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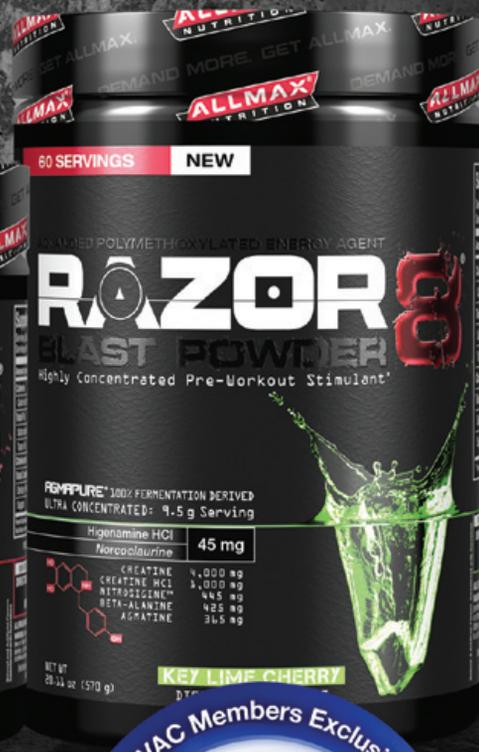
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Stay Cool, Live Well ... *And Prosper*

Dear Friends,

I hope you had a great summer and you were able to keep your cool with the ALS Ice Bucket Challenge.

Many thanks to all of you who participated in our Challenge and donated to Augie's Quest. We don't often send out a non-business, for charity email, but we felt so passionate about Augie's Quest and the charity inspired by our friend, Augie Nieto. Back in this year's Spring issue of the LVAC Magazine, I wrote about Augie and his almost ten year journey since being diagnosed with ALS. Augie's ability to walk again and achieve something that no one with ALS has ever done before after losing the use of their legs was primarily the result of the experimental drugs that have been developed through his fundraising organization.

The ALS Association (ALSA) has been the main benefactor of the torrential downpour of viral videos and donations from the Ice Bucket Challenge. The reason why LVAC asked for your donations to be sent to Augie's Quest is because a smaller percentage of the funds to ALSA go towards actual research to find a cure; while Augie's Quest is 100% allocated for research. There's no doubt the ALS Ice Bucket Challenge raised a lot of awareness, and the donations benefited all of the ALS charities. After all the celebrities, sports stars and business leaders cool off, it will come down to all of us giving to a charity that will make the best use of our donations.

It was a real treat to attend Augie's Ice Bucket Challenge in Newport Beach, CA at the end of August. Along with Augie and his family was Dominic Cumo, who is the youngest person (10 years old) to be diagnosed with ALS. Making it even more special is that it was on Sunday, and my daughter, Aria, was with me for the event. Aria was able to see that it is such a blessing to be able to help others, and how fortunate we all are when we have our health. If you have not yet donated to Augie's Quest, we passionately encourage you to do so at AugiesQuest.org. Please help us find a cure for ALS.

At the end of August we also witnessed another viral phenomenon as Hurricane Marie stirred up monster surf on the California coastline. Back in last Summer's issue we wrote a story about surfing legend Laird Hamilton. Laird is also a good friend of Don Wildman "The Wildman", one of the LVAC owners. In Laird's article it mentions his epic "The Ride", this now infamous Teahupoo (Tahitian) wave that Laird conquered. Laird cemented his legend again, at Malibu's famous Surfrider Beach, where he "shot the pier" on one of the largest waves of the day on a stand-up paddle board. There were several videos posted on social media within hours documenting Laird's ride. Shooting the Malibu pier between the narrow pilings that support it, has been done many times before by many surfing greats as a rite of passage...however, not on waves this big, and not on a SUP, where the speed could turn one slight miscalculation into a fatal mistake. Making it even more incredible, I haven't heard of any 50 year-olds shooting the pier and certainly not from 3rd point (think a quarter mile ride to the pier). Needless to say, beyond the courage and skill, and the unbelievable strength and athletic ability, is the fact that Laird is just plain crazy! We salute Laird's epic achievement, yet again, and his being an LVAC "athletic icon".

In the last issue of the LVAC magazine, I wrote about a popular area of wellness called Functional Medicine. I decided to put my money where my mouth was, and take the battery of tests required to learn more about this wellness topic. I have one more test remaining, and in the next issue I plan to share some of the results worthy of mention.

On behalf of the entire LVAC Team, stay cool, live well and prosper.

Stay cool,

Todd O. Smith
Chairman and CEO
todd@lvac.com



(L-R) Austin Nieto, Todd & Aria Smith, Augie & Lynne Nieto at Augie's Ice Bucket Challenge.

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Meet Our Cover Girl

Sierra Durovsik

LVAC member Sierra Durovsik was born in San Diego, California but has lived here in Las Vegas since she was six. Sierra's mom has been a personal trainer and group fitness instructor almost her entire life which influenced Sierra to begin taking group fitness classes at age 14. Because of her mom's example, she has always been active, even playing basketball in high school.

Sierra makes healthy eating a priority. Now a mom herself with children ages five and seven, she is careful to always put nutritious, clean food on the table for her kids. Sierra says, "Your kids will eat what you give them. I don't make them finish their entire plate, but I do encourage them to try everything on the plate. When I know we will be on the

run, I pack snacks before leaving the house because it only takes five minutes, and helps us avoid going to a fast food drive thru. Packing our own food also helps me to save money."

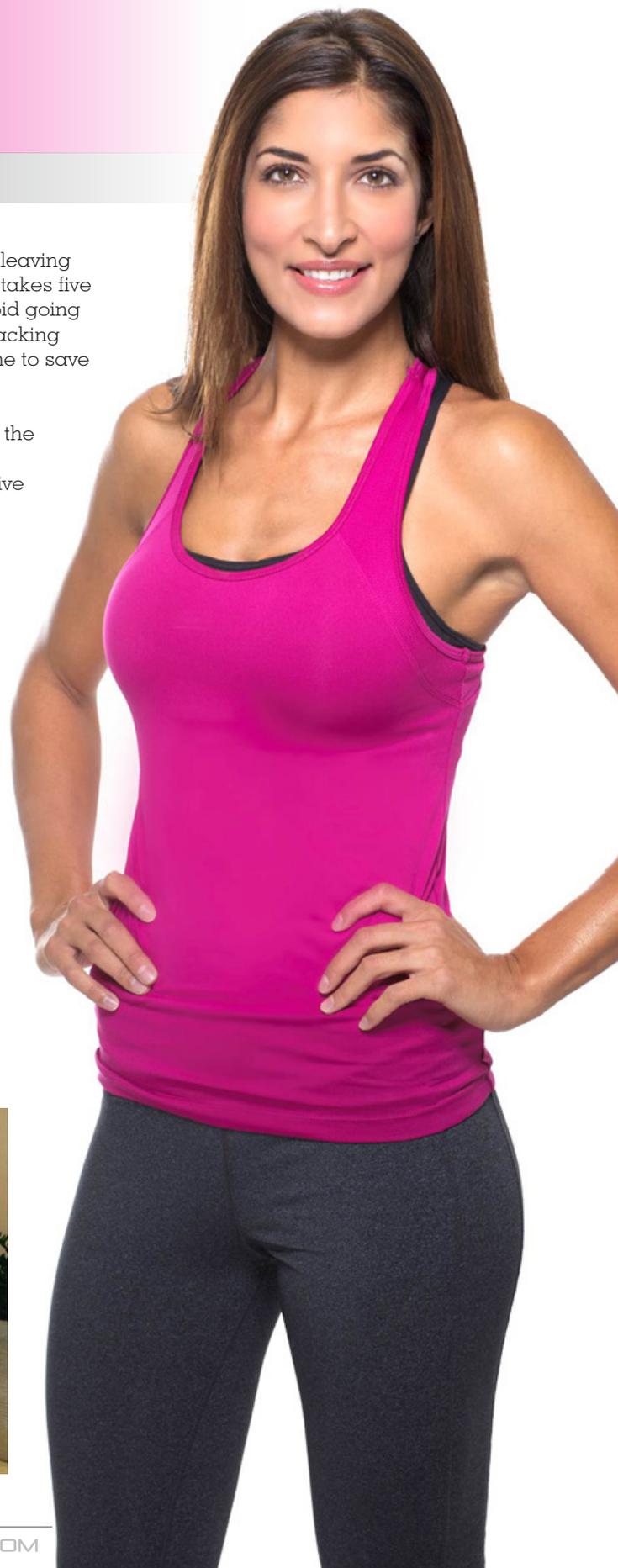
Sierra acknowledges that the responsibilities of being a mom can make being active a challenge. She advises, "Physically play with your children. When you are at the park, run around with them instead of just sitting on the park bench. If you are at the pool, jump in and swim alongside them."

She has two favorite things about LVAC. First, she loves the group fitness classes, "because the class formats and music motivate me." Her favorite classes are PIT and Booty Blast Bar. Her second favorite thing about LVAC? "The playroom!" she laughs.

"Physically play with your children. When you are at the park, run around with them instead of just sitting on the park bench."



Sierra's husband Michael, her mother Janis Weber, Sierra, and their two children, Preston and Layla



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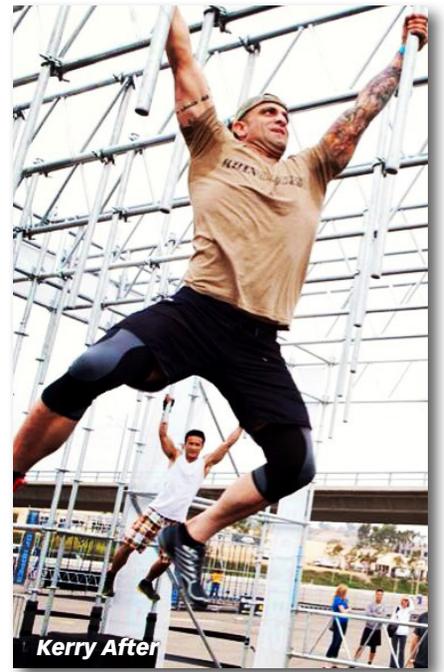
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Success Story

Meet Kerry Wald—From fast food connoisseur to fitness junkie.



Met Kerry Wald, LVAC member and lifelong resident of Las Vegas. Kerry has deep ties to the Las Vegas community. His Grandfather was the lead valet attendant at the original Flamingo Hotel, and his dad opened Caesar's Palace to become President and CEO.

You may have seen Kerry working out at several of our LVAC locations. Actually, you can't miss him. He's the dude in the strange looking 'Masssuit'. When you see someone that dedicated to fitness, you just have to ask, right? So we sat down with Kerry to hear more about his fitness journey. We think you will be as inspired by his story as we are.

LVAC: You haven't always been into a healthy lifestyle. What was the catalyst, or last straw that motivated you to change?

Kerry: My journey into fitness began about two and a half years ago. A friend had set up a trip for a group of guys for a quick getaway to San Diego. At the time I was working as a bartender, with long nights behind the bar, and even longer nights drinking, smoking and basically destroying my body. Instead of being the relaxing getaway I had hoped San Diego would be, it ended up with every night filled to excess with drinking, smoking multiple packs of cigarettes and then waking up with horrible hangovers. I remember

sitting at the bar, looking at myself and how far I had fallen. I felt like I was at the absolute bottom. I was unhealthy, seriously depressed, tired and left with no ambition or motivation to move. My friend Ryan looked me in the eyes and said, "I am so tired of hearing you complain about how you look and feel. Quit talking about it and do something!" The next day I was at LVAC and I haven't looked back since.

"Instead of sleeping all day like I used to, I now wake up at 6 a.m., excited for each new day. Fitness has a way of making things better."

LVAC: Tell us about your workouts, how did you start and what are you doing now?

Kerry: The first day I walked into LVAC I was in horrible shape. I couldn't do a single pull up, and couldn't run without being out of breath. I know how people feel who are starting out. Losing weight and getting back into shape after years of neglect can be overwhelming. I walked by the group fitness room countless times, usually when Brittany

Herlean was teaching boot camp, and every time she saw me, she waved at me to come in. I turned her down multiple times, but one day it happened—she waved at me and I went in. I have been going religiously ever since. I also enjoy other group fitness classes like PTT, Body Pump, Body Combat, Cycling, Kettle Bell Training, and Tabata. I got to the point where I enjoyed working out so much that I needed new challenges. I added the bands and the Masssuit and sometimes weight vests or heavy backpacks to the workouts.

About the time I felt like I was really getting into shape, I heard about obstacle racing. I signed up for a Camp Rhino Race, a 3-mile, 100-obstacle course through the desert. I wanted more and more! I entered every race I could find, including Tough Mudder, Devil Dash, Warrior Dash, and quadruple Spartan Trifecta races.

LVAC: What type of changes have you made in your nutrition?

Kerry: The best way to describe how my nutrition has changed is to give you an example of what my 'typical' fast food order would be:

- One Big Mac, one Filet-O-Fish, one Double Cheeseburger, one Large Fry, one Apple Pie with a large Coke.

Truthfully, that was one meal. And don't

"When I began to change my diet, I adopted this philosophy, If the food I am eating is clean and my body is hungry, I will eat until I am full. My metabolism was back on track, so I found that I could eat anything I wanted, but only as long as it was clean."



Kerry Before

forget the alcohol, energy drinks, sodas and 1.5 packs of cigarettes a day. I would also eat late at night-candy, chocolate, anything you would consider unhealthy- I ate it.

When I began to change my diet, I adopted this philosophy, "If the food I am eating is clean and my body is hungry, I will eat until I am full." My metabolism was back on track, so I found that I could eat anything I wanted, but only as long as it was clean. I don't really count calories, but I eat no fried foods, no fast foods, no soda, no alcohol, no bad fats and no processed or empty carbs. I only eat greens, fresh fruits, raw nuts, eggs, lean beef and pork, chicken and fish. I also eat root vegetables and steel cut oats. I try to keep all my food organic. Since I quit smoking and drinking, I only drink water or iced tea. I have about five meals a day. I have kept the weight off for almost three years.

LVAC: What keeps you motivated and encourages you to progress?

Kerry: I call my philosophy for fitness 'Juggernaut Programming.' A juggernaut is a huge, powerful and overwhelming force or institution. It's unstoppable and keeps moving forward until the initial goal has been surpassed and a new goal is attained. For me, if it is not hard, it's not worth doing!

Recently I have become involved with GORUCK, a non-profit organization that provides support to wounded Green Berets, their families, and to Gold Star family members. GORUCK also supports the Iraq and Afghanistan Veterans of America. The term GORUCK, (ruck is actually short for rucksack which is a military backpack) implies action, energy and purpose. Their training strives to teach people what a team feels like, how it operates together, and why camaraderie in Special Forces is so high. A military evolution is physical training that can be 7-48 hours long, carrying a rucksack with 30-60 pounds, rucking 10-70 miles. It's grueling, but the experience and the people are amazing.

Instead of sleeping all day like I used to, I now wake up at 6 a.m., excited for each new day. Fitness has a way of making things better. I have made the greatest friends at LVAC and other fitness organizations who will be part of my life forever. I love the community of great people at LVAC. It motivates me to see them working hard to be their best. I pushed myself everyday because I wanted to change. That is the choice that people have to make. You have to decide to work hard and make the needed changes and sacrifices. Become better than you were yesterday and keep working until you achieve your dreams.



Before

Weight: 235 lbs.
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Waist: 40



After

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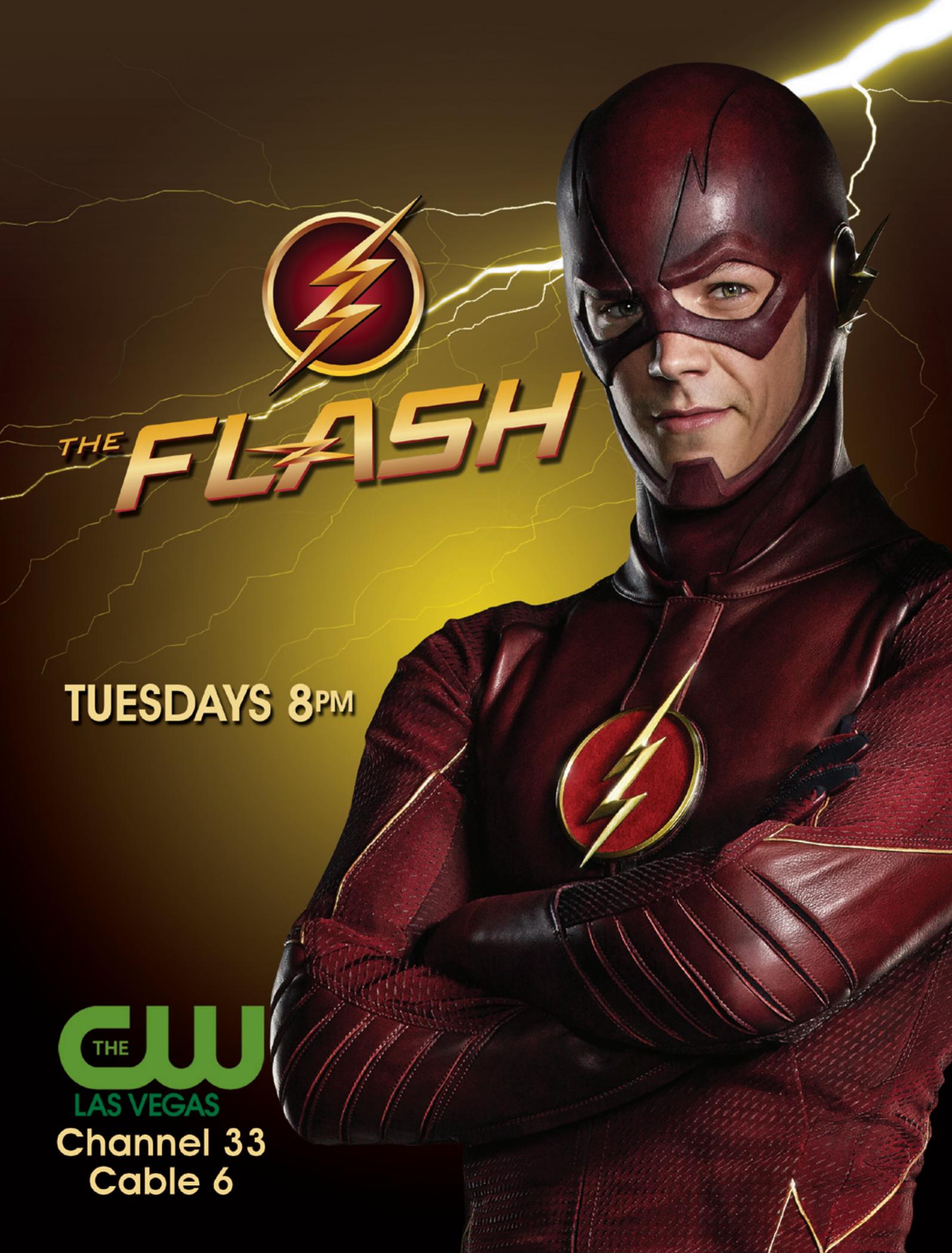
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Paul Before

LVAC Member Spotlight

Paul Mangual

My doctor's face was serious. "Mr. Mangual, your cholesterol is 260. That is much too high for someone your age. Considering your family history, if you don't get your weight and eating habits in check, you

are at serious risk for heart disease."

I grew up in Las Vegas and was always an overweight child. My family's eating habits were never great. My mom would joke that we were the "Buttertons"

because every meal we ate was full of either butter or cheese. Was it tasty? Always! Good for us? Not so much.

When I was a kid, I was often teased about my weight. The more I was teased, the more I would seek comfort in food. I leaned out in my high school years, as I was very active playing football and running track. It was during high school that I discovered running was a great way to relieve the stress in my life.

As I got older and started a family, fitness was the furthest thing from my mind. Not only was I sedentary,

"I was the kid people teased. I was the guy that could not walk up a flight of stairs without becoming winded."

my diet consisted of fast food on a daily basis. A large burger and fries was my go-to meal. A typical day for me would be fast food for breakfast, a heavy lunch, then a huge dinner followed by some type of desert. At



Paul's spin class gave him this cake after he completed the Inaugural Ironman Lake Tahoe in September 2013. Paul said that it was one of his most cold and difficult races.



At the finish of the Las Vegas Marathon, December 2008 with son, Chase.

my heaviest, I weighed 260lbs and had a 40-inch waist. My family history includes a long list of heart attacks, high blood pressure and elevated cholesterol levels.

Reality struck again when I received a phone call that my father was going to have double bypass surgery. The phone call came as I was lying in bed, eating a plate of pizza rolls with the plate resting on my belly. My father's health combined with my own doctor's warning made it clear; I needed to change.

The next morning, I went through the pantry and freezer and got rid of all of the foods that would prevent me from reaching my goals. I then got on the elliptical machine that had been a very expensive clothes hanger for the past two years. My goal was to do a 60-minute workout. How hard could that be? After 10 minutes, I thought I was going to pass out and I had to stop. I was completely discouraged and deflated. I could not be this out of shape, could I? The next day, I did 10 minutes again. I figured I would

just build up the minutes when my capacity improved. I gradually built up to 20 minutes, then 30, then 40! Before long, I was up to an hour a day on the elliptical machine, and the weight was falling off.

In addition to the physical activity, I talked to my doctor about the proper foods to eat and cut my calories from about 4500 per day to about 2000. My dietary changes were the biggest part of my fitness journey. I ate lean proteins and vegetables such as lots of chicken and broccoli. Now a typical day often starts with a run or one of my classes and a homemade egg white sandwich. Lunch is a turkey sandwich or chicken teriyaki bowl with brown rice and veggies (sauce on the side). Dinner is usually chicken and broccoli or some sort of lean grilled protein. After dinner I have an evening workout. Once I made the changes, I cut out nearly all fast food. When I choose fast food, it's something like chicken breast from El Pollo Loco or a grilled chicken sandwich. No fries! There were no great choices like Greens and Proteins or Lyfe Kitchen when I



**Pumpkinman Triathlon
Boulder Beach, Nevada, October 2013**

People always ask me for advice. This is what I tell them:

- **Make yourself a priority. Make your health a priority. If you can schedule an appointment with a client for lunch, you can schedule an appointment with yourself to get your workout in. My workouts are in my calendar every day.**
- **Find something you love to do. If it's cycling, find cycling classes that meet your schedule. If it's running, treat yourself to a great pair of running shoes and get out there.**
- **Set realistic short term and long-term goals.**
- **Don't get discouraged by setbacks. They will happen. You can work your butt off one week and gain two pounds. Keep going because the next week you will probably lose four.**
- **Know your why. Why are you working out? Is it for you or for someone else? Your fitness goals should be about you, not what your friends are doing.**
- **Love the person you are and the world will love you back.**

began changing my lifestyle. There are so many great choices today. Do I splurge? Occasionally. I still love pizza and a good burger, but those are an occasional meal, not a part of my daily routine.

I decided that getting back in to running was the next step in my journey. I got on the treadmill and found that I could not run a mile without stopping. I began by running 3 minutes, then walking for 1 minute and repeating this until I made 3 miles. The first time I ran a mile without stopping, I was ecstatic! I could not believe I had come so far! Not only was I running again, I was down below 200 pounds. About four months had passed since I began training, and I had dropped two or three pounds a week, and I felt that my hard work was beginning to pay off. What an amazing feeling.

The more I would run, the better I felt. I decided that trying a Marathon would be a great goal. I started training for the Las Vegas Marathon by running smaller races. I did a 5k, then a 10k, then the Las Vegas Marathon. Completing that marathon was one of the greatest days of my life. It took me 4 hours and 55 minutes to complete my first marathon. I cried and smiled and cried and laughed some more as I crossed the finish line. I couldn't believe what I had accomplished.

Finishing that very first Marathon made me realize that I could achieve other goals with some hard work and dedication. That was in 2007.

In 2009, I decided to train for an Ironman Triathlon. An Ironman consists of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run. 140.6 total miles in one day!

Since beginning my fitness journey I have completed 4 more full marathons, 10 half marathons, several 5k and 10k running races. In addition, I have completed several short distance triathlons, five Half Ironman Races (70.3 total miles). I am also a 6-time Ironman finisher.

In 2009 I became certified as an LVAC cycling instructor in order to help me train for the race. I have continued



**Half Ironman
St. George, Utah, May 2014**

to teach cycling and began teaching Insanity this past year.

My life is forever changed. People look to me for guidance and inspiration for their fitness goals, which is something I never expected to happen. I have been that person who was challenged by being overweight. I was the kid people teased. I was the guy that could not walk up a flight of stairs without becoming winded. When I started, I weighed 250 pounds and had a 40" waist and my cholesterol was at 260. Today I weight 185 pounds with a 34" waist and my cholesterol has dropped to 140. Now, I can help change the lives of others because of my own experiences. I really do have a new lease on life.

Paul Mangual grew up in Las Vegas, graduating from Chaparral High School. One of his first jobs was at LVAC East Flamingo as a front desk attendant! He graduated from UNLV with a BA in Communication and is currently Vice President and Marketing Executive for First American Title, making him the youngest appointed VP for his company in Nevada. He has two teenage children, and is engaged to be married next year.

Paul is an LVAC group fitness instructor, teaching cycling and Insanity at our Green Valley location.



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Tips for Staying Fit and Enjoying the Holidays

By Connie Stewart

Let's be honest, the holiday season can be tough when it comes to keeping your weight and your workouts on track. Everywhere you go there is something delicious that calls your name and something that interrupts your best-laid plans. The typical American gains an average of five to seven pounds during the holiday season

(Halloween through the New Year) and with the added pressures and extra events the holidays bring, it's way too easy to let your workouts and your nutrition slide. Here are our top 10 tips for keeping the holiday weight off, fitting in your workouts and enjoying all the great things the holidays offer.

1. Make a goal to do something active every day.

Do your very best to keep your regular workout schedule. On a day when that proves impossible, don't throw in the towel. While it may not be your normal workout, 30 minutes of activity every day will make you feel and function better. Take the kids to the park or on a bike ride. Participating in physical activities with your family and friends—doing something different and fun—while creating memories can be as rewarding as your favorite boot camp class.

2. Offer to bring a healthy dish to holiday parties.

If you are concerned about the unhealthy array of foods that are bound to be served at an upcoming function, call the host ahead of time to see if you can bring a healthy dish. Chances are, the host will be happy to have some help with feeding a hungry crowd.

For an appetizer, you could bring a veggie platter with a low-fat dip, a colorful fruit platter with a dip made from nonfat yogurt blended with a dab of fat-free Cool Whip and garnished with roasted chestnuts, whole wheat pita triangles served with hummus, or baked tortilla chips with chunky salsa or fat free bean dip.

3. Remember the law of diminishing returns.

Doesn't the first bite always taste the best? When looking at brain chemicals signaling pleasure, scientists have found that we receive less pleasure the more we eat of a food. So rather than feeling like you must eat a full serving of every dessert at a holiday meal, take a bite or two, enjoy and savor it, then stop. You'll receive 90 percent of the pleasure with 10 percent of the calories.

4. Beware of liquid calories, especially alcohol.

Be careful, those liquid calories can add up quickly. Alcohol actually contains almost as many calories per gram as fat (seven calories vs. nine calories per gram). Combine the alcohol with creamy or sweet mixtures, and the calorie count goes up. For example, a four ounce serving of a Pina Colada contains about 290 calories. A four ounce serving of white wine has 80 calories.

Alcohol also tends to lower our inhibitions, which means you'll be less careful about what and how much you indulge at the party. So instead of reaching for the bubbly, rotate a non-caloric drink like diet soda, water or spritzer into the mix. That way you'll be able to allocate more of your calorie budget on the delicious holiday foods you enjoy. NEVER drink and drive.

5. Take Facebook with a grain of salt.

You've seen the status updates: "Hope Santa can find us in ARUBA!" or "Mmmm, homemade cider, kids making cookies and our 12 foot tree is filled with all of our homemade ornaments-life is good." While you are happy for them you should remember, those people have bad days, too. Most people put their best self forward on Facebook, Twitter and Instagram. Don't compare your life with those dreamy-sounding posts. Enjoy even the little things in your own life.

6. Spend a Little Time in the Sunlight.

The rhythm and repetition of walking has a tranquilizing effect on your brain, decreasing anxiety and improving sleep," says nutrition and wellness expert Ann Kulze, M.D. Walking stimulates the production of feel-good serotonin and also helps relieve seasonal affective disorder (SAD), which impacts millions of Americans every year, says Judith Orloff, MD, an assistant professor of psychiatry at the University of California, Los Angeles. A brisk, half-hour walk outdoors in the sunshine will do wonders for your body, mind and soul.

7. Forget Perfection; Martha Who?

Stop obsessing over doing it all. The world is not going to end if the house is a little cluttered or dinner is on the table a few minutes late. Focus your energy on enjoying the people in your life. Don't sweat the small stuff and your holiday will be much more enjoyable. It's hard for many of us to say no, but determine not to take on more than you can handle. Here's a great motto to adopt for the holidays: "Do a little less and enjoy a little more."



8. Go Tech-Free.

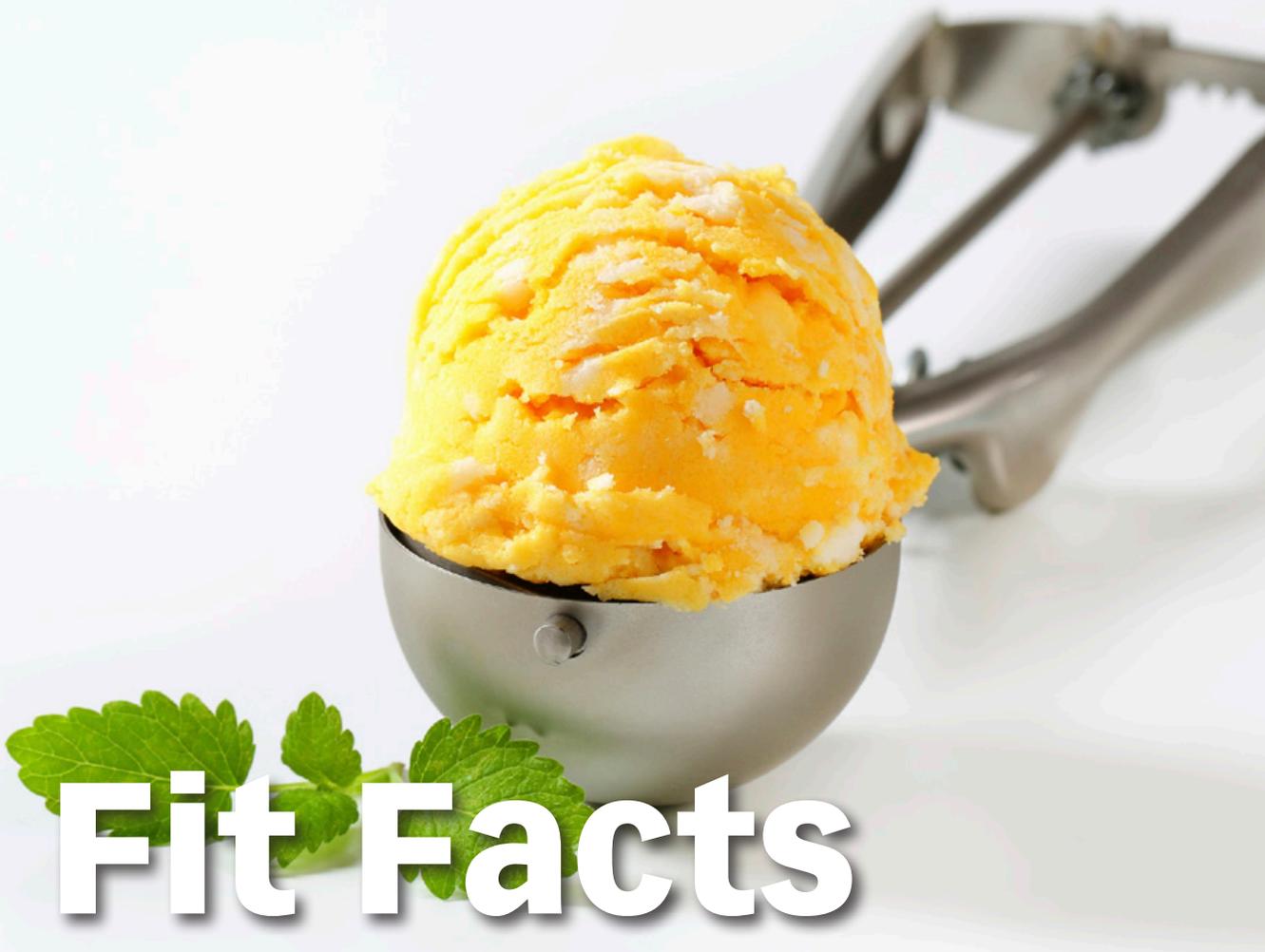
Constant cell phone notifications and email alerts keep us in a perpetual fight-or-flight mode due to bursts of adrenaline. Not only is this exhausting, but it contributes to mounting stress levels, especially in women. What better time to turn your devices off than during a holiday get-together? Enjoy spending time with your family and friends without worry. The texts can wait.

9. Indulge, Then Resist.

Don't deprive yourself from enjoying your favorite foods. Pick the ones you want to indulge in, but limit yourself to one serving. Once you're done, put the rest in a container and slide it in the fridge. You'll be less likely to dig in for seconds when the food is already put away.

10. Develop an "Attitude of Gratitude."

This is a time of year when it is easy to focus on what we don't have, instead of remembering to be grateful for what we do have. Practice noticing all of the things you have been given, and expressing gratitude for them. The more you are grateful for, the more you will find to be grateful for. Eileen Caddy said, "Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you." Foster an attitude of gratitude and have an awesome Holiday Season!



Fit Facts

Portion Control Savvy

Downsize the Dish!

Since the early 1900s, the size of a normal American dinner plate has become at least 25% larger. In the 1960s, plates were roughly 9 inches in diameter. In the 1980s, they grew to around 10 inches. By the year 2000, the average dinner plate was 11 inches in diameter, and now, it's not unusual to find dishes that are 12 inches or larger!

If you're one of the 54 percent of Americans who eat until their

plate is clean, make sure those plates are modestly sized. On a standard 8- to 10-inch dinner plate, a portion of spaghetti looks like a meal. On a 12- to 14-inch dinner plate, it looks meager, so you're likely to dish out a bigger portion to fill the plate. When researchers gave study participants 34-ounce or 17-ounce bowls and told them to help themselves to ice cream, those with the bigger bowls dished out 31 percent more ice cream!

"True enjoyment comes from activity of the mind and exercise of the body: the two are united."

-Alexander von Humboldt

Tips Continued on Page 22

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*This patient wanted to improve her smile by reshaping her teeth. Dr. Palluck used all-porcelain veneers to create a **natural-looking smile** that is more aesthetically pleasing by elongating and reshaping her teeth.*

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Dr. Oz's Best Health Tip for Guys

Join a Yoga Class

"Yoga is the most important exercise of my daily routine. Being surrounded by beautiful women in spandex should be reason enough for you to join a class, but if you need more motivation, consider this: Yoga eases stress, lowers blood pressure, slows heart rates, and increases flexibility. And there's nothing mystical about it. Loosening your muscles will make them more adaptable, so you may be less likely to injure yourself playing sports. Sure, some of the poses may look ridiculous, but that's for a reason you'll learn quickly enough. Yoga can reach and work muscles that are ignored during routine sports and daily life."

Men's Health, March 2013

Men and Athletic Potential

Most men will tell you that they're more productive when they know what they're working for. A vague goal such as getting in better shape or an unrealistic focus such as putting Michael Phelps to shame in the pool, will only hamper your progress. Set a reasonable long-term goal. Maybe it's to complete your first half-marathon nine months from now. Work toward smaller goals along the way, such as completing your first 5K or 10K. Celebrate each small goal as a step on the path to the larger objective. Remember that you're really competing with yourself. The elite runner in the group who never seems to break a sweat can be an inspiration to you, but don't break a leg trying to keep up when he or she has been training for much longer than you have. You're on your own path to fitness and you will get there at your own pace. Keep your workouts safe and effective, and you will reach your full athletic potential.

Source: *Howstuffworks.com-Tips for Fit Men*



Tips Continued on Page 24

Shea Butter

Shea butter is a slightly yellowish or ivory colored and nutty, smoky scented natural fat extracted from the seed of the African shea tree. Shea butter is a superior natural moisturizer with natural healing properties for the skin. Simply put, it is yummy, yummy, yummy.

Handcrafted, unrefined shea butter is by itself ready for direct application to the skin, without any need for further processing. Mixing it with other natural ingredients such as essential oils and other butters, you can customize it for your skin type and even add your favorite personal scent.

Whipped Shea Butter

- 4 oz. unrefined shea butter
- 2 tablespoons of base oil, such as extra virgin olive oil
- 10-20 drops of essential oil, such as lavender oil
- Electric beater
- Mixing bowl
- Clean empty 8 oz. jar

1. Before you start to prepare whipped shea butter, make sure your unrefined shea butter is at room temperature. Do not melt or heat it! Put your shea butter in a bowl and mash it with a fork.
2. Add the base oil and continue to mash it until the oil begins to incorporate into the butter.
3. Put the entire mixture into the mixing bowl. Mix it on high speed with the electric beaters for approximately 5 minutes.
4. When butter is fluffy and smooth, add the essential oil and continue to beat the mixture until the essential oil is incorporated into the butter.
5. Put your whipped shea butter into a clean jar and keep it closed tightly. Store at room temperature.



Wearing Sunscreen Each Day Keeps the Wrinkles Away

Dermatologists have long prodded their patients to routinely apply sunscreen because it helps protect against skin cancer. Now they have more ammunition: a recent study shows that daily use of sunscreen reduces visual signs of aging.



Australian researchers found that people who applied sunscreen daily showed 24% less skin aging than those who used sunscreen less regularly.

Annals of Internal Medicine, 2012

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Ava's Wish

For over ten years the Las Vegas Athletic Clubs have been a proud sponsor of the Make A Wish Foundation. Our generous members have donated thousands of dollars in gifts to help make holiday seasons special for the children of Make A Wish. The goal of the Make A Wish Foundation, a non-profit organization, is to grant wishes to children with life-threatening illnesses.

Meet Edward and Amy Urrea, and their children Gabriel and Ava. Edward began working for LVAC in 2001, and is currently the club manager at our Rainbow location. This is the moving story of their daughter Ava and the granting of Ava's wish by the Make A Wish Foundation.

Our daughter Ava is our biggest hero! Ava was born with Hypoplastic Left Heart Syndrome, which means the left side of her heart did not fully develop in utero. She is considered to have 'half a heart.' There is no cure for her condition, however, she has undergone multiple surgeries in order to bypass the poorly functioning left side of her heart and increase blood flow to her body. To date, Ava has had 15 hospitalizations, and three open-heart surgeries, the first one when she was just five

"We are so grateful to have Ava in our lives because of the hope and love we have experienced with her on this journey."

days old. She has also had 14 heart catheterizations with the placement of 6 stents, and 3 surgeries for a G-tube placement, which provides the majority

of Ava's feeding and nutritional needs. She takes multiple medications, has had countless chest x-rays, lung scans, swallow studies, IV placements, echocardiograms and EKG's. She has reached many developmental milestones with the help of a physical therapist and a developmental specialist. She has continued to work extensively with a speech and feeding therapist. Extraordinary teams of medical professionals at the Children's Heart Center and Sunrise Children's Hospital continue to give her exceptional care.

Ava Continued on Page 28

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10-month-old Ava, after her third open heart surgery at Sunrise Children's Hospital.

Our daughter is our biggest hero.

Because of the complexity of Ava's heart condition and her current lung disease, her team has decided that it would be too risky for Ava to endure the fourth open-heart surgery that is needed. We sought a second and third opinion from Boston Children's Hospital and the Children's Hospital of Los Angeles, and they too confirmed what her team here decided. Also, Ava would not be a good candidate for a heart transplant. This past spring, The Make A Wish Foundation granted Ava her wish—to travel to Walt Disney World in Orlando,

"She continues to amaze us with her determination and ability to find joy in everything."

Florida! We cannot even begin to describe the incredible experience our family had while we were there. We stayed at the most amazing resort, 'Give Kids the World.' It was like stepping out of the world and into a fairy tale. It really was a child's dream come true. We enjoyed all-you-can-eat ice cream at the Ice Parlor, celebrated Halloween with trick-or-treating, enjoyed a Winter Wonderland with Santa, and partied with princesses and pirates. The children received cake, ice cream and goody bags as we celebrated Mayor Clayton's (a 6 foot rabbit) birthday. We stayed at a private villa where we returned each night from our day at the theme park to find treats left for Ava and Gabriel by the gift fairy.

It was deeply touching to be able to witness the complete joy on all of the children's faces (including their siblings, who have their own struggles) and to share in the happiness felt among all the families. Having Ava's wish granted allowed us one week without doctor's appointments, medical procedures,



The Urrea Family at Disney World. L-R, Edward, Ava, Gabriel and Amy.

or therapies. It was precious time our family was able to spend together creating wonderful memories.

We are so grateful to have Ava in our lives because of the hope and love we have experienced with her on this journey. She continues to amaze us with her determination and ability to find joy in everything. She has taught us how to love completely and how to live life to the fullest, enjoying each precious moment. Our hope for the future is to continue to strengthen the love in our family, and to reach out to other families who face similar challenges.



For Ava, the highlight of the trip was meeting all of the characters at Walt Disney World, especially Elsa and Anna from the movie 'Frozen'.

Editor's Note: Edward Urrea and Jason Hearne have founded 'Help Heal A Heart', a support group for fathers of children with heart problems. For more information, contact Edward at Edurrea@hotmail.com.

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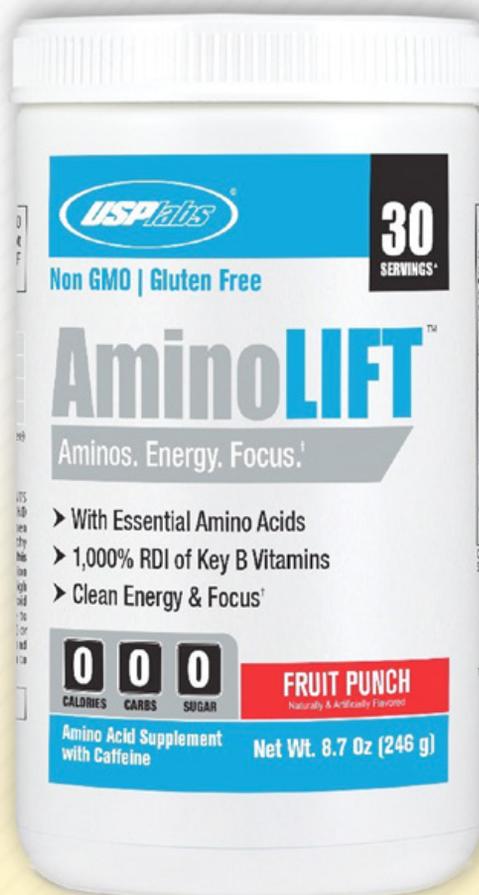
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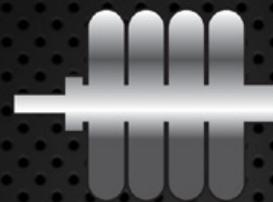
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Artwork by Celina Garcia

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A Good Night's Sleep



Why we need it and how to get it.

By Bret A. FitzGerald

For most people there is nothing like a good night's sleep. Waking up in the morning refreshed and rejuvenated feels like you're getting a fresh start at the day. When you think about it, in the course of your lifespan, the amount of time that you rest - about 8 hours a day - out tallies every other activity (in this case, inactivity) in your life. By the way, humans fall somewhere in the middle on the sleep continuum for mammals. Household cats require about 15 hours of sleep a day, yet giraffes need less than two hours of sleep every 24 hours.

So, why do we sleep? There are four main theories of why humans require those precious eight hours of slumber.

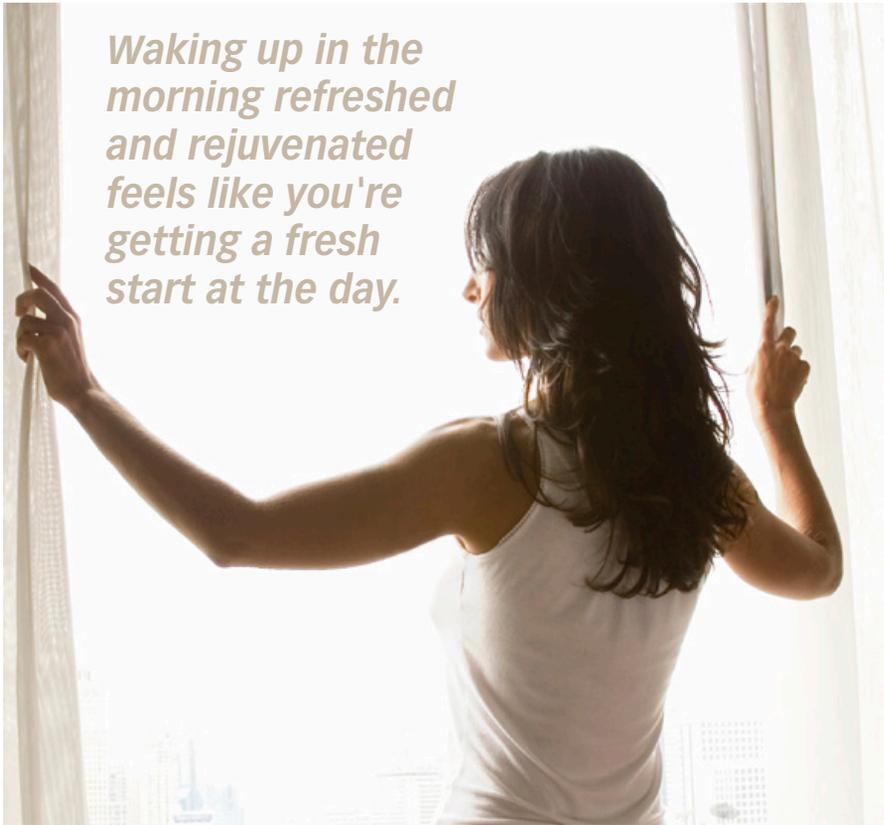
1. Inactivity Theory: Also known as the Evolutionary theory, it is thought that creatures that were able to be still and go unnoticed were less vulnerable to predators and were less likely to succumb to all forms of accidental death.

2. Energy Conservation Theory: The energy conservation theory hypothesizes that the main function of sleep is to lessen an individual's total energy demand and consumption during part of the day or night, especially when the search for food is more difficult.

3. Restoration Theories: More recently, empirical evidence gathered in human and animal studies have given credence to the concept that sleep restores health. Evidence shows that subjects deprived of any and all sleep lose immune function and die soon afterward. Also, evidence shows that many of the major regenerative functions in the body like muscle growth, tissue repair, protein synthesis, and growth hormone release occur during sleep.

4. Brain Plasticity Theory: There are recent scientific findings that suspects that the time you spend sleeping allows your brain to organize and store the events of each day, allowing the data to become future memories. Your nightly rest also provides your brain a chance to eject

Waking up in the morning refreshed and rejuvenated feels like you're getting a fresh start at the day.



Five Ways Exercise Affects Sleep

By: The Brain & Spine Team at the Cleveland Clinic

1. Exercisers report better sleep.

Among exercisers — light, moderate or vigorous — 76 percent to 83 percent reported getting fairly good or very good sleep. The number for non-exercisers was 56 percent.

2. Vigorous exercise may help lower insomnia.

People who reported doing the most exercise also reported the fewest symptoms of insomnia. More than two-thirds of them said they rarely or never experience symptoms of this common sleep disorder.

3. Exercise matters the day you do it.

Whether they were light, moderate or vigorous exercisers, 51 percent reported better sleep on the days they exercised.

4. Non-exercisers are sleepier.

Among people who do not exercise, 24 percent were considered excessively sleepy using a standard screening measure. And 61 percent of them reported rarely or never getting a good night's sleep on work nights.

5. Exercise may help prevent sleep apnea.

People who do not exercise may increase their risk for sleep apnea, a sleep disorder in which breathing is interrupted during the night. Forty-four percent of non-exercisers had a moderate risk, compared with just 26 percent for light exercisers.

meaningless details in favor of more important information. Think re-booting your computer.

So, now we know why we sleep. What happens to humans when we get too little sleep? First of all, sleep inefficiency is related to many chronic diseases, including diabetes, cardiovascular and cerebrovascular disease, obesity and depression. With diabetes, sleep duration and quality are predictors of levels of Hemoglobin A1c, an important marker of blood sugar control.

Sleep apnea, a common reason for non-restful sleep, has been linked to hypertension, stroke and cardiac arrhythmias, as well as atherosclerosis.

Sleeplessness has also been linked to obesity. It is believed that sleep in childhood - and into adolescence - is important for neurological development and that inadequate sleep in kids may negatively impact the function the part of the brain known as the hypothalamus, which regulates an individual's appetite, as well as their expenditure of energy.

Finally, lack of sleep has been tied to chronic depression. Often considered a symptom of depression, sleep

disturbance is now thought to be more causal in nature. Increases in sleep efficiency have led to decreases in depressive symptoms.

The reality for those who suffer from chronic and sustained insomnia is that they are often forced to deal with both physical and mental functional impairment throughout their waking hours. They are more forgetful and make more mistakes when it comes to common tasks.

According to the findings in a study by Harvard Medical School professor Victoria Shahly, it is estimated that insomnia is linked to about 7% of all costly workplace accidents and errors, and 24% of the overall cost of the mishaps. The data uncovered in the Harvard study estimated that the cost of workplace mishaps related to insomnia is \$31.1 billion a year.

Severe insomnia should be evaluated and treated by a medical professional, but for those who seem to "almost" get enough sleep (5-7 hours a night) and feel a little tired in the middle of the day may want to try the following suggestions provided by the Division of Sleep Medicine at Harvard Medical School.



#1 Avoid Caffeine, Alcohol, Nicotine, and Other Chemicals before bedtime.

We all know that caffeine is a potent stimulant. So, avoid caffeine coffee, tea, chocolate, cola, and some pain relievers for four to six hours before bedtime. Also, alcohol may help bring on sleep, but after a few hours it acts as a stimulant, increasing the number of awakenings and generally decreasing the quality of sleep later in the night.

#2 Turn your bedroom into the perfect sleep space.

Quiet, dark, and cool. These are the three keys to a sleepy environment. Achieve this by lowering the volume of outside noise with earplugs or a white noise appliance. Use blackout shades, or an eye mask to block light. Light is a powerful cue that tells the brain that it's time to be awake. Keep the temperature comfortable, but cool—between 60 and 75°F. And don't forget about your mattress and pillows.

#3 Establish a soothing Pre-Sleep routine.

Ease the transition from wake time to sleep time with a period of relaxing activities an hour or so before bed. Take a bath (the rise, then fall in body temperature promotes drowsiness), light reading, watch television, or practice relaxation exercises. Avoid stressful, stimulating activities such as doing work or discussing emotional issues. Physically and psychologically stressful activities can cause the body to

secrete the stress hormone cortisol, which is associated with increasing alertness.

#4 Lighten up on late evening meals & beverages.

Eating a 6-inch thick pastrami sandwich at midnight could be a recipe for insomnia. It's advisable to finish dinner several hours before bedtime and avoid foods that cause indigestion. If you get hungry at night, snack on foods that won't disturb your sleep, perhaps dairy foods and carbohydrates. When it comes to liquids, drink enough fluid at night to keep you from waking up thirsty, but not so much that you will be awakened by the need for a trip to the bathroom.

#5 Exercise early.

Exercise helps you fall asleep faster and sleep more soundly...as long as it's done at the right time. Exercise stimulates the body to secrete the stress hormone cortisol, which helps activate the alerting mechanism in the brain. This is fine, unless you're trying to fall asleep. Try to finish exercising at least three hours before bed or work out earlier in the day.

Good luck with your goal of getting eight hours of sleep each night. Please email me at bret@lvac.com and share any suggestions you have for achieving a restful night. If it's okay with you, we would like to pass along your real life solutions with your fellow members on our social media platforms.

SOURCES: Knutson KL, Ryden AM, Mander VA, Van Cauter E. Role of sleep duration and quality in the risk and severity of type 2 diabetes mellitus. *Arch Intern Med* 2006; Kasasbeh E, Chi DS, Krishnaswamy G. Inflammatory aspects of sleep apnea and their cardiovascular consequences. *South Med J* 2006; Taheri S. The link between short sleep duration and obesity: We should recommend more sleep to prevent obesity. *Arch Dis Child* 2006; Zimmerman M, McGlinchey JB, Young D, Chelminski I. Diagnosing major depressive disorder I: A psychometric evaluation of the DSM-IV symptom criteria. *J Nerv Ment Dis* 2006

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Popular Diets

Finding a Healthy Balance in Your Nutrition

By Crystal Petrello

Once upon a time there was a beautiful young lady named Penelope. She was naturally thin and could eat anything she wanted with no consequences. Penelope worked out for the pure fun of it. One day, with her sparkling personality and kickin' body, she met her perfect man. Their storybook romance blossomed.

Fast forward a number of years and we find Penelope happily married. Penelope has been enjoying everything life has had to offer. And boy did life offer a lot! Through all of the vacations, celebrations, romantic evenings out, pregnancies, and business lunches, she has gained fifty pounds since that fateful encounter with her now hubby. Though she loves her family, her career, and is generally happy with her life, her self-esteem has been declining. She doesn't quite recognize the woman in the mirror. Every so often she has a minor meltdown when she goes to put on

her favorite outfit and it doesn't quite fit the way it used to. Of course, her Prince Charming still loves and supports her, but Penelope realizes that she has lost touch with her old self. Her life has changed significantly over the years. In putting the needs of everyone else first, she hasn't had the time to take care of herself.

How many of us have heard this story before? Whether you have seen it happen to someone or have just read a recap of the last 15 years of your life, some version of this story is pertinent to a majority of us. It could be a man or a woman in the main role. It is from these situations that we resort to the dreaded D-word: "Diet."

We secretly wish that losing weight could happen just as easily as putting it on was. It seems, based on the popularity of fad diets in the last thirty years, we have tried to find those

shortcuts that provide us with short-term results. We do not seem to mind experimenting with our bodies for a short period of time as long as we see the numbers both on the scale and our waistlines go down.

The concept of ingesting out-of-the-ordinary items to affect our weight can be dated back to a myth about Cleopatra, the last pharaoh of Ancient Egypt. The rumor is she would swallow tapeworms to lose weight. For all we know, that could be the first recorded quick-weight-loss fad diet if it is ever proven. Throughout the centuries, and hundreds of fad diets later, the average weight of a person has increased dramatically, and one-third of the U.S. population is now considered obese (CDC, 2012). It's not surprising then that we are so passionate about losing weight. We all have our reasons, ranging from doctor's orders to health goals to our personal vanity.

The mainstream diet trends of the last 30 years went from the low fat craze of the late 80's, which evolved into the low carbohydrate fad of the 90's. Dieters began to understand that our bodies require carbs for basic functionality. That led to the healthy carbohydrate revelation: whole grain. Whole grains help us feel fuller longer on fewer calories. They are packed with more protein, fiber, vitamins, minerals, and phytochemicals than their industrialized counterparts. With this nutritional panel, it is no wonder that grains like quinoa were often offered as gifts to the Incan gods.

With any fad diet you may see a decrease in your weight, but the concern is that there is a strong chance you may be negatively affecting your overall health in the process. Changing our destructive, yet enjoyable, lifestyle will not happen overnight. Neither will we be able to keep our weight off after severely changing our lifestyle for a temporary 4-6 week "diet period." For long-lasting success with health-related goals, take your weight-loss determination to change your lifestyle in small steps. Break down your resolve into small, achievable goals.

Here are some goals and tips to start you on your quest:

1. **Honor your hunger.** Feeling hungry isn't a bad thing; it means you're alive. Nourish your body with healthy foods most the time.
2. **Food combining for satisfaction.** Balance each meal and snack with fiber, protein, and healthy fats. Helps you feel fuller longer!
3. **Record everything in a food journal.** Research has shown this has a huge impact on sustained weight loss.
4. **Small goals to a big resolution.** Setting smart, small goals will give you the confidence to keep going.
5. **Faith in yourself: Know that you can lose weight!** One of the biggest barriers to losing weight is not believing you can do it.
6. **Celebrate!** It's too easy to quit when you're not paying attention to the details. If the scale isn't moving as quickly as you'd like, look at your other achievements for motivation. Perhaps you have lowered your cholesterol, improved your blood sugar levels, gotten on a bike four times a week, or cooked a vegetarian meal for your family.



Crystal Petrello, MS, RDN, LD completed her Bachelor's Degree at The Ohio State University while she served in the Air National Guard. She earned her Master's Degree in Community Nutrition and Health at Ohio University. Crystal owns the Las Vegas-based dietary consulting firm Crystal Clear Wellness & Nutrition and PartyRight Life, www.PartyRightLife.com. PartyRight Life is a new fun twist on wellness. She has also co-authored the recently released weight loss book "But I'm Hungry!"

The Paleo Diet

The Paleo Diet states that it is meant to "mimic the food groups of our pre-agricultural, hunter-gatherer ancestors" (1). Here's a friendly reminder that this generation of ancestors lived to be about 40 years old at the most and ate mostly fat, meat and whatever foliage they were able to find. So, looking back into science-based history the premise of the Paleo diet is far reaching. Paleo, as do most "diets" that are on the market, teach some really great principles: eat good quality

(grass fed) animal protein, eat more fiber, don't be afraid to eat fat, try to not eat processed food, and eat fruits and vegetables for vitamin, mineral and photochemical intake. An article in the Scientific American nicely sums up the fallacy with The Paleo diet. The diet "not only misunderstands how our own species, the organisms inside our bodies and the animals and plants we eat have evolved over the last 10,000 years, it also ignores much of the evidence about our ancestors' health

during their- often brief-individual life spans (even if a minority of our Paleo ancestors made it into their 40s or beyond, many children likely diet before age 15) (2). If you are going "Paleo" and are still hungry then eat some whole grains. Your body needs more fiber and carbohydrates!

SOURCES:

1. <http://thepaleodiet.com> on 9/1/2014
2. <http://www.scientificamerican.com/article/why-paleo-diet-half-baked-how-hunter-gatherer-really-eat/>; Jun 3, 2013; Ferris Jabr

CLUB LIFE

Faces of Our Community



LVAC Chairman and CEO Todd Smith participating in Augie's Ice Bucket Challenge on Sunday, August 24th in Newport Beach, California, raising money for ALS research.



LVAC member Allison Ward completing the XTERRA Lake Las Vegas Trail Run on April 12th, 2014.



LVAC Members Candice Kreig, Sheri Owens, and Camthi Dao competing at The Tough Mudder in April 2014.



LVAC member Sheri Owens making her way through The Tough Mudder in April 2014.



Thomas Lopez, Jennifer Dietlin and Melissa Morelli at the Disneyland Half Marathon In Anaheim in August, 2014



LVAC group fitness instructors and personal trainers Frank Butterfield, (middle) and Jennifer Dietlan (far right) joined members (L-R) Melissa Morelli, Brian Morrell and Jenni McKenna-Zurflueh, for the half marathon at Disneyland in August 2014.



LVAC member Kenia Hui competing in the Las Vegas Super Spartan on April 5th, 2014.



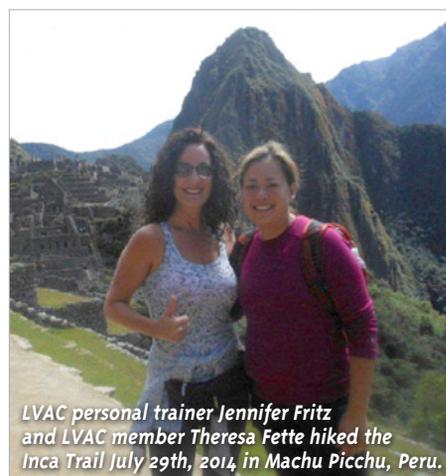
LVAC Members Danny Kelly, Allison Ward, Kelly O'Quinn-Johnson, Kenia Hui, Robert Kelly, Charlotte Thompson, and Rory Vohwinkel gather together before competing in the XTERRA Lake Las Vegas Trail Run on April 12th, 2014.



LVAC personal trainer Cyndee Platko with Meredith. Cyndee volunteers at the Nevada SPCA, a NO-kill facility with over 300 animals that need daily exercise. To Volunteer, contact nevadaspca.org



Member Derek McDonald took 1st place at the KHS NV State Championship "Super D" Mountain Bike Race, January 17, 2014, at Bootleg Canyon in Boulder City.



LVAC personal trainer Jennifer Fritz and LVAC member Theresa Fette hiked the Inca Trail July 29th, 2014, in Machu Picchu, Peru.



LVAC personal trainer Jennifer Fitz (L) and member Erin Hansen at the Santa Barbara Wine Country Half Marathon, May 10, 2014



Brown Rice

The Superior Choice

You may not realize the vast difference in the nutritional content and the health benefits of eating brown rice versus white rice. The majority of consumers typically choose white rice over brown rice because of the difference in appearance and availability. According to a study conducted by the American Journal of Clinical Nutrition, brown rice is the superior choice.

Here are a few of the reasons why:

- **High in Fiber**- Brown rice is high in fiber and on top of the list for foods that can help prevent colon cancer.
- **Lower Glycemic Index** -Brown rice helps stabilize blood sugar levels; therefore, it's an excellent food choice for those suffering from diabetes. Studies show that those who consume one half cup of brown rice daily reduce their risks

of developing diabetes by 60%. On the other hand, those who consume white rice regularly increase their chances of developing diabetes one hundred-fold!

- **Rich in Anti-Oxidants**- This is one of the best-kept secrets regarding brown rice. We usually associate anti-oxidant rich foods with blueberries, strawberries and other fruits and vegetables. The antioxidant capacity of brown rice is right up there with these super stars.
- **Whole Grain**- The side hulls and brans are rich in proteins, thiamine, calcium, magnesium, fiber, and potassium. Brown rice is considered a whole grain since it hasn't had the hull and bran stripped through a refinement process. Whole grains are proven to reduce the buildup of arterial plaque and reduce the risk of heart disease and high cholesterol.

Brown Rice Salad with Tomatoes and Spinach

Brown rice can be used as a white rice alternative in most vegetarian recipes and provides a full, rich and somewhat nutty flavor. If you don't think you will like it, try this recipe. We're pretty sure you'll never eat white rice again!

Ingredients

2 tablespoons extra-virgin olive oil
2 teaspoons red-wine vinegar
2 tablespoons chopped fresh dill
1 garlic clove, minced
¼ teaspoon sugar
Coarse salt and ground pepper
2 cups cooked brown rice
1 medium English cucumber, halved

lengthwise, seeded, and sliced
2 cups baby spinach
1 pint cherry tomatoes, halved

Directions

In a large bowl, whisk together oil, vinegar, dill, garlic, and sugar. Season generously with salt and pepper. Add rice, cucumber, spinach, and tomatoes; toss to combine.



Sweet Potato Casserole

This lightened-up take on a holiday classic is perfect for the season or really any time you need a hearty and healthy comfort food.

Ingredients

2 pounds sweet potatoes,
peeled and medium diced
¾ cup packed brown sugar
¼ cup evaporated low-fat milk
3 tablespoons butter, melted
½ teaspoon salt
1 teaspoon vanilla extract
2 large eggs
Non-stick cooking spray

Topping

1/3 cup whole wheat flour
2/3 cup packed brown sugar
¼ teaspoon salt
2 tablespoons melted butter
½-¾ cup of pecan halves

Directions

Preheat oven to 350 degrees.

1. Place the potatoes into a large pot and cover them with water. Bring them to a boil, then reduce the heat and allow them to simmer for 20 minutes or until the potatoes are fork tender. Drain the potatoes into a colander and let cool for five minutes.

2. Place the potatoes into a large bowl. Add the brown sugar, evaporated milk, the melted butter, ½ teaspoon of salt and the vanilla. Beat with a mixer at medium speed until smooth. Add the eggs one at a time and continue to beat until they are incorporated. Pour the potato mixture into a 13 X 9 inch baking pan or a casserole dish coated with cooking spray.

3. To prepare the topping, combine the flour, brown sugar, and the salt. Stir with a whisk until blended. Stir in the melted butter and stir until mixture becomes crumbly. Sprinkle the flour mixture evenly over the top of the potato mixture. Arrange the pecans evenly over the top. Bake at 350 degrees for 25 minutes-until the casserole becomes golden and bubbly.

4. Remove the casserole from the oven, and pre-heat the broiler. Broil the casserole for 45 seconds (watch closely so it doesn't burn) until the pecans look toasted and the top of the casserole begins to caramelize. Let stand for ten minutes before serving.



Sweet Potato Fries

Skip the home fries and try these sweet potato wedges instead. Baked in the oven, they are packed with beta-carotene and are lower in fat than a fried potato—but still have a satisfyingly crisp skin.

Ingredients

2 tablespoons unsalted butter
2 tablespoons olive oil
1 tablespoon chopped fresh rosemary (or 2 teaspoons dried)
3 medium sweet potatoes, scrubbed clean
1 teaspoon salt
1/4 tsp freshly ground black pepper

Directions

1. Preheat the oven to 450°F. Melt the butter with the olive oil in a small saucepan over medium heat. Stir in the rosemary.
2. Cut the sweet potatoes lengthwise into 1 1/2-inch-thick wedges and place in a large bowl. Season the wedges with salt and pepper, and drizzle with the butter mixture. Toss gently.
3. Arrange the wedges on a large baking sheet in one flat layer so they don't touch. Bake in the upper part of the oven, turning once, until softened and lightly browned, about 20 minutes. Season again with salt and pepper, and carefully remove from the sheet (the wedges are relatively fragile after cooking). Serve hot.

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/CARDIO CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
BodyAttack™ by Les Mills This sports-inspired cardio workout builds strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!	55 Minutes	Cardio	735	Body Weight
BodyCombat™ by Les Mills Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Maui Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.	55 Minutes	Cardio	740	Body Weight
BodyStep™ by Les Mills The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.	55 Minutes	Cardio	620	Height Adjustable Step
Boot Camp Both cardio and strength, this high intensity class practices drills for strength, power, endurance and speed. You'll be doing lots of relays, sprints, small hurdle running, lunging, push-ups, plyometric exercises, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.	60 Minutes	Total Body Workout	550	Various types of equipment
Cycle Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. This is an effective lower body, cardio workout that will tone your lower extremities and core for a long, lean body. Cycling can enhance your heart and lung capacity and is great for any age group.	60 Minutes	Lower Body & Core	500	Bike/Body Weight
8Strikes™ This class is unique from the heart pounding music that is custom made to the 8Strikes combinations that involve 8 points of contact used by kick boxers around the world. Use your fists, knees, elbows and feet to kick inches off your waist line. Squats, pushups and plyometric moves that will reshape your body. 8Strikes™ will challenge and improve your endurance, reaction time and reflexes.	60 Minutes	Total Body Workout	400	Body
INSANITY 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!	30/60 Minutes	Total Body Workout	450	Body
KETTLEBELL POWER These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.	70 Minutes	Total Body Workout	600	Kettlebells

LVAC CLASS DESCRIPTIONS

HIGH INTENSITY/CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>Kick Boxing</p> <p>Non-contact boxing will increase your heart rate and help burn fat and calories. This class also helps with coordination with kicking and punching moves that help improve balance and reflexes. Punches made with precision and power help to build upper and lower body muscles as well as abdominal muscle strength from the various positions required to perform many of the kickboxing moves</p>	60 Minutes	Total Body Workout	400	Body
<p>Lite Step/Lite Workout</p> <p>A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.</p>	60 Minutes	Lower Body	250	Step/Bench
<p>Navy SEAL</p> <p>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!</p>	60/90 Minutes	Total Body Workout	550	Various Types of Equipment
<p>Piloxing™</p> <p>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.</p>	60 Minutes	Total Body Workout	250 to 300	Body Weight
<p>P.I.T. Pure Intensity Training</p> <p>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 regimen!</p>	60 Minutes	Total Body Workout	600	Various Types of Equipment
<p>RPM™ Cycle by Les Mills</p> <p>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.</p>	45 Minutes	Cardio	675	Indoor Stationary Bike
<p>Step 1, 2, 3</p> <p>Classes performing moves on and off a step platform will provide both cardiovascular and muscular endurance. Incorporating both upper and lower body movements together will improve your coordination and agility; and the constant push up onto the step will increase leg strength. This intense cardiovascular workout will make your heart and lungs work more efficiently and the calorie burning aspect of the exercise will help you maintain a healthy weight.</p>	60 Minutes	Lower Body & Core	600	Step Bench

MIND/BODY CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>Ashtanga (Intro/Prep) Yoga</p> <p>Ashtanga moves through a set series of poses always done in the same order, moving through sun salutations and performing each pose individually to build flexibility and stamina. To help you learn the series safely and effectively, LVAC currently offers these classes in shorter versions, moving slower in "Prep" to help you learn the series.</p>	60-70 Minutes	Mind/Body	150	Yoga Matt Body Weight
<p>Beginning Yoga</p> <p>For those looking for a slower practice or looking to begin your yoga practice journey, this class offers the most basic postures and sun salutations to introduce you to the benefits of the Yoga. Beginning Yoga focuses on alignment and is a great place to learn the basics of this gentle format.</p>	60-70 Minutes	Mind/Body	120	Yoga Matt Body Weight
<p>BodyFlow™ by Les Mills</p> <p>This Yoga, Tai Chi and Pilates workout will leave you feeling long, strong, centered and calm. The 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.</p>	55 Minutes	Joint Flexibility & Tight Muscles	390	Barbell, Plates & Height Adjustable Step
<p>BodyVive™ by Les Mills</p> <p>Les Mills is the low-impact, whole body group fitness workout that uses 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 feeling invigorated, rejuvenated and energized.</p>	55 Minutes	Cardio/Mobility/ Core	420	Resistance Tube & Ball

LVAC CLASS DESCRIPTIONS

MIND/BODY CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>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!</p>	60-70 Minutes	Mind/ Body	120	Yoga Matt Body Weight
<p>Gentle Yoga Mix The yoga postures or asanas exercise every part of the body, keeping all the systems in radiant health. It combines all the movements needed for physical health with the breathing and meditation techniques that develop a state of inner peace and tranquility. Postures are held and performed slowly and meditatively, combined with deep abdominal breathing. These asanas work on all the various systems of the body, creating suppleness in the spine and flexibility. Each series of asanas is followed by one that provides the opposite stretch and any asana that works primarily on one side is always repeated on the other for balance and unity.</p>	60-70 Minutes	Mind/ Body	120	Yoga Matt Body Weight
<p>Integrative Yoga Breath, awareness and movement come together to enhance the well-being of body, mind, spirit. Different styles of hatha yoga blend into an intuitive practice, including mindfulness practice, deep relaxation and quiet contemplation</p>	60-70 Minutes	Mind/ Body	150	Yoga Matt Body Weight
<p>Iyengar Yoga Named after & developed by B.K.S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision & alignment in the performance of asana and breath control. The development of strength, mobility and stability is gained through the asanas.</p>	60-70 Minutes	Mind/ Body	150	Yoga Matt Body Weight
<p>Tai Chi The traditional slow, focused, moving meditation health exercise. Tai Chi has been associated with reduced stress, anxiety, depression, and enhanced mood in both healthy people and those with chronic conditions. It has been shown to improve aerobic capacity, increase energy, and build muscle strength.</p>	60 Minutes	Mind/ Body	150	Body Weight
<p>Vinyasa Flow Yoga Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated from Sanskrit as meaning "connection". In terms of yoga asana, we can interpret this as a connection between movement and breath.</p>	60-70 Minutes	Mind/ Body	250	Yoga Matt Body Weight
<p>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.</p>	60 Minutes	Mind/ Body	200	Yoga Matt Body Weight

STRENGTH CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>BodyPump™ by Les Mills Les Mills is the original barbell class. Designed for all ages and fitness levels, BODYPUMP delivers real results, real fast. This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music and easy to follow moves, BODYPUMP strengthens, tones, and defines the body.</p>	60 Minutes	Strength Endurance	560	Barbell, Plates & Height adjustable Step
<p>Kettle Bell Power These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.</p>	70 Minutes	Total Body Workout	600	Kettlebells
<p>M.R.T. (Muscle Resistance Training) A muscle-resistance training class designed to enhance muscle tone, definition and endurance using bands, medicine balls, weights, as well as your own body-weight for resistance. Movements that will improve your functional fitness, as well overall strength and endurance.</p>	60 Minutes	Total Body Workout	300	Bands, Resis- tance Balls, Weights, Body
<p>T.B.C. (Total Body Conditioning) An all-over functional strength training workout that utilizes different tools to enhance strength and endurance.</p>	60 Minutes	Total Body Workout	250	Body Weight, Bands, Balls

LVAC CLASS DESCRIPTIONS

DANCE CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
Belly Dance Learn traditional belly dance moves that firm and tone the waist and hips. No experience necessary.	75 Minutes	Total Body Workout	350	Body Weight Yoga Mat
Dance it Out™ This is a total body, high energy, cardio dance workout that is infused with 20 plus styles of dance including Hip Hop, Bollywood, Line Dancing, Ballroom, 80's, Broadway, and much more. This is a non-judgmental supportive environment, where students of all fitness levels, ages, shapes and sizes have the time of their lives while getting fit.	60 Minutes	Total Body Workout	250	Body Weight
Hip Hop Dance – (Previously listed as Street Jam) From R&B and House to Club, Hip Hop Dance utilizes upbeat music from a variety of genres. The results – an energetic class that not only teaches you Hip Hop movements and technique, but instills rhythm and precision in your muscle memory.	60 Minutes	Total Body Workout	400	Body Weight
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. HotHulaFitness® isolates your larger muscle groups, increasing strength and definition to your core gluteus, quads and arms.	60 Minutes	Total Body Workout	350	Body Weight
Sh'Bam™ by Les Mills This class features simple but seriously hot dance moves that will shape you up and let out your inner star. The soundtrack is made up of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics and modernized LATIN Beats.	45 Minutes	Total Body Workout	510	Body Weight
Zumba® This is a cardio based class using international rhythms. Zumba is a great cardio workout! 70% Latin based rhythms with 30% from genres such as Bollywood, Hip Hop, African, and many other genres that will keep you moving. This high energy, aerobic class allows you to burn calories and body sculpt while enjoying the "fitness party".	60-90 Minutes	Total Body Workout	650	Body Weight

AQUA CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
Ai Chi A slow, focused, moving meditation water exercise that will help improve wellness and balance.	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
AquaAerobics This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training. Class consists of a warm-up to increase the heart rate, a cardio section, with some vigorous activity that can be easily modified. Class ends with abdominal work, body toning and a stretch.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
Aquafit This class combines segments of cardio and strength training using training intervals and water approved weight resistance tools.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
AquaBootCamp With the combination of resistance bands, medicine balls, and other equipment, you will get an amazing workout that will challenge your perception about Aqua training. With the focus on strength and endurance conditioning, everyone in this AquaBootCamp class will reap the benefits of their hard work. This class accommodates all level of fitness and challenges everyone individually. Let AquaBootCamp be the motivation you need to become a better "you".	60 Minutes	Total Body Workout	450	Body Weight Paddles Med Balls Noodles Tubes

LVAC CLASS DESCRIPTIONS

AQUA CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
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!	60 Minutes	Total Body Workout	300	Body Weight Paddles
Aquasculpt This class uses buoyant aquatic equipment to help tone your upper and lower body, as well as improve your core muscle to stabilize your body in water.	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
H₂O Core + More Postural core training to increase mobility, flexibility, strength and muscular endurance based on Pilates and Yoga exercises in the water. (Offered at our Sandhill location only.)	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
Hydrofit A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
Mobility Plus An aqua class for those with arthritis and other uncomfortable, chronic orthopedic conditions and those who are returning to exercise after injury or illness. A good recommended class for pregnant or post-pregnancy exercise.	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
Water Jogging A simple cardio class in the water, using the natural resistance to increase strength and cardiovascular health.	60 Minutes	Total Body Workout	350	Body Weight Paddles Noodles



CLASS SCHEDULE



MEMBERSHIP PERKS



SUCCESS STORIES



LVAC MAGAZINE

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

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP	BODY PUMP		ZUMBA		
6:00	BODYATTACK	BODY PUMP	BODYSTEP	BODY PUMP	BOOTCAMP	BODY PUMP	
6:30							
7:00						BODYSTEP	
8:00	HEALTHY BACK	YOGA BLEND	TAI CHI*	HEALTHY BACK	TAI CHI*	BODYCOMBAT	BODY ATTACK
9:00	BEAT-IT-OUT					CxWORX	
9:15			TURBO KICK	MRT/BEAT-IT-OUT	STEP 2		BODY PUMP
9:30		BOOTCAMP				STEP 3	
10:15	BODY PUMP				BODY PUMP		
10:30		BODYSTEP	MRT	BODY ATTACK		ZUMBA	KICKBOX
11:15	CxWORX - 30 min				CORE		
11:30		ZUMBA	PILATES	BOOTCAMP		BEGINNING YOGA	CxWORX
PM							
12:00	ZUMBA				ZUMBA**		BEAT-IT-OUT
12:30		BODY PUMP	KETTLEBELL*				
12:45						BODY PUMP	
1:00	KETTLEBELL*						
1:30		BODYCOMBAT		KICKBOX	KICKBOX		ZUMBA
1:45			KICKBOX			BODYCOMBAT	
2:00							
2:30					BODY PUMP		
3:00							
3:30	MRT						
4:00		BODY PUMP		BODY PUMP			BODY PUMP
4:30	ZUMBA		ZUMBA				
5:00				CxWORX			
5:15							BELLYDANCE*
5:30	BODYSTEP	BODY ATTACK	BODYFLOW	8STRIKES*	INSANITY		
6:30	BODY PUMP		BODY PUMP		BODY PUMP		BODYCOMBAT
6:45				KETTLEBELL*			
7:00		STEP 2					
7:45	ZUMBA		ZUMBA		ZUMBA		
8:00		BODYCOMBAT		BODY PUMP			
9:00	BODYPUMP	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	RPM CYCLE		
5:30			INSANITY - 30 min				
6:00	RPM CYCLE - 45 min	PILATES	CYCLE	CYCLE			
7:00							
8:15	CYCLE		CYCLE			CYCLE	
8:30					RPM CYCLE		
9:00		CORE		ZUMBA			CYCLE
9:15						MRT	
9:30	CYCLE	TURBO KICK	CYCLE		CYCLE		
10:15				BODYFLOW			YOGA* - Vinyasa Flow
10:30	PILATES	BODYFLOW			PILATES	BODY ATTACK	
10:45			YOGA* - Ashtanga Intro				
11:30						CYCLE	SH'BAM
PM							
12:00		RPM CYCLE		RPM CYCLE			
12:30	CYCLE		ZUMBA		YOGA* - Vinyasa Flow		BODYFLOW
1:00		YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow			
1:30	YOGA BLEND					YOGA* - Vinyasa Flow	RPM Cycle
2:30							CxWORX
3:15		BODYFLOW					
4:00							GENTLE YOGA
4:15			YOGA - Vinyasa Flow				
4:30		BOOTY BLAST B.A.R.		BOOTY BLAST B.A.R.			
5:30	YOGA* - Vinyasa Flow	CYCLE	RPM CYCLE	CYCLE	CYCLE	RPM CYCLE	
6:30	BODYCOMBAT	CxWORX	PILATES	YOGA* - Vinyasa Flow	PILATES	CxWORX	
7:00		HOT HULA FITNESS					

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

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LVAC CLASS SCHEDULES

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GREEN VALLEY ANTHEM - ROOM 2 ON THE SECOND FLOOR CONTINUED

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30			BODYSTEP	RPM CYCLE			
7:45	CYCLE						
8:30				YOGA* - Vinyasa Flow			
8:45							

GREEN VALLEY ANTHEM - AQUA CLASSES

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

EAST FLAMINGO CLUB (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP			BODY PUMP		
6:45		CxWORX					
8:00		YOGA* - Vinyasa Flow		ZUMBA	YOGA* - Vinyasa Flow		
9:00			ZUMBA	CORE		ZUMBA	ZUMBA
9:15		ZUMBA			ZUMBA		
9:30	TBC Total Body Conditioning			BODYCOMBAT			
9:45							
10:00			MRT			PILATES	
10:30	PILATES	YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow	MRT		
11:00			CORE			MRT	BODYPUMP
11:30			GENTLE YOGA*		PILATES		
11:45	ZUMBA						
PM							
12:00		TAI CHI		TAI CHI		STEP 1	
12:30					ZUMBA STEP		
1:00	GENTLE YOGA*	ZUMBA					
1:30					KICKBOX		
3:00							
4:00	BODY PUMP	MRT		MRT			
4:30							
5:00	CORE	PILATES		PILATES	BODY ATTACK		
5:30	KICKBOX		BODYFLOW				
6:00		BODY PUMP		BODY PUMP	BODY PUMP		
6:30	CORE - 15 min		CORE				
6:45	BODYATTACK						
7:00			KICKBOX		SH'BAM		
7:15		YOGA* - Integrative		YOGA* - Integrative			
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		
8:00	AQUAEROBICS	AQUAFIT	POSEIDON'S FURY	AQUAFIT			
9:00	AQUAFIT - 30 min					AQUAEROBICS	
10:00						H ₂ O CORE + MORE	
PM							
6:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			

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

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

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LVAC CLASS SCHEDULES

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WEST SAHARA CLUB - ROOM 1 (364-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODY PUMP		BODY PUMP/CxWORX*			
8:00	STEP 2			YOGA BLEND		BODYSTEP	INSANITY
9:00						BODY PUMP	BODY PUMP
9:30	ZUMBA	ZUMBA	BODYCOMBAT	ZUMBA	ZUMBA		
10:00							CxWORX
10:15						BOOTY BLAST B.A.R.	
10:30	BODY PUMP	CxWORX	BODY PUMP	MRT	MRT		FLEXIBILITY
11:15						CxWORX	SH'BAM
11:30					CxWORX		
PM							
12:00	PILATES		BOOTY BLAST B.A.R.				ZUMBA
12:15					PILATES		
12:30		BELLYDANCE**					
1:00	ZUMBA					ZUMBA	KICKBOX
1:15					ZUMBA		
3:00				BALLET BARRE			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM	ZUMBA	BODY PUMP		
5:00		CxWORX					
5:30	BODYSTEP		CxWORX	BODY COMBAT	ZUMBA		
5:45		ZUMBA					
6:00			BODYATTACK				
6:30				BODY PUMP	SH'BAM		
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				
9:00		CYCLE*		RPM CYCLE*		YOGA* - Ashtanga	
9:15					CYCLE		
9:30	RPM CYCLE		YOGA BLEND*				YOGA* - Iyengar
10:00						RPM CYCLE	
10:15							
10:30	LITE STEP				LITE STEP		
11:30	FLEXIBILITY		RPM CYCLE		FLEXIBILITY		
PM							
12:30							
4:00				PILATES			
5:30	RPM CYCLE	RPM CYCLE	CYCLE	BODY FLOW	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			AQUAFIT			AQUA ZUMBA	
PM							
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			
7:00							
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE	CYCLE	RPM CYCLE
9:30						NAVY SEAL BOOT CAMP	
10:00	LITE WORKOUT	MRT	LITE WORKOUT	BODY PUMP	LITE WORKOUT	BODY PUMP	GENTLE YOGA
11:15		FLEXIBILITY		FLEXIBILITY			ZUMBA
11:30						ZUMBA	
PM							
12:00	ZUMBA	CYCLE	ZUMBA	RPM CYCLE	ZUMBA		
12:30						BELLYDANCE*	BOOT CAMP
1:00		CxWORX		CxWORX			

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

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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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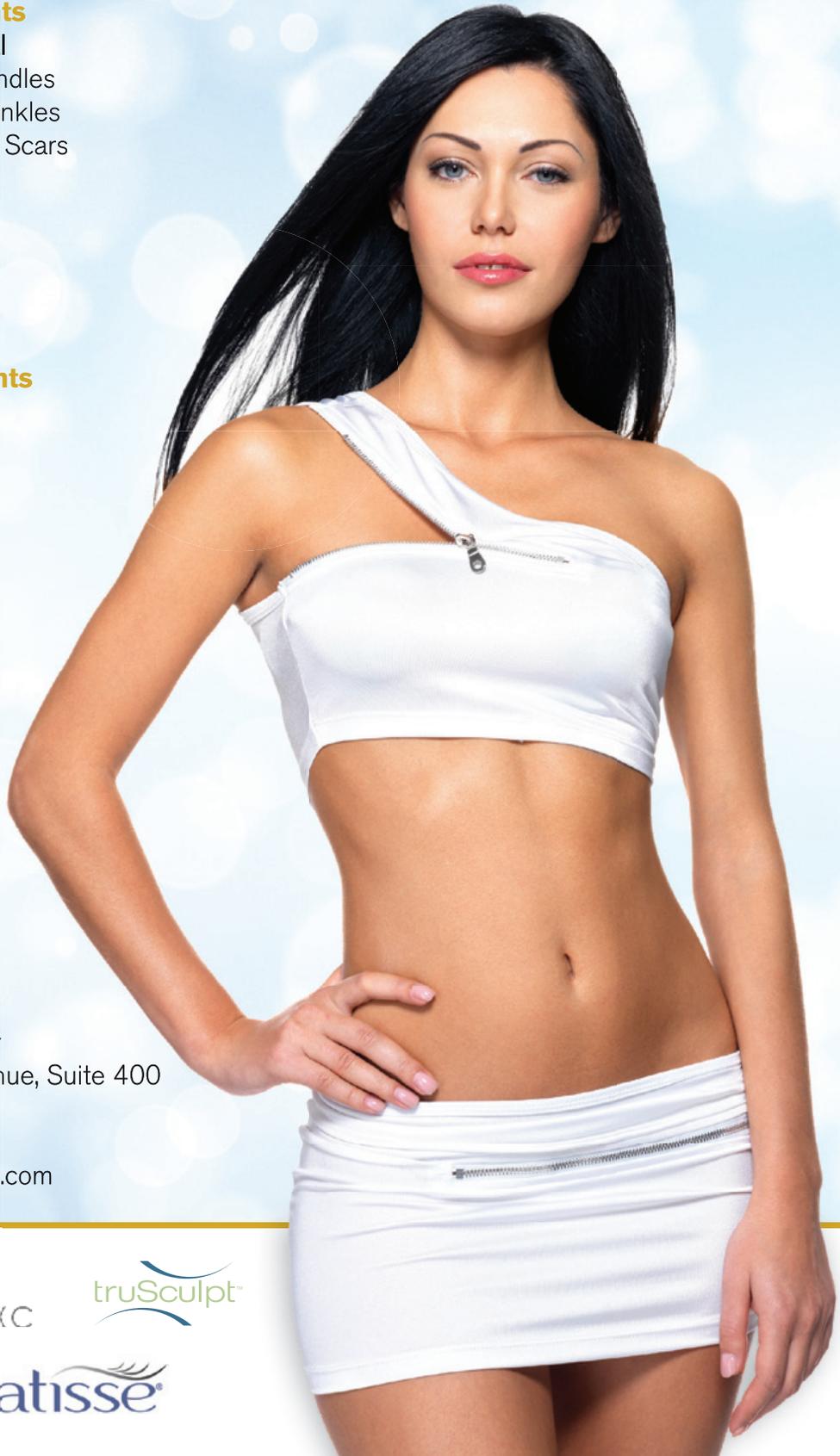
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CENTRAL CLUB AT KAREN CONTINUED (734-5822)

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:15					YOGA BLEND		
1:30		YOGA*- Integrative		YOGA*- Integrative			
4:30	ZUMBA		BODY COMBAT	ZUMBA			
5:00					BOOT CAMP		
5:30	BODY PUMP	ARMY RANGER BOOT CAMP	BODY PUMP	BOOT CAMP			
5:45		CYCLE					
6:00					ZUMBA		
6:30	8STRIKES*						
6:45			BOOT CAMP*	KICKBOX			
7:00		STEP & TONE					
7:45				CORE			
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		AQUAFIT		
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	BODYCOMBAT	BODY PUMP		BODY PUMP		
6:30							
7:00			BODYATTACK				
8:00		STEP 2		8:15-P.I.T. Pure Intensity Training	BODYVIVE	BODYATTACK	BOOTCAMP
9:00	CxWORX	CORE				KETTLEBELL*	CxWORX
9:15			PILATES				
9:30	BODYATTACK	BODY PUMP		BODY PUMP	ZUMBA		
9:45							KICKBOX
10:00							
10:30	BODY PUMP	KICKBOX	MRT	BODYCOMBAT	MRT	BODY PUMP	
10:45							BODYPUMP
11:30	BODYCOMBAT	MRT	ZUMBA	BODYVIVE	BODYCOMBAT		
11:45						BODYCOMBAT	CxWORX
PM							
12:15							
12:30	BODY PUMP	PILATES	BODY PUMP	ZUMBA	BODY PUMP	12:45-CORE	BELLYDANCE*
1:30		ZUMBA*			CxWORX	ZUMBA	
1:45	ZUMBA		CxWORX				
2:00							ZUMBA
2:15			BODYCOMBAT				
3:15		BODYATTACK			ZUMBA		BODY PUMP/Cx*
3:30			BOOT CAMP				
4:00				BODY PUMP			
4:15	BODY PUMP	ZUMBA					
4:30			MRT		INSANITY		
5:00			CxWORX	CxWORX			
5:30	SH'BAM	BODY PUMP	BODYATTACK	BODY STEP	BODY PUMP		BODY STEP
6:15					CxWORX		
6:30	BODY PUMP	KETTLEBELL*		ZUMBA			
6:45			KETTLEBELL*				
7:00					BODYCOMBAT		
7:15	CxWORX						
7:30							
7:45	ZUMBA			BODY PUMP			
8:00		HOT HULA FITNESS	ZUMBA		ZUMBA		

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

5:00	CYCLE		CYCLE		CYCLE		
6:00		CYCLE	CYCLE	CYCLE	RPM CYCLE		
7:30						CYCLE	
8:30							CYCLE

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LVAC CLASS SCHEDULES

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NORTHWEST RAINBOW - ROOM 2 ON THE SECOND FLOOR CONTINUED

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00				BODYATTACK			
8:00	YOGA* - Iyengar		YOGA* - Iyengar	GENTLE YOGA MIX		YOGA BLEND	
8:30					CxWORX		
9:00						CxWORX	YOGA* - Vinyasa Flow
9:15					BODYFLOW		
9:30	PILATES	BODYFLOW	PILOXING	ZUMBA		BODYVIVE	
10:30				CxWORX		PILOXING	
10:45	BODYVIVE		BEGINNING YOGA				
11:15		GENTLE YOGA*		YOGA* - Vinyasa Flow			
11:45	CxWORX					INSANITY	
PM							
12:00							YOGA* - Vinyasa Flow
12:15						BODYFLOW	
12:30	YOGA* - Vinyasa Flow	PILOXING	YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow		
2:00					TAI CHI		
2:30	BOOTY BLAST		BOOTY BLAST				
4:00				BODYATTACK			
4:15	YOGA Blend	BODYFLOW					
5:15	HIIT						
5:30		BOOTY BLAST B.A.R.	SH'BAM	BODYCOMBAT			
5:45	FLEXIBILITY				BODYFLOW		
6:30	CxWORX		BODYFLOW	BODYVIVE			
6:45		DANCE IT OUT					
7:00					BODYFLOW		
7:15	BODYFLOW		YOGA BLEND*				
8:00		YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow			

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	AI CHI	MOBILITY PLUS	AI CHI		AQUAEROBICS	
PM							
12:30			AQUAFIT				
4:30	AQUAFIT						
5:30	AQUAFIT			AQUASCULPT			
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			
6:00	BODY PUMP		BODY PUMP	ZUMBA		BODY PUMP	
7:00	ZUMBA			CxWORX		CxWORX	
8:00	BOOT CAMP		HIIT		BOOT CAMP*		BODYSTEP

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LVAC CLASS SCHEDULES

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45		CxWORX	CORE				CxWORX
9:00	ZUMBA		BODYCOMBAT		BODYCOMBAT	ZUMBA	
9:30		BODYATTACK		BODYATTACK			BODY PUMP
10:00	BODY PUMP		BODY PUMP		BODY PUMP	ZUMBA STEP	
10:30		MRT		CxWORX			KICKBOX
11:00				MRT			
11:30		BODY COMBAT		BODY PUMP		SH'BAM	
11:45	P.I.T. Pure Intensity Training		P.I.T. Pure Intensity Training		P.I.T. Pure Intensity Training		
PM							
12:30		BODY PUMP		ZUMBA		BODY PUMP	ZUMBA
1:00			ZUMBA		PILATES		
1:30	BODY COMBAT			INSANITY			SH'BAM
1:45		8STRIKES*				CxWORX	
2:00			BODY COMBAT	CxWORX	ZUMBA		
2:15						ZUMBA	
2:45	CxWORX						
3:15	ZUMBA						
3:30						SH'BAM	
4:15		BODY PUMP		BODY PUMP			
4:30	BOOT CAMP		BOOT CAMP		BOOT CAMP	BODY PUMP/ CxWORX	
5:30	BODY PUMP	P.I.T. Pure Intensity Training	BODY PUMP	CORE	BODY PUMP		
6:00				BODYCOMBAT			
6:30	CORE						
6:45			BODYCOMBAT		ZUMBA		
7:00	BODYATTACK	BODY PUMP		BODY PUMP/ CxWORX*			
7:45	ZUMBA		ZUMBA				
8:15		HIP HOP DANCE					
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 MIX	YOGA* - Vinyasa Flow			
7:45	YOGA BLEND					CYCLE	
8:00					ZUMBA		
8:15			BODYVIVE				
8:30		CYCLE		CYCLE			
9:00						YOGA BLEND	
9:15	CYCLE		PILATES		CYCLE		CYCLE
9:45		YOGA BLEND*		YOGA BLEND*			
10:00						HotHulaFitness	
10:30	BODY FLOW		CYCLE		YOGA BLEND		BODY FLOW
11:15		CYCLE	11:30 MRT - 30 min	BOOTY BLAST		CYCLE	
PM							
12:00							PILATES
12:15						KETTEL BELL*	
12:30	CYCLE	YOGA BLEND	CYCLE	BODYCOMBAT	GENTLE YOGA MIX		
1:30		ZUMBA	YOGA BLEND				YOGA* - Vinyasa Flow
2:00	BEGINNING YOGA			PILATES			
2:30						YOGA* - Vinyasa Flow	
4:15	RPM CYCLE	YOGA - Ashtanga Intro	RPM CYCLE	BODY FLOW	RPM CYCLE		
5:30	YOGA* - Vinyasa Flow	RPM CYCLE	PILATES	CYCLE			
5:45					HotHulaFitness		
6:30		BODY FLOW		BODY FLOW			RPM CYCLE
6:45	CYCLE		CYCLE		BOOTY BLAST B.A.R.		
7:30				BELLYDANCE			
7:45		BODY COMBAT	YOGA* - Vinyasa Flow				
8:00	PILATES						
8:30				HotHulaFitness			
8:45		CORE					

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	POSEIDON'S FURY**		AQUAFIT**		HYDROFIT		
9:00		AQUAEROBICS		AQUAFIT		AQUAFIT	
9:30					AI CHI		
10:00		AQUAFIT		AQUA ZUMBA		AQUA ZUMBA	
PM							
4:30		POSEIDON'S FURY**		POSEIDON'S FURY**			
6:00				AQUA KICKBOX			
6:30							

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

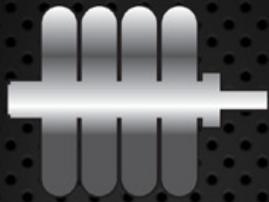
Unless otherwise noted, all classes are 55 minutes long. * = 70 min. class ** = 85 min. class *** = 2 hr. class

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.

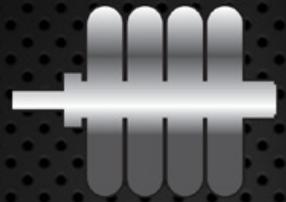
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VITAMINS - SUPPLEMENTS - PROTEINS

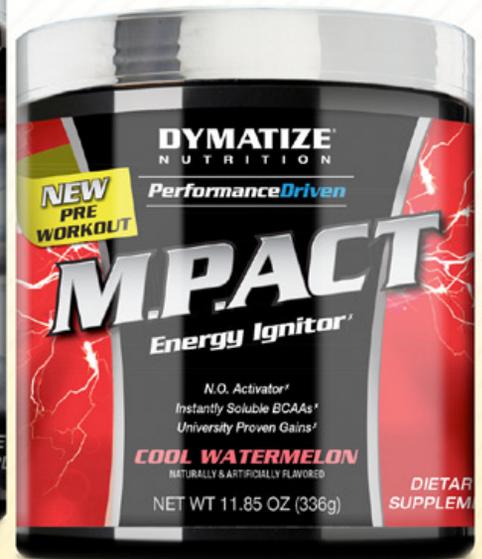
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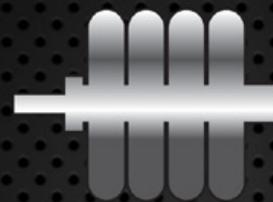
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