutes long.

Hip Hop Dance - previously listed as Street Jam: Contemporary hip hop dance classes. Lots of fun if you hang in there for a few classes to get down the moves! We recommend that you have some sense of coordination.

Zumba®: This is a cardio class based on international rhythms. Imagine

you are going to a friend's party and just have a great time dancing to great music. There is no wrong, everything is right, and you definitely do not need any dance experience! The moves are simple and sometimes strength-conditioning moves will be added. Lots of fun and lots of sweat!

AQUA Classes – Aqua classes should not be mistaken as "easy". Water is very suitable for all fitness levels, young and old. Whether you are coming back from an injury or are looking for an environment that surrounds you, literally, with resistance. Make the class as hard or easy as you need it to be. Classes meet in the exercise as well as the lap pools. No swimming skills are necessary and participants can modify all exercises to their level of fitness.

AQUAEROBICS: This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training at the end. A typical class consists of a 10-minute warm-up to increase the heart rate. The actual cardio workout lasts 35 minutes, with 20 minutes being vigorous activity that the participant modifies for his or her own level of fitness. The class finishes with a choice of abdominal work or body toning and a stretch.

AI CHI: A slow, focused, moving meditation health exercise, that when done in the water will help improve your mastery of balance.

Aqua Bootcamp/Poseidon's Fury: a total body workout integrating cardio and strength exercises geared to push you to your limits, while allowing everyone to work at their own level.

Aqua Zumba: Enjoy this international dance class designed specifically for the water.

Aquafit: This class is a high intensity aqua class that combines even segments of cardio and strength training either in intervals or by splitting the class time into even segments of each.

Aquakickbox: This vigorous workout combines punches and kicks in the water and use the natural resistance of the water to help you increase your stamina, core strength and flexibility. No boxing gloves needed!

Aquasculpt: This class uses buoyant aquatic equipment to help tone your upper and lower body, as well as improve your core muscles to stabilize your body in water.

H2O Core + More: Postural training to increase mobility, flexibility, strength and muscular endurance in your core (abdominal and back muscles) based on Pilates and Yoga exercises in the water. Offered at Sandhill only.

Hydrofit: A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.

Mobility Plus: An aqua class great for increasing your range of motion and flexibility. Great for people of all levels of fitness with tight muscles, arthritis and other uncomfortable, chronic or temporary pain conditions, and those who are returning to exercise after injury or illness.

Water Jogging: A simple cardio class in the water, using the water for resistance to increase strength and cardiovascular fitness. Participants can modify jogging to a walk.

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

LVAC CLASS SCHEDULES

If you are new to class, please arrive early so the instructor can help you set up!

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP - 45 min	BODY PUMP		ZUMBA		
6:00	BODYATTACK cardio intervals at all levels	BODY PUMP	BODYSTEP	BODY PUMP	BOOTCAMP	BODY PUMP	
6:30							
7:00		CxWORX - 30 min		CxWORX - 30 min		BODYSTEP	BOOTCAMP
8:00	HEALTHY BACK Strength, Flexibility & Relaxation for stronger Backs	YOGA* Vinyasa Flow	TAI CHI*	HEALTHY BACK Strength, Flexibility & Relaxation for stronger Backs	TAI CHI*	BODYCOMBAT	BODY ATTACK Cardio intervals all levels
9:00						CxWORX - 30 min	
9:15	STEP 2		TURBO KICK	MRT/CxWORX* Muscle Resistance Training	STEP 2		BODY PUMP
9:30		BOOTCAMP				STEP 3	
10:15	BODY PUMP				BODY PUMP		
10:30		BODYSTEP	MRT Muscle Resistance Training	BODY ATTACK Cardio intervals all levels		ZUMBA	KICKBOX
11:15	CxWORX - 30 min				CORE - 30 min		
11:30		SH'BAM - 45 min. Dance Class all Levels	PILATES	P.I.T Pure Intensity Training		YOGA - 60 min Beginning	CxWORX - 30 min
PM							
12:00	ZUMBA				ZUMBA**		BOOTY BLAST B.A.R. Athletic
12:30		BODY PUMP	BODY PUMP			12:45pm BODY PUMP	
1:00	BODY PUMP - 45 min						
1:30		BODYCOMBAT	KICKBOX		KICKBOX		ZUMBA
1:45						BODYCOMBAT	
2:00	BOOTCAMP						
2:30			INSANITY- 30 min		BODY PUMP		
3:00		DANCE WITH ME Dance For All Levels		INSANITY			BODYSTEP
3:30	MRT Muscle Resistance Training				3:45pm BODY ATTACK Cardio intervals all levels		
4:00		BODY PUMP	BOOTCAMP	BODY PUMP			BODY PUMP
4:30	ZUMBA				4:45pm CxWORX		
5:00		CxWORX - 30 min	FLEXIBILITY	CxWORX - 30 min			5:15 - BELLYDANCE*
5:30	BODYSTEP	BODY ATTACK Cardio intervals all levels	BODYCOMBAT Cardio intervals all levels	5:45pm 8STRIKES*	INSANITY - Paul		
6:30	BODY PUMP		BODY PUMP		BODY PUMP		BODYCOMBAT
7:00		HotHulaFitness Polynesian Dance		BODYSTEP - 45 min			7:30 - CxWORX - 30 min
7:45	ZUMBA		ZUMBA		ZUMBA		
8:00		BODYCOMBAT		BODY PUMP			
9:00	BODY PUMP	ZUMBA	BODY PUMP	9:15 - ZUMBA			

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE		RPM CYCLE - 45 min	RPM CYCLE - 45 min		
6:00	RPM CYCLE - 45 min	BODYFLOW strength-balance-stretch	CYCLE	CYCLE	BODYATTACK	RPM CYCLE - 45 min	
7:00						BODYFLOW strength-balance-stretch	
8:15	CYCLE		CYCLE	BODYFLOW		CYCLE	
8:30					RPM CYCLE - 45 min		
9:00		CORE - 30 min				9:15am MRT	CYCLE
9:30	CYCLE	TURBO KICK as of 7/9	CYCLE	willPOWER Barefoot Cardio & Toning	CYCLE		
10:15							YOGA* Vinyasa Flow
10:30	PILATES	BODYFLOW strength-balance-stretch	10:45am YOGA* Ashtanga Intro	PILATES	PILATES	BODY ATTACK Cardio intervals all levels	
11:30						CYCLE	SH'BAM - 45 mins. Dance Class all Levels
PM							
12:00		RPM CYCLE - 45 min		RPM CYCLE - 45 min			
12:30	CYCLE		ZUMBA		YOGA* Vinyasa Flow		BODYFLOW strength-balance-stretch
1:00		YOGA* Vinyasa Flow		YOGA* Vinyasa Flow			
1:30	YOGA BLEND		CORE - 30 min.			YOGA** Vinyasa Flow	RPM CYCLE - 45 min
2:30							CxWORX - 30 min

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Unless otherwise noted, all classes are 55 minutes long. * = 70 min. class ** = 85 min. class *** = 2 hr. class

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check www.lvac.com for the most accurate schedules.

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LVAC CLASS SCHEDULES

If you are new to class, please arrive early so the instructor can help you set up!

GREEN VALLEY ANTHEM - ROOM 2 CONTINUED (853-5822)

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00		3:15pm BODYFLOW		DANCE WITH ME			
4:00			4:15PM YOGA Vinyasa Flow				GENTLE YOGA*
4:30	BODYVIVE - 45 min Cardio-Functional Strength-Stretch	BOOTY BLAST B.A.R. Athletic		BOOTY BLAST B.A.R. Athletic			
5:30	YOGA Vinyasa Flow	CYCLE	RPM CYCLE	CYCLE	CYCLE	RPM CYCLE	
6:30	BODYCOMBAT	CxWORX - 30 min	PILATES	YOGA Vinyasa Flow	PILATES	CxWORX - 30 min	
7:15		STEP 1					YOGA BLEND
7:30	7:45pm CYCLE		BODYSTEP	RPM CYCLE	YOGA* Vinyasa Flow		
8:15		MRT Muscle Resistance Training					
8:30	8:45pm YOGA* Vinyasa Flow		CxWORX - 30 min.	YOGA* Vinyasa Flow			
9:00			BODYATTACK - 45 min.				

GREEN VALLEY ANTHEM - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00						AQUAEROBICS	
9:00	AQUAFIT	AQUAEROBICS*	AQUAFIT	AQUAEROBICS	AQUAFIT	AQUAEROBICS	AQUAFIT**
10:00	MOBILITY PLUS - 30 min.		MOBILITY PLUS - 30 min.		MOBILITY PLUS - 30 min.		
10:45			MOBILITY PLUS				
PM							
12:00	AQUAEROBICS		AQUAFIT		AQUAEROBICS		
6:00	AQUAEROBICS	AQUA BOOTCAMP**	AQUA ZUMBA	AQUA BOOTCAMP**			

EAST FLAMINGO CLUB (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP - 45 min			BODY PUMP		
6:45		CxWORX - 30 min					
8:00		YOGA* Vinyasa Flow		ZUMBA	YOGA* Vinyasa Flow		
9:00		9:15am SH'BAM - 30 min	ZUMBA	CORE - 30 min.	9:15am ZUMBA	ZUMBA	
9:30	TBC Total Body Conditioning	9:45am BODY JAM		BODYCOMBAT martial arts cardio			ZUMBA
10:00			MRT Muscle Resistance Training			BODYVIVE Cardio-functional strength-stretch	
10:30	PILATES	YOGA* Vinyasa Flow		YOGA* Vinyasa Flow	MRT Muscle Resistance Training		BODYPUMP
11:00			CORE - 30 min.			MRT Muscle Resistance Training	
11:30			GENTLE YOGA*		PILATES		CxWORKS
11:45	ZUMBA						
PM							
12:00		TAI CHI		TAI CHI		STEP 1	FLEXIBILITY - 30min
1:00	GENTLE YOGA*	ZUMBA					
3:00						BODY PUMP	
4:00		MRT Muscle Resistance Training	4:40pm SH'BAM - 45min Dance Class all Levels	MRT Muscle Resistance Training		CxWORX - 30 min	
5:00	CORE - 30 min.	PILATES		PILATES	BODY COMBAT		
5:30	KICKBOX		BODYFLOW		BODY PUMP		
6:00		BODY PUMP		BODY PUMP	BODY PUMP		
6:30	CxWORX - 30 min		CORE - 30 min.				
7:00	BODYATTACK - 30 min	7:15pm YOGA* Integrative	KICKBOX	7:15pm YOGA* Integrative	ZUMBA		
7:30	ZUMBA						
8:00			ZUMBA				
8:30		BELLYDANCE		ZUMBA			

EAST FLAMINGO CLUB - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30					POSEIDON'S FURY a Bootcamp Style Class in the Water		
8:00	AQUAEROBICS	AQUAFIT	POSEIDON'S FURY a Bootcamp Style Class in the Water	AQUAFIT			
9:00	AQUAFIT - 30 min					AQUAEROBICS	
10:00						H ₂ O CORE + MORE	
PM							
6:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			

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Unless otherwise noted, all classes are 55 minutes long. * = 70 min. class ** = 85 min. class *** = 2 hr. class

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check www.lvac.com for the most accurate schedules.

LVAC CLASS SCHEDULES

If you are new to class, please arrive early so the instructor can help you set up!

WEST SAHARA CLUB - ROOM 1 (364-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODY PUMP		BODY PUMP/CxWORX*			
8:00	8:15am CxWORX - 30 min	YOGA* Ashtanga		YOGA* Ashtanga Prep		BODYSTEP	INSANITY
8:45	BODYVIVE						
9:00						BODY PUMP	BODY PUMP
9:30	ZUMBA	ZUMBA	BODYCOMBAT	ZUMBA	ZUMBA		
10:00						10:15am BOOTY BLAST B.A.R.	CxWORX 30 min.
10:30	BODY PUMP	CxWORX - 30 min	BODY PUMP	MRT Muscle Resistance Training	BODY PUMP		FLEXIBILITY - 30min
11:00		BODYVIVE				11:15am CxWORX - 30 min	11:15am SH'BAM - 45 min Dance Class All Levels
11:30					CxWORX - 30 min		
12:00	PILATES	12:30pm BELLYDANCE**	BOOTY BLAST B.A.R.	INSANITY	12:15pm PILATES	SH'BAM - 45 min Dance Class All Levels	ZUMBA
1:00	ZUMBA				1:15 ZUMBA	ZUMBA	KICKBOX
3:00				BALLET BARRE toning w/ ballet moves			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM - 45min Dance Class all Levels	ZUMBA	BODY PUMP		
5:00		CxWORX - 30 min					
5:30	BODYSTEP	5:45pm ZUMBA	CxWORX - 30 min	BODY COMBAT	ZUMBA		
6:00			BODYATTACK - 30 min				
6:30				BODY PUMP/CxWORKS*	SH'BAM - 45 min Dance Class All Levels		
6:45	ZUMBA	BODYPUMP	BODYPUMP				
7:45		HIP HOP DANCE*	8STRIKES*	HIP HOP DANCE*			

WEST SAHARA CLUB - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30					CYCLE		
6:00			CYCLE				
9:15		RPM CYCLE**			CYCLE		
9:30	RPM CYCLE		YOGA BLEND*	RPM CYCLE			
10:00						10:15am RPM CYCLE -45 min	YOGA ** Iyengar
10:30	LITE STEP				LITE STEP		
11:30	FLEXIBILITY - 30 min		RPM CYCLE		FLEXIBILITY - 30 min		
12:30			CxWORX - 30 min				
4:00				PILATES			
5:30	RPM CYCLE	RPM CYCLE	CYCLE	BODY FLOW strength-balance-stretch	RPM CYCLE		
6:30		BODYSTEP	YOGA* Iyengar	BODYSTEP			

WEST SAHARA - AQUA CLASSES

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

CENTRAL CLUB AT KAREN (734-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODY PUMP	CYCLE	BODY PUMP	CYCLE		9:30am - 12:00pm NAVY SEAL BOOTCAMP Integrated Swim- Calisthenics-Run Must be on time to participate	
7:30		YOGA* Integrative		YOGA* Integrative			
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE		
10:00	LITE WORKOUT	MRT Muscle Resistance Training	BODYATTACK	BODY PUMP	LITE WORKOUT	9:45am RPM CYCLE	GENTLE YOGA
10:45						CxWORX - 30 min	
11:00		11:15am FLEXIBILITY -45 min	CxWORX - 30 min	11:15am FLEXIBILITY -45 min			ZUMBA
11:30						Zumba	
12:00		RPM CYCLE	12:15pm ZUMBA	RPM CYCLE			
12:30						BELLYDANCE*	BOOT CAMP*
1:00		CxWORX - 30 min		CxWORX - 30 min			
4:30	ZUMBA		BODY COMBAT martial arts cardio	ZUMBA			
5:00					ZUMBA		

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LVAC CLASS SCHEDULES

If you are new to class, please arrive early so the instructor can help you set up!

CENTRAL CLUB AT KAREN - CONTINUED (734-5822)

5:30	BODY PUMP	TRIATHLON*** <small>short swim, CYCLE, long run</small>	BODY PUMP	BOOT CAMP*		
5:45		CYCLE				
6:00					ZUMBA	
6:30	8STRIKES*		6:45pm BOOT CAMP*	6:45pm KICKBOX		
7:00		STEP & TONE				
7:45				CORE - 15 min		
8:00	ZUMBA	ZUMBA	HIP HOP DANCE	ZUMBA		

CENTRAL CLUB AT KAREN - AQUA

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00		AQUAEROBICS*		AQUAFIT		AQUAFIT**	
9:30	AQUAFIT		POSEIDON'S FURY <small>a Bootcamp Style Class in the Water</small>		POSEIDON'S FURY <small>a Bootcamp Style Class in the Water</small>		
PM							
5:30	AQUAFIT	AQUA ZUMBA	AQUAFIT		AQUAFIT		

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODY PUMP		BODY PUMP			
6:00	BODY PUMP	CxWORX - 30 min	BODY PUMP	BOOT CAMP	BODY PUMP		
6:30		INSANITY - 30 min					
7:30	CxWORX - 30 min		CxWORX - 30 min				
8:00	BODYSTEP	STEP 2	BODYATTACK <small>Cardio intervals all levels</small>	8:15 POWER STEP <small>basic moves-high intensity all levels</small>	BODYVIVE <small>Cardio-functional strength-stretch</small>	BODYVIVE <small>Cardio-functional strength-stretch</small>	BOOTCAMP
9:00	CxWORX - 30 min	CORE - 15 min	9:15 PILATES			BODYATTACK	CxWORX - 30 min
9:30	BODYATTACK <small>Cardio intervals all levels</small>	BODY PUMP		BODY PUMP	ZUMBA		9:45am KICKBOX
10:00						CxWORX - 30 min	
10:30	BODY PUMP	KICKBOX	MRT <small>Muscle Resistance Training</small>	BODYCOMBAT	MRT <small>Muscle Resistance Training</small>	BODY PUMP	10:45am BODYPUMP
11:30	BODYCOMBAT	MRT <small>Muscle Resistance Training</small>	ZUMBA	BODYVIVE <small>Cardio-functional strength-stretch</small>	BODYCOMBAT	11:45am BODYCOMBAT	11:45am CxWORX - 30 min
PM							
12:30	BODY PUMP	PILATES	BODY PUMP	ZUMBA	BODY PUMP	12:45pm CORE - 30 min	BELLYDANCE*
1:30	1:45pm ZUMBA	ZUMBA*	1:45 pm CxWORX - 30 min		CxWORX - 30 min	ZUMBA	
2:00			2:15pm BODYCOMBAT				ZUMBA
3:00		3:15pm BODYATTACK <small>Cardio intervals all levels</small>			3:15pm ZUMBA	BODYSTEP	3:15pm BODY PUMP
3:30			BOOT CAMP				
4:00	4:15pm BODY PUMP	4:15pm ZUMBA		BODY PUMP		CxWORX - 30 min	
4:30			MRT - 30 min <small>Muscle Resistance Training</small>		INSANITY		
5:00			CxWORX - 30 min	CxWORX - 30 min			
5:30	SH'BAM - 45 min <small>Dance Class All Levels</small>	BODY PUMP	BODYATTACK <small>Cardio intervals all levels</small>	BODY STEP	BODY PUMP - 45 min		BODY STEP
6:15					CxWORX - 30 min		
6:30	BODY PUMP 45 min.	BODYCOMBAT	BODY PUMP	ZUMBA			
7:00	7:15 CxWORKS 45 min.	CxWORX - 30 min			BODYCOMBAT		
7:45	ZUMBA		HIP HOP DANCE*	BODY PUMP			
8:00	8:45 HOT HULA FITNESS <small>Polynesian Dance</small>	BODY PUMP			ZUMBA		
9:00			ZUMBA				

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE		CYCLE	CYCLE	CYCLE		
6:00	CYCLE	CYCLE	CYCLE	CYCLE	RPM CYCLE - 45 min		
7:30						CYCLE	
8:30							CYCLE
9:15	RPM CYCLE		CYCLE		RPM CYCLE		
9:30		RPM CYCLE		CYCLE			CYCLE
10:00						CYCLE	
10:30	CYCLE		RPM CYCLE		RPM CYCLE		
PM							
12:30		CYCLE		CYCLE	CYCLE		
1:30						RPM CYCLE	CYCLE
4:15	RPM CYCLE	CYCLE					
4:30			CYCLE	CYCLE - 45 min			
5:45		RPM CYCLE - 45 min		CYCLE	CYCLE*		
6:00	CYCLE		CYCLE				
7:00		RPM CYCLE		RPM CYCLE			
8:30	CYCLE		CYCLE				

For Up-to-the-minute Information on Class Schedules visit

WWW.LVAC.COM

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LVAC CLASS SCHEDULES

If you are new to class, please arrive early so the instructor can help you set up!

NORTHWEST RAINBOW - ROOM 3 ON THE GROUND FLOOR <small>To the right side of the Juice Bar as you enter the building</small>							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYCOMBAT		BODYATTACK <small>Cardio Intervals For All Levels</small>			
8:00	YOGA* <small>Iyengar</small>		YOGA* <small>Iyengar</small>	GENTLE YOGA *		YOGA BLEND	
8:30					CxWORX - 30 min		
9:15					BODYFLOW <small>Strength-Balance-Stretch</small>		
9:30	PILATES	BODYFLOW <small>Strength-Balance-Stretch</small>	PILOXING <small>Pilates & Boxing Fusion</small>	ZUMBA			
10:30				CxWORX - 30 min	DANCE WITH ME <small>Dance for All Levels</small>		
10:45	BODYVIVE <small>Cardio-functional strength-stretch</small>		BEGINNING YOGA				
11:15		GENTLE YOGA *		YOGA * <small>Vinyasa Flow</small>			
11:45	CxWORX - 30 min						
PM							
12:00						12:15pm BODYFLOW	YOGA** <small>Vinyasa Flow</small>
12:30	YOGA <small>Vinyasa Flow</small>	PILOXING <small>Pilates & Boxing Fusion</small>	YOGA <small>Vinyasa Flow</small>		YOGA <small>Vinyasa Flow</small>		
2:00						PILOXING <small>Pilates & Boxing Fusion</small>	BODYATTACK
2:30	BOOTY BLAST B.A.R. <small>A Barre Principle Class</small>		BOOTY BLAST B.A.R. <small>A Barre Principle Class</small>				
3:15						HOT HULA FITNESS <small>Polynesian Dance</small>	
4:00	4:15pm YOGA Blend	4:15pm BODYFLOW <small>Strength-Balance-Stretch</small>		BODYATTACK <small>Cardio Intervals For All Levels</small>			
5:30	5:15pm HIIT - 30 min	BOOTY BLAST B.A.R. <small>A Barre Principle Class</small>	SH'BAM - 45 min	BODYCOMBAT			
5:45	FLEXIBILITY - 30 min					BODYFLOW <small>Strength-Balance-Stretch</small>	
6:30	CxWORX - 30 min	6:45pm DANCE WITH ME <small>Dance For All Levels</small>	BODYFLOW - 30 min <small>Strength</small>	BODYVIVE <small>Cardio-functional strength-stretch</small>			
7:15	BODYFLOW <small>Strength-Balance-Stretch</small>		YOGA BLEND *				
8:00		YOGA* <small>Vinyasa Flow</small>		YOGA * <small>Vinyasa Flow</small>			

NORTHWEST RAINBOW - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		AQUAEROBICS		AQUAEROBICS			
8:00	AQUAEROBICS		AQUAEROBICS				
9:00	AQUAFIT	WATERJOGGING	AQUAFIT	WATERJOGGING		AQUAEROBICS	
9:45					AQUAFIT		
10:00	MOBILITY PLUS <small>For Arthritis & More</small>	AI CHI - 45min	MOBILITY PLUS <small>For Arthritis & More</small>	AI CHI - 45min		AQUAEROBICS	
PM							
12:30			AQUAFIT				
4:30	AQUAFIT						
5:30	AQUAFIT			AQUASCULPT - 45min			
6:00		AQUAKICKBOXING	AQUAFIT				
6:15				AQUAEROBICS			
6:30	AQUAEROBICS						

SOUTHWEST (FLAMINGO/215) - ROOM 1 (798-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	INSANITY		
6:00	BODY PUMP	BODYATTACK <small>Cardio intervals at all levels</small>	BODY PUMP	BODYSTEP	YOGA <small>Vinyasa Flow</small>	BODY PUMP	
7:00	ZUMBA			CxWORX - 30 min		CxWORX - 30 min	
8:00	BOOT CAMP		HIIT - 45 min		BOOT CAMP*		BODYSTEP - 45 min
8:45		CxWORX - 30 min	CxWORX - 30 min				CxWORX - 30 min
9:00	9:20am ZUMBA - 45 min					ZUMBA	
9:15			BODYCOMBAT		BODYCOMBAT		
9:30		BODYATTACK <small>Cardio intervals all levels</small>		BODYATTACK <small>Cardio intervals all levels</small>			BODY PUMP
10:00						SH'BAM - 45 min <small>Dance class all levels</small>	
10:30	BODY PUMP	MRT <small>Muscle Resistance Training</small>	BODY PUMP	CxWORX 30 min.	BODY PUMP		KICKBOX
11:00				MRT <small>Muscle Resistance Training</small>			
11:30		BODY COMBAT		BODY PUMP - 45 min			
11:45	P.I.T. <small>Pure Intensity Trainin</small>		P.I.T. <small>Pure Intensity Trainin</small>		P.I.T. <small>Pure Intensity Trainin</small>		

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LVAC CLASS SCHEDULES

If you are new to class, please arrive early so the instructor can help you set up!

SOUTHWEST (FLAMINGO/215) - ROOM 1 CONTINUED (798-5822)

PM							
12:30		BODY PUMP		12:45pm ZUMBA		BODY PUMP	ZUMBA
1:00			ZUMBA		PILATES		
1:30							SH'BAM - 45 min Dance class all levels
1:45	BODY COMBAT martial arts cardio	8STRIKES** cardio kickbox		INSANITY - 30 min		CxWORX - 30 min	
2:00			BODY COMBAT martial arts cardio	2:15pm CxWORX - 30 min	ZUMBA	2:15pm ZUMBA	
2:45	CxWORX - 30 min						
3:15	ZUMBA					3:30pm SH'BAM - 45 min Dance class all levels	
4:15		BODY PUMP		BODY PUMP			
4:30	BOOT CAMP		BOOT CAMP		BOOT CAMP	BODY PUMP	
5:30	BODY PUMP - 45 min	P.I.T. Pure Intensity Training	BODY PUMP	CxWORX - 30 min	BODY PUMP	CxWORX - 30 min	
6:00	6:15 CxWORX - 30 min			BODYCOMBAT			
6:45			BODYCOMBAT		ZUMBA		
7:00	BODYATTACK - 45 min Cardio at all levels	BODY PUMP		BODY PUMP/ CxWORX*			
7:45	ZUMBA		ZUMBA				
8:15		HIP HOP DANCE Advanced Dance Class					
9:15		ZUMBA					

SOUTHWEST (FLAMINGO/215) - ROOM 2 (798-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE		CYCLE & MRT		CYCLE		
6:00	RPM CYCLE	CYCLE	CYCLE	CYCLE	CYCLE		
7:00		YOGA* Vinyasa Flow	GENTLE YOGA	YOGA* Vinyasa Flow			
7:45	YOGA Vinyasa Flow					CYCLE	
8:00			8:15am BODYVIVE Cardio-functional strength-stretch		ZUMBA		
8:30		CYCLE		CYCLE			
9:00						BEGINNING YOGA	
9:15	CYCLE*		PILATES		CYCLE		CYCLE
9:45		YOGA BLEND*		YOGA BLEND*			
10:00						HotHulaFitness Polynesian Dance	
10:30	HOT PILATES		CYCLE		YOGA BLEND		BODY FLOW strength-balance-stretch
11:15		CYCLE		BOOTY BLAST B.A.R. A Barre Principle Class		11:15am - 12:15pm CYCLE	
PM							
12:00							PILATES
12:30	CYCLE	YOGA BLEND	CYCLE	BODYCOMBAT	GENTLE YOGA*	BODY FLOW strength-balance-stretch	
1:30	BEGINNING YOGA	ZUMBA	YOGA BLEND				YOGA* Vinyasa Flow
2:30						YOGA* Vinyasa Flow	
4:15	RPM CYCLE	YOGA* Ashtanga Intro	RPM CYCLE	YOGA* Vinyasa Flow	RPM CYCLE - 45 min		
5:15					CxWORX - 30 min		
5:30	YOGA Vinyasa Flow	RPM CYCLE	PILATES	CYCLE	5:45pm HotHulaFitness Polynesian Dance		
6:30		BODY FLOW strength-balance-stretch		BODY FLOW strength-balance-stretch			RPM CYCLE
6:45	CYCLE		CYCLE		BOOTY BLAST B.A.R.		
7:30		7:45pm BODY COMBAT	7:45pm YOGA* Vinyasa Flow	BELLYDANCE			
8:00	PILATES						
8:30		8:45pm CORE - 30 min.			HotHulaFitness Polynesian Dance		

SOUTHWEST (FLAMINGO/215) - AQUA CLASSES (798-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	POSEIDON'S FURY** A Bootcamp Style Class in the Water		AQUAFIT**		HYDROFIT	8am AQUAFIT**	
9:00		AQUAEROBICS		AQUAEROBICS		AQUAFIT	
9:30					AI CHI - 45 min		
10:00		AQUAFIT		AQUAFIT		AQUA ZUMBA	
PM							
4:30		POSEIDON'S FURY** A Bootcamp Style Class in the Water		POSEIDON'S FURY** A Bootcamp Style Class in the Water			
6:00		AQUA ZUMBA		AQUA KICKBOX			

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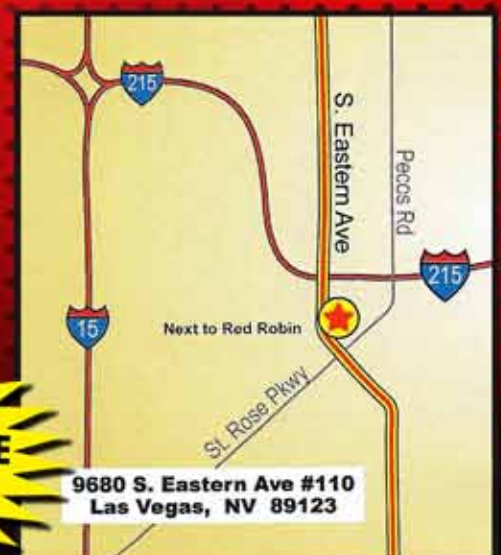
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Procedure by Ivan A. Rossita-Barbet, MD

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