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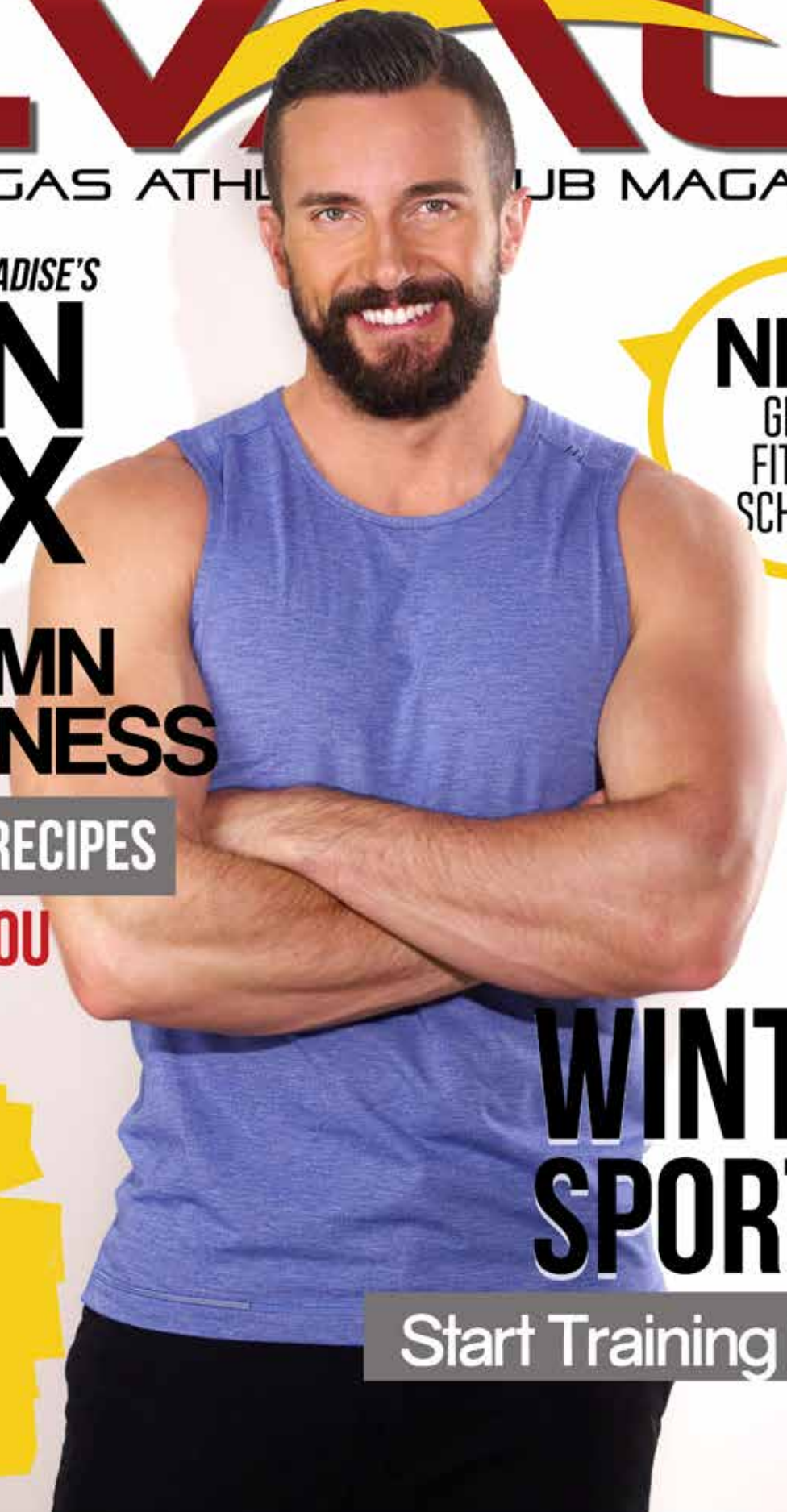
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Pg. 18

Winter Sports

Start Training Now

8 Meet Our Cover Guy

Bachelor in Paradise's
Dan Cox



12 Success Story

Member Joseph Dewees
The Making of an Athlete



20 Immune Boosting Foods for Your Winter Health



10

Don't Be That Guy
Pool Etiquette

14 Club Life

Check Out What Members Are Up To



26 Fit Facts

Tips to Improve Your Health, Fitness and Well-being



Recipe
Tuna White Bean Lettuce Wraps-Yum!

30

32

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LVACCombining

THE BEST OF ALL WORLDS



Dear Friends,

As the summer temperatures subside, I hope you found a way to beat the heat these last few months. I also hope you have had a chance to visit the new LVAC on North Decatur Blvd., just south of the 215 Beltway near Aliante.

In the Summer Issue of the LVAC magazine I wrote about some exciting adjustments we are making to our nutrition and accountability programs. When this issue hits the racks we should have already added two new tutorial/introduction videos on our website that explain the changes to our accountability program. The changes have been driven by the amazing success of combining technology with fitness training. Mobile app programs like myfitnesspal and the Fitbit have gained so much popularity over the years, that the Under Armor company bought myfitnesspal and Fitbit is now a publicly traded company. You can even see Fitbit commercials on major TV networks, and the Fitbit is at the top of the wearable device category along with the Apple watch. The changes have also been driven by technological advances as our dotFIT platform can now be integrated with myfitnesspal, the Fitbit and the Jawbone UP. These changes produce the best of all worlds, where you can log your food intake on myfitnesspal, and log activity with the Fitbit. We call this food and activity integration, because the logging has been integrated with the dotFIT program for maximum efficiency. We use the dotFIT program as our platform because we believe it is the most sophisticated program of its kind, with its dashboard and progress tracking and its versatility with its integration of the other mobile apps and wearable devices. Myfitnesspal, Fitbit and the Jawbone UP are simple to use when it comes to food and activity logging.

I have personally used the dotFIT program, or its predecessor, three times over the last ten years with fabulous success. The first time I lost 35 pounds over a six month period, and that was about 10 years ago. The second time was 7 and a half years ago when I lost 30 pounds over a four month period. The last time was five years ago when I bet my brother-in-law I could lose more weight than him over a two month period. I lost 23.5 pounds in two months, but lost the bet by half a pound. I know what some of you are thinking right now, "What a loser!" But it was a win-win for both of us on account of working together to achieve some great results. I know from personal experience the program works, and I have been able to keep the weight off for the last five years. When I used the dotFIT program the mobile app integration wasn't even available. I did my food logging the old school way, every day after each meal, on my lap top computer.

That old school way of using the dotFIT program has been replaced with the integration of the mobile apps and wearable devices. Myfitnesspal and the Fitbit have been around for years. One of our owners who is a fitness legend and athletic icon at 82 years young, Don Wildman, has been logging his food and activity using myfitnesspal for years. Another LVAC owner's wife, Jerilynn Demaree-Kahn, who is in her late sixties has been using a Fitbit for many years, and even has a group of friends who share their activity/step information. One of the senior managers at dotFIT, who had been logging her food for more than ten years on dotFIT, now uses her Fitbit exclusively to do her food and activity logging. The reason why all of these people use myfitnesspal and Fitbit is because of the simplicity and convenience of using a mobile app and/or a wearable device. The LVAC accountability program also recommends the use of the dotFIT mobile app, once an LVAC Coach has entered in all the initial program information.

We hope you will have the opportunity to watch the new accountability videos, and take advantage of the LVAC accountability program by scheduling an appointment with one of our LVAC Coaches. The LVAC accountability coaching is free and comes with your membership. The only extra cost (other than your smart phone or I-pad/tablet) would be if you decided to use a wearable device like the Fitbit or Jawbone UP. We believe myfitnesspal, the Fitbit and Jawbone UP will engage more LVAC members to take advantage of an accountability program, because they make tracking your progress simple and enjoyable. I encourage you to check out how you can combine technology and fitness to achieve your goals.

On behalf of the LVAC Team we challenge you to take the next step by combining the best of all worlds, where fitness and technology become one.

Yours in health, fitness and technology,

Todd Owens Smith
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Meet our COVER GUY

DAN COX

If you think this guy looks familiar, so do thousands of admiring fans across the country.

His name is Dan Cox, and he looks familiar because he was a bachelor on this season's *Bachelor in Paradise* on ABC. If you're a fan of the show, you will be interested in knowing that Dan is more than just another pretty face. He is an accomplished businessman, entrepreneur, athlete and world traveler. He is also a genuinely nice person.

Dan was born in northern California, in the East Bay area. He grew up in a loving family with parents that have been married for 40 years. An athlete during his adolescence, he focused on competitive swimming throughout high school. He enjoys construction and mechanics, evidenced by the '65 Chevy pickup truck he and his Dad rebuilt when he was 15. He still has the truck today.

He attended California State University, Chico, and also studied abroad in Copenhagen, Denmark and Guadalajara, Mexico. He graduated college with a double major—a B.S. in Business Marketing and a B.A. in Economics with a minor in International Business.

His passion for traveling began at an early age. His grandparents, who emigrated from Madeira Island, Portugal, took him back to their home country when he was just six years old. Since graduating from college, he has made it a priority to leave the country at least twice a year and has a personal rule that he can't visit the same place twice. This quest has taken him throughout most of Central and South America, Asia, and Europe.

Dan is the owner of three nutrition retail stores in Las Vegas (Total Nutrition), and is in the process of developing his own supplement line of natural products, MetCon™, designed to improve the performance of endurance athletes and to promote weight loss. Dan is also developing a new alcohol company called Pure Pride™.

His athletic endeavors include triathlons—he completed his first Ironman two years ago. He also enjoys lifting, Cross Fit, Muay Thai and hiking. When asked what he enjoys about LVAC he said, "I love that there are so many locations across the valley that enable me to get a workout in wherever I am. They have great equipment, a clean facility and the staff is always friendly."

Remember the nice guy line? Dan works with Best Buddies International and Best Buddies Nevada, an organization that does amazing work developing resources for and

providing support to people with intellectual disabilities.

In speaking about his experience on the *Bachelor In Paradise*, Dan said, "The show is like a pressure cooker. You can't hide or pretend to be someone else, the real you always surfaces. I found that just like in real life, if you show people respect, you will get it back. Always treat people the way you would like to be treated."



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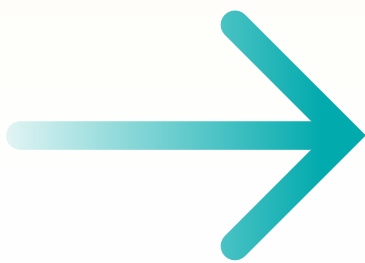


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Don't Be That GUY!

Artwork by Celina Garcia



Perhaps at one time or another you've thought to yourself, "Ew, that dude didn't even rinse off before getting in the pool!" If you have, he is definitely being *that guy*. Every rule in the book and every measure of civility says you should take a shower before entering the pool, spa, steam room or sauna. From sweat to lotion and cologne, and everything in between, it's a hygiene thing. We thank you, our members thank you and the universe thanks you.

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Cara Brotman
Age 47 LVAC member



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JOSEPH DEWEES

THE MAKING OF AN ATHLETE

Joseph DeWees was born and raised in Las Vegas with two older sisters and an identical twin brother. He graduated from Bonanza High School in 2000, and decided early on that he wanted a career in the dental profession. He began by working as a dental sterilization technician during the day and attending the College of Southern Nevada at night and on weekends. He has continued to work in the dental field for the last 15 years, and is currently working in a cosmetic dental practice, where he is able to help people achieve their dental goals.

Joseph has been married for the last 8 years to his best friend, Tammy. Adding to the family are their much-loved Dachshunds, Apple and Dash.

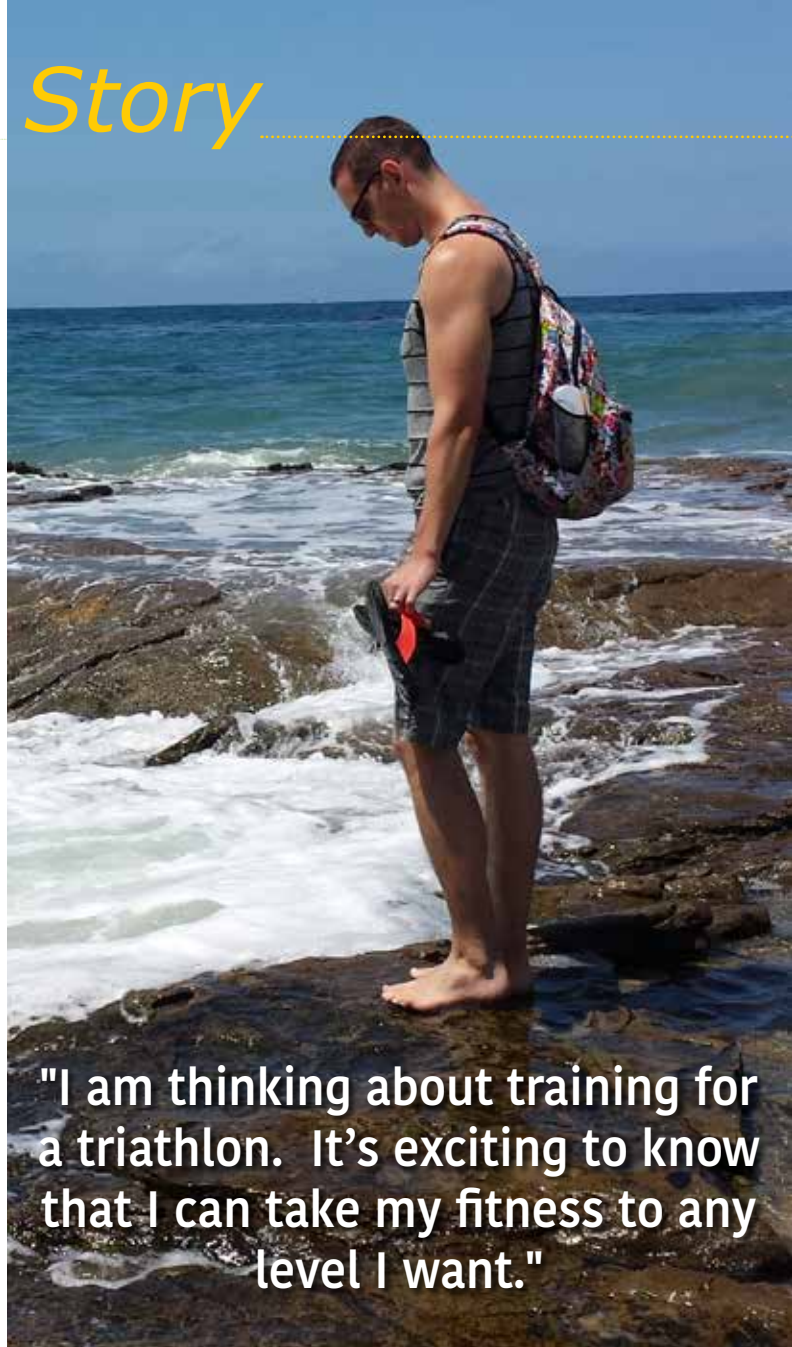
LVAC: What events prompted you to make a lifestyle change?

Joseph: A lot of things contributed to my decision to change my lifestyle and lose weight. Growing up I was always thin, and could eat whatever I wanted. When I finished high school, I began to slowly put on weight, and before I knew it, I had gained over 80 pounds. I have an identical twin brother, and at my highest weight, I found myself more than 100 pounds heavier than he was. As

children we always looked so much alike that people would confuse us. At my heaviest, people didn't even know we were brothers anymore. I also had high blood pressure and acid reflux. I was tired all the time and found myself avoiding things that required physical activity because I was afraid I would not be able to finish. Since I'm very tall, 6'5", it was difficult to find clothing that would fit me. I think anyone who has struggled with his or her weight has gone through that experience. I just did not like the way I looked or the way I felt. For 13 years I struggled with my weight. I tried every diet, and every program out there. While I was on the diet, I would lose weight, but the minute I went off the program, not only would I gain the weight back, I also gained a few additional pounds in the process. About two years ago, I was at my heaviest weight-280 pounds.

LVAC: Your weight is now 186 pounds. That's a weight loss of 94 pounds! What made this time different?

Joseph: I love all kinds of foods, but I found myself eating a ton of fast food and doing a lot of mindless eating. My wife wanted to join Weight Watchers and invited me to go with her. I was hesitant at first, but once I joined I realized that it helped



"I am thinking about training for a triathlon. It's exciting to know that I can take my fitness to any level I want."

On vacation in Newport Beach, California.



Joseph and his brother Jacob at Tough Mudder 2014, celebrating looking like twins again.



Joseph on a 2012 Mexican Cruise, before his weight loss.

Height: 6'5"
Before: 280 lbs
After: 186 lbs

94 lb weight loss



Competing at the Spartan Race, April 2015. Over 10,000 people competed that day and Joseph finished in the top 2%.

change the way I viewed food, and I gained more knowledge about my nutritional choices. I also learned to focus on portion control. Before my weight loss there were times I would go to the grocery store and not pick up one single item in the produce department. Now, my diet has a ton of fresh fruit and vegetables that I enjoy. When my wife and I go grocery shopping now, the first place we go is the produce department. This time feels different because I have the knowledge and the tools I need to keep the weight off for good.

LVAC: How has LVAC helped you reach your fitness goals?

Joseph:

LVAC has been one of the biggest factors in my weight loss success. There is so much variety to choose from. I love the vast choices of equipment and really enjoy the running track. I was able to take things at my own pace. When I felt I was ready, I began taking a few of the group fitness classes that were offered. I heard about the new Kettlebell class, but I had never even picked

a Kettlebell up before. The first class I took was from Patricia Norman (LVACs Group Fitness Director) and that is when my fitness began to climb to a whole new level. I'm not gonna lie. The first time I took the class, it was the hardest I had ever worked out in my life. I was so sore, but really surprised at how much I loved it. I started to go every week and found myself getting stronger and better. It was the first time in my life that I felt athletic. Patricia has pushed me to a level of fitness that I didn't think was possible. I have now added indoor cycling and Body Pump classes to my workout schedule. I am in the best shape of my life and I feel like there isn't anything I can't do.

LVAC: The Kettlebells must have worked, because you've been competing in obstacle course racing!

Joseph: I have always wanted to do one. Last year my brother called me up and said, "I want to do a Tough Mudder race. Do you want to do it with me?" That was the start of my obstacle course racing. On New Year's Eve I completed the Resolution Run 10K and placed 4th in my age group. In April I competed in my first Spartan Race. I find that I work a little harder in the gym when I know I have something to train for.

LVAC: What are your future goals?

Joseph: My next goal is to run a half marathon in under two hours, then a full marathon in under four hours. I am thinking about training for a triathlon. It's exciting to know that I can take my fitness to any level I want.

LVAC: How has working out and weight loss changed your life?

Joseph: I feel better, have way more energy and I live a much more active

lifestyle. No more high blood pressure, no more acid reflux and I sleep better. I really enjoy running, I find it to be almost therapeutic. I also look like my twin brother again, which has been weird since there were so many years that we did not look the same. Now, we are constantly being stopped and asked if we are twins!

Through all the years of ups and downs, I think I finally have figured something out. A healthy diet and regular exercise has to be part of your everyday life in order for you to be successful. There is no pill or special diet that will get you there. Your hard work and determination will get you there as long as you don't give up.

“Before my weight loss there were times I would go to the grocery store and not pick up one single item in the produce department. Now, my diet has a ton of fresh fruit and vegetables that I enjoy. When my wife and I go grocery shopping now, the first place we go is the produce department.”



Team Jet Head Shaving Party

LVAC Members (L-R) Crystal Chavis, Janice Manalansan and Lori Layton gathered to show their support for their friend Jet Mitchell (center), who was recently diagnosed with breast cancer. Jet invited them to her head shaving party as she began chemotherapy treatments. In honor of all women facing breast cancer diagnosis and treatment, they wore LVAC Race for the Cure T-shirts. We are proud of Jet and her courage in facing this challenge in her life. LVAC continues to be a proud sponsor of the Susan G. Komen for the Cure, an organization dedicated to finding a cure for breast cancer. The entire LVAC team is behind you Jet!

LVAC member Jed Dietlin with his daughter, Jen at the XTERRA Trail Run, April 26, 2015. Jed won his age group and Jen, who is an LVAC group fitness instructor and personal trainer won her age group, taking third place overall. Congrats, Dietlins!



The Las Vegas Athletic Club was recently awarded the 'Top Fundraising Team in the Corporate 500+ Employee Division' in this year's Susan G. Komen Race for the Cure, held May 2, 2015, at the Fremont Street Experience. Thanks to all LVAC members for your support!

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Member Dawn Marie Pavuk after a ride at Red Rock. Dawn began taking indoor cycling classes at LVAC, and recently purchased a road bike, and is riding almost 100 miles a week as part of her preparation to compete in a triathlon this November. Did we mention that in the last year and a half she has lost over 110 pounds?



Ulli and Frank Brokate, Cyndee Platko (Group Fitness Instructors and Personal Trainers at LVAC) and Nancy Reiss (LVAC member) serve as volunteers to walk dogs housed at NSPCA. The dogs pictured are available for adoption. Holly, Smokey Mountain, Musafa and his husky friends are looking for kind, loving owners to give them a permanent home. If you would like to volunteer to exercise the animals or are interested in adopting a pet, visit nevadaspca.org.



(L-R) LVAC Group Fitness Director, Patricia Norman and members Kenia Hui, Joseph Dewees, Natalia Phillips and Paul Amadio competing in the XTERRA Trail Run, April 26, 2015





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NOW IS THE TIME TO GET READY FOR WINTER SPORTS

by Bret Fitzgerald

With the stagnant and oppressive heat brought on by the Las Vegas summer season, it's hard to imagine that in a couple of months ski and snowboard season will be staring us in the face. Our local mountain, Mount Charleston, is where the Las Vegas Ski and Snowboard Resort (LVSSR) is located, and it's less than an hour away from most of us who live in the Las Vegas Valley. LVSSR opens in mid-December and will be awaiting your arrival.

Winter sports enthusiasts know that skiing and snowboarding are both physically demanding activities. First and foremost, your cardiovascular fitness must be in better than average shape.

Consider the fact that the air we breathe at sea level contains 20.9% oxygen. In the Las Vegas valley, where our elevation is about 2,300 feet above sea level, the percentage of oxygen in our air equates to about 19%. At the summit of Mount Charleston, which tops 11,000 feet, the percentage of oxygen

in the air equates to about 13.5%. That means roughly 30% less oxygen is available at the summit of Mount Charleston than, let's say, the intersection of Sahara and Rainbow. From a training standpoint, whatever your cardiac output is on one of our treadmills, it must be 20-30% more efficient on the mountain. So, if you are heading up "the hill" for some powder, you may also want to head over to one of our cardio entertainment areas and get busy getting that heart rate up. Physiologically, you're looking for an increase in your VO_2 max, but really, without formal scientific testing you should go with the Cleveland Clinic's Rated Perceived Exertion (RPE) scale.

The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel after a very difficult activity like running as fast as you can

until you stop.

To check the progress of increasing your VO_2 max using the RPE scale, try this test on one of our many running tracks:

After a sufficient warm-up, walk, jog or run for exactly 5 minutes. Now, rate your RPE using the scale. Also, document your distance. Each track is a little different so take note of the yards per lap posted on the track's wall. Now, you have your yardstick measurement. From here you can determine improvement in your VO_2 max. If your distance increases over the 5 minute test and your RPE is the same then your VO_2 max is improving. When using this rating scale, remember to include feelings of shortness of breath, as well as how tired you feel in your legs and overall.

To see real improvement in your VO_2 max try taking one of our outstanding group fitness cardio classes, like HIIT, H.E.A.T. or Cycle.

If you have any questions, please feel free to visit with one of our Coaches.

Cleveland Clinic's Rated Perceived Exertion (RPE) Scale

0	Nothing at all
0.5	Just noticeable
1	Very light
2	Light
3	Moderate
4	Somewhat heavy
5	Heavy
6	
7	Very heavy
8	
9	
10	Very, very heavy

An aerial, high-angle shot of a Las Vegas street at night. The street is filled with a bright, orange-yellow fire or energy trail that stretches from the bottom left towards the right. A small figure of a person in a suit is running along this trail. The surrounding buildings are tall and illuminated with city lights. The title 'THE FLASH' is prominently displayed at the top in a stylized, metallic font.

THE FLASH

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TUESDAYS

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BOOSTING



Your Winter Immunity

by Crystal Petrello

CRYSTAL PETRELLO MS, RDN, LD.
ACE CERTIFIED HEALTH COACH
702-575-7717 CRYSTALPETRELLO@GMAIL.COM

Nothing will keep you out of the gym faster than getting the flu. Just when you are consistently getting in your workouts, you feel those first sniffles begin. Instead of sweating it out at the gym, you are home, miserable on the couch. Sometimes we can't prevent getting sick, but our goal can always be to help our bodies recover faster.

Free radicals are the waste our body produces as a part of metabolism. Free radicals damage cell membranes and can be a hazard to our immune systems. Antioxidants can reduce or even prevent that damage from occurring. Antioxidants are a key in our quest for health and wellness. Antioxidants are part of the vitamins, minerals and phytochemicals found in food.

Here are 10 immune boosting foods along with several supplements that will help your body strengthen its immune system. Make sure you are adding some of these foods to your diet.

Have a great holiday season-we'll see you at the gym!

Apples

An apple a day keeps the doctor away. This is because of the immune boosting properties of vitamin C and quercetin in that apple. Quercetin is a phytochemical and, like vitamin C, it is an antioxidant.

Garlic

The main component of garlic is allicin. Allicin has been shown to fight infection and bacteria. The best way to enhance the amount of allicin in your food is to crush a garlic clove and let it just sit for 10 minutes during your meal preparation. During this time, a reaction is occurring between two components of the garlic that are creating allicin. After 10 minutes, add the garlic to the cooking pan or salad.

Green Tea

Catechins, a phytochemical in green tea, is an antioxidant and antimicrobial. Green tea leaves are the same as black tea leaves (*Camellia sinensis*) but are harvested and prepared differently. The leaves are steamed after being harvested and this keeps the green color in the leaf. If you don't love drinking green tea, try adding some Matcha green tea powder to your smoothie for some immune boosting power!

Turmeric

Turmeric contains the phytonutrient curcumin which has been shown to combat inflammation. Inflammation is a healthy response to illness and injury. Once a bacteria or virus is neutralized however, the healing process begins and anti-inflammatory response is needed. Try using this amazing spice in a vegetarian Indian recipe.

Sweet potato

Vitamin A influences our immune system in very specific ways, including the production of specific antibodies and regulation of the immune response. In one cup of cooked sweet potato, you can get more than 38,000 IU or 700% of your daily Vitamin A needs. Sweet potatoes are also high in vitamin C, B6 and phytochemicals. Vitamin B6 is important for immune function.

Papaya

Papaya is rich in Vitamins A, C, and fiber. Overall, papayas help immunity by increasing the effectiveness of T-Cells, which help limit inflammation. Papayas can be expensive, so purchasing when they are on sale and then freezing them is always a frugal option.

Guava

Guava is packed with vitamins A and C. At 376 mg, this fruit contains the most vitamin C per cup. In comparison, one cup of orange slices has 96 mg of vitamin C. Guava is also packed with a variety of phytochemicals which include flavonoids. There is a considerable amount of scientific research which suggests flavonoids are disease preventing.

Red Peppers

These sweet veggies are also packed with Vitamins C and A. Red peppers, even eaten raw, have the second largest amount of vitamin C with 190 mg per cup. Lycopene, also found in red pepper, is an antioxidant and phytochemical. It's this



phytochemical that gives red peppers and tomatoes their color.

Kiwi

Kiwi is rich in antioxidants including vitamin C. It is thought to have a stronger antioxidant effect than oranges and grapefruit. Along with all the fruits on this list, kiwi can easily be included in a smoothie or salad.

Beef or Chicken

Beef and chicken are both rich in the mineral zinc. A 4 oz. serving of beef has twice as much zinc as the same serving size of chicken. Zinc helps develop white blood cells that recognize and destroy harmful bacteria and viruses. For vegetarians, zinc-rich foods such as spinach, wheat germ, cashews, and pumpkin can be substituted for beef and chicken.



Try it
Out

Southwest Chicken Soup Recipe

Ingredients

2 teaspoons coconut oil
1 pound skinless chicken thighs (keep bones in during cooking)
1 large onion, chopped
1 large red bell pepper, chopped
4 cloves garlic, minced
2 tablespoons chili powder, or to taste
2 teaspoons ground cumin
5 cups low sodium chicken broth
1 cup water
1 15-ounce can black beans or pinto beans, rinsed
1 15-ounce can diced tomatoes, do not drain
4 cups fresh spinach, chopped
2 cups frozen corn, thawed under cold water

Preparation

>>> Heat coconut oil in a large soup pot over medium-high heat. Add chicken and cook until lightly browned. Transfer to a plate and set aside.
>>> Reduce the heat to medium and add onion, bell pepper, and garlic. Cook until they begin to soften.
>>> Stir in chili powder and cumin and cook until fragrant.
>>> Stir in broth, water, beans, and tomatoes. Bring to a simmer.
>>> Reduce heat to maintain a simmer and cook until the vegetables are tender, about 10 minutes.
>>> Add the chicken, spinach and corn.
>>> Warm through by returning to a simmer, about 15 minutes.
>>> Remove chicken from soup. When cool to the touch, pull the meat off the bones and return the meat to the soup. Discard bones.

Immune Boosting Supplements*

Vitamin D

Type: Vitamin D3

Amount: 600-5,000 IU a day

Reason: Vitamin D3 has been shown to support the immune system.

Probiotics

Type: Variety of more than 10 strains

Amount: 30 billion or more live cultures a day

Reason: All health begins in the gut! Probiotics help support a healthy gut, thereby improving the immune system.

Mushrooms

Type: Reishi, Cordyceps, or an immune mix with several types of mushrooms

Amount: Use daily

Reason: Beta-glucans in mushrooms have immune supporting properties.

Multivitamin

Type: Ask your MD for recommendations if you are taking medications. Some medications may create specific mineral and vitamin deficiencies or interactions.

Amount: Daily

Reason: Eating well can still leave you short on some vitamins and nutrients that support overall wellness. A good multivitamin will help you fill the nutrition gap!

*This information has not been evaluated or approved by the FDA. These statements have not been evaluated by the Food and Drug Administration (FDA). Supplement products are intended to support general wellbeing and are not intended to treat, diagnose, mitigate, prevent, or cure any condition or disease. Before starting a new supplement seek advice from your medical doctor.

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REGATTAS, DRAGONBOATS AND FIGHTING BREAST CANCER

LVAC members of the Desert Dragons: L-R Susan Marie Berry, Krisanne Teasdale, Dana M. Roseman, Andrea Liebl, Andrea Hubrich Pereszlenyi, Sanaa Makram, Ulli Brokate

Regattas, dragonboats and breast cancer may seem like an odd combination, but together they make up a powerful weapon in the fight against breast cancer.

Dragonboating is a team paddling sport which has its roots in an ancient folk ritual of contending villagers, and has been held for over 2000 years throughout southern China. Dragonboats are flat bottomed racing canoes, 40-50 feet long. A crew of 20 paddlers plus a drummer and a steersperson propel a dragon boat. While competition has taken place annually for more than 20 centuries as part of religious ceremonies and folk customs, dragonboat racing has emerged in modern times as an international sport.

In 1996, Dr. Donald McKenzie, a Canadian sports medicine specialist described how he started a dragonboat team

for women with a history of breast cancer, which the women chose to name *Abreast in a Boat*. He believed that this activity would benefit breast cancer survivors as it provided strenuous upper body activity in an aesthetically pleasing and socially supportive environment. Upper body exercise has a role in recovery due to an increase in range of motion and reversal of muscle atrophy, activating skeletal muscle and stimulating the immune system. For his research, he was awarded the Meritorious Service Medal, a Canadian honor given to individuals who have carried out meritorious acts bringing benefit and honour. Dr. McKenzie said "The *Abreast in a Boat* project reaches out to women and offers them a message of hope and support. It is helping to change attitudes toward life after breast cancer and encourages women to lead full and active lives. It is



The Desert Dragons at a race in Mission Bay October 3 & 4, 2014

making a difference."

It has been almost 20 years since Dr. McKenzie's project, and today dragonboaters continue to train and race with the goal of helping breast cancer survivors recover fully from treatment, and to raise funds that support the fight to find a cure.

Surprising to many is the fact that right here, in the desert, we have dedicated dragonboat

racers who practice their demanding sport at Lake Las Vegas, paddling year round. They now have two local all-women's teams, Bosom Buddies and their newest addition, Dragon Ass. Desert Dragons is the competitive travel team that races nationally in Regattas throughout the year.

Ulli Brokate, LVAC group fitness instructor and personal trainer is a member of the

Desert Dragon team. Speaking for all her team members she said, "We all joined the teams for a myriad of reasons; to remember loved ones, for personal support, for the physical activity, and most importantly, to make a difference. We train hard, on the water and off. Our team comes from every corner of the valley; teachers, real estate professionals, lawyers, medical technicians, hair dressers, personal trainers, bankers, nutritionists and more. We are united by our motto 'One Team, One Fight, and One Cure'."

You can cheer the Desert Dragons on as they compete in this year's local race, the Rose Regatta Dragon Boat Festival to be held at Lake Las Vegas Saturday, October 10. Go Desert Dragons!



"Dragonboating is helping to change attitudes toward life after breast cancer and encourages women to lead full and active lives. It is making a difference."

October is National Breast Cancer Awareness Month. While no one can prevent getting breast cancer, there are things you can do to lower your risk. Susan G. Komen recommends that you:

1 Know Your Risk

- Talk to your family to learn about our family health history
- Talk to your doctor about your personal risk of breast cancer

2 Get Screened

- Ask your doctor which screening tests are right for you if you are at higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

3 Know what is normal for you and see your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

4 Make Healthy Lifestyle Choices

- Maintain a healthy weight
- Add exercise into your routine
- Breastfeed, if possible
- Limit alcohol intake



Sources:
 Dragons in the Desert? An essay by Lisa M. Brady, July 2015
 Canadian Medical Association Journal, August 1998
<http://www.dragonboatsa.com/about/dragon-boat-history-cultural-traditions/>

The Rose Regatta raises funds for St. Rose Dominican's R.E.D. Rose program, a grantee of Susan G. Komen for the Cure. The program provides free clinical breast exams, mammograms, ultrasounds, surgical consultations and biopsies to women and men 49 and younger who lack adequate health care coverage or the financial means to obtain them. To donate or for more information about the Regatta, visit dignityhealth.org

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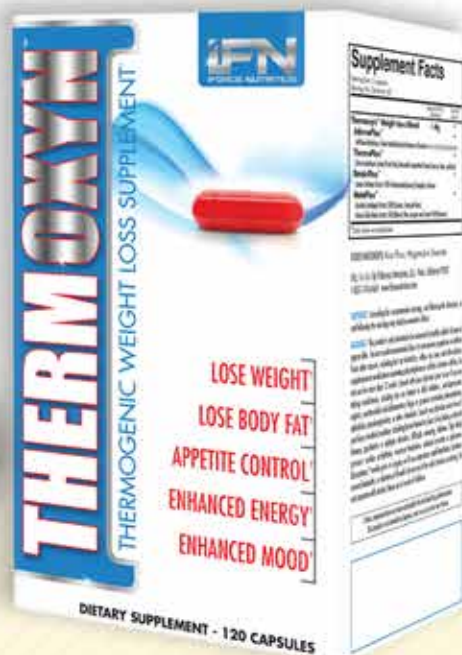
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FIT facts



Try it Out

Honey, Sugar And Lemon Juice Scrub: Place the freshly squeezed juice of one lemon into a small mixing bowl, then stir in 2 tablespoons of sugar and 2 tablespoons of honey. Mix the ingredients well to form a sticky paste. Massage the scrub gently onto your face; paying special attention to any brown or discolored spots you may have on your skin. While the lemon juice bleaches your skin, the sugar granules exfoliate it and honey provides moisture to protect your skin from over drying. Leave the scrub on for 15 to 20 minutes, and then rinse your face with cool water until your skin is clean.

"A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world."

-Paul Dudley White

A recent study, conducted by the University of Warwick's Medical School in Coventry, England, focused on mental well-being and found that high and low mental well-being were consistently associated with an individual's fruit and vegetable consumption.

Dr Natalie Digate Muth, Senior Advisor for Healthcare Solutions for ACE, offers these 10 tips for making it easier to incorporate fruits and vegetables into family meals and snacks:

- 1) **Wash and cut fresh vegetables after purchasing them.** This makes it easier to grab-and-go during the week and reduces the risk they'll be forgotten and go bad.
- 2) **Store fresh, frozen, canned and dried fruits and veggies in easy-to-see places** in the refrigerator, pantry shelves and countertops.
- 3) **Ditch the candy jar!** Instead, keep a bowl of washed apples, oranges, bananas and other ready-to-eat fruits on the table.
- 4) **Have a sweet tooth?** Try eating fruit with yogurt for dessert.
- 5) **Include a veggie tray with dip** for a healthy before dinner snack.
- 6) **Make a habit of including a side salad** with a mix of leafy greens with dinner.
- 7) **Add veggies** like spinach, tomatoes, peppers and avocado to sandwiches.
- 8) **Add veggies to your pizza.**
- 9) **Make fruit smoothies** for breakfast and snacks.
- 10) **Incorporate at least one serving of veggies and or fruits into all snacks and meals** throughout the day.

Eating Well Takes Time

"To eat healthfully requires thought, preparation and time. From exploring what is in-season and on farm stands to learning proper ways to store if you are purchasing in bulk, growing your own herbs or vegetables and preparing meals, all of this may require more of your time."

Teri Mosey, IDEA Fitness Journal, June 2015

Watching too much TV?

In a cohort of women from the Nurses' Health Study, researchers found that the risk of obesity was two times higher and the risk of type 2 diabetes was 70 percent greater among those who watched more than 40 hours per week of TV, compared to those watching less than one hour per week.



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CAN BE EITHER
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&

MOST POWERFUL
FORM OF MEDICINE

or

THE SLOWEST
FORM OF POISON



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WHAT'S in your GYM BAG?

Editors' Pick
Top 5
Must-Haves



A well prepared gym bag is a must. It can reduce stress and help you succeed in reaching your fitness goals.

Tip 1 Keep hydrated

Water is one of the most important items in your workout. The Bobble water bottle is a fun, reusable bottle that filters water as you drink. BPA-free and 100% recyclable, Bobble provides the flexibility to hydrate at anytime and is an eco-friendly option. www.waterbottle.com

Tip 2 Post-gym skincare

Face wipes are a great way to remove sweat and excess oil. They remove dirt, oil and make-up without rinsing, leaving your skin refreshed and clean. Or, try Renewal Refining Cleanser with hibiscus and apple, formulated to remove dirt, oil and makeup. The convenient flip top makes it perfect for use at the gym. www.burtsbees.com

Tip 3 Gym wear essentials

Nike Free 4.0 Flyknit running shoes are comfortable, lightweight and have great arch support. They come in a wide variety of colors.

This tank from Old Navy offers a great fit at a reasonable price. It's superior Go-Dry wicking fabric keeps you dry and comfortable. www.ladyfootlocker.com www.oldnavy.gap.com

Tip 4 Music must-haves

The powerbeats² wireless in-ear headphones provide premium sound with a light-weight design. These headphones contain a Bluetooth device with a 30 foot range. The sweat and water resistant features make them a winner for an intense cardio workout. www.beatsbydre.com

Tip 5 The best gym lock

To secure your possessions, this storage quality stainless steel lock features a hardened steel shackle to protect against a bolt cutter. The mushroom pins offer resistance to picking. Avoid mini luggage locks and the common master combination locks, as they are easy to pick. www.publicstorage.com

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BEFORE



AFTER

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



BEFORE



AFTER

*This patient 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.*



Sufia Palluck, DDS

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TUNA

White Bean Lettuce Wraps

Prep time: 20 mins
Makes: 3 wraps

- 1 12 oz can of tuna, water packed
- 1 15 oz can of cannellini beans, drained
- 1/4 cup chopped red onion
- 2 cups of cherry tomatoes, halved
- 1 avocado, diced
- 2 Tbsp olive oil
- 1 Tbsp minced fresh parsley
- 1/8 tsp salt
- 1/8 tsp pepper

Approximately one head of bibb or boston lettuce with leaves separated.

In a small bowl combine tuna, beans, onion, tomatoes, parsley, salt and pepper. Drizzle with the olive oil and toss lightly. Place in lettuce wrap and top with diced avocado.

Per serving
279 cal
22g protein
13g fat
19g carb
7g fiber



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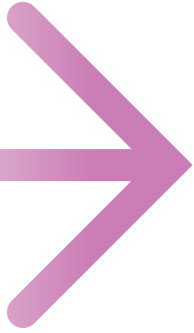
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Class Descriptions



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
H.E.A.T. H.E.A.T. (High Energy Athletic Training) is an enriched form of athletic training utilizing interval workstations, such as battle ropes, free weights, kettlebells, jump ropes, gliders and more, to create short but intense anaerobic exercises with brief less intense recovery periods. The goal of this class is to provide the participant with enhanced athletic capacity and conditioning.	60 Minutes	Total Body Workout	600+	Battle Ropes, Kettlebells & more



Class Descriptions

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



HIGH INTENSITY/CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG.CAL. BURNED	EQUIPMENT
KICK BOXING Non-contact boxing will increase your heart rate and help burn fat and calories. This class also helps with coordination with kicking and punching moves that help improve balance and reflexes. Punches made with precision and power help to build upper and lower body muscles as well as abdominal muscle strength from the various positions required to perform many of the kickboxing moves	60 Minutes	Total Body Workout	400	Body
LITE STEP/LITE WORKOUT A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.	60 Minutes	Lower Body	250	Step/Bench
NAVY SEAL 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!	60/90 Minutes	Total Body Workout	550	Various Types of Equipment
PILOXING™ Piloxing is a creative mix between Pilates and boxing, with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. This low-impact workout is done barefoot and incorporates movements from dance, punches inspired by boxing and core work based on Pilates. It is fun, a perfect fat burning workout.	60 Minutes	Total Body Workout	250-300	Body Weight
RPM™ CYCLE BY LES MILLS RPM is the indoor cycling workout based on outdoor riding, where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.	45 Minutes	Cardio	675	Indoor Stationary Bike
STEP 1, 2, 3 Classes performing moves on and off a step platform will provide both cardiovascular and muscular endurance. Incorporating both upper and lower body movements together will improve your coordination and agility; and the constant push up onto the step will increase leg strength. This intense cardiovascular workout will make your heart and lungs work more efficiently and the calorie burning aspect of the exercise will help you maintain a healthy weight.	60 Minutes	Lower Body & Core	600	Step Bench

DANCE CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG.CAL. BURNED	EQUIPMENT
BELLY DANCE Learn traditional belly dance moves that firm and tone the waist and hips. No experience necessary.	75 Minutes	Total Body Workout	350	Body Weight, Yoga Mat
BOOTY BLAST BAR Booty Blast B.A.R.® is a ballet inspired workout that utilizes a combination of ballet steps, aerobic movements, and resistance exercises to give you a fun cardio workout. Booty Blast B.A.R.® helps you increase your muscle flexibility, improve your balance and lengthen and tone your whole body - especially those hard to hit areas including your Booty, thighs, hips, core and arms. The workout is performed using your body weight and incorporating a hand held bar for balance and toning.	60 Minutes	Total Body Workout	400	Balance Bar, Body Weight



Class Descriptions

DANCE CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
HOT FUSION A fun and unique workout, HOT FUSION combines strength, flexibility and balance training with Old School dance. This class tones your upper and lower body as it throws you back in time with dance moves from the 80's, 90's, retro to current beats.	60 Minutes	Total Body Workout	400	Body Weight
MIXXEDFIT Is a Dance fitness program that is a mix of explosive dancing, hip hop and boot camp toning. Dance to Latin, Hip Hop, Bollywood and African inspired rhythms. The class incorporates boot camp inspired drills and works on developing lean muscle through toning and dancing.	60 Minutes	Total Body Workout	400	Body Weight
SH'BAM™ BY LES MILLS This class features simple but seriously hot dance moves that will shape you up and let out your inner star. The soundtrack is made up of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics and modernized LATIN Beats.	45 Minutes	Total Body Workout	510	Body Weight
U-JAM A fun and unique workout, HOT FUSION combines strength, flexibility and balance training with Old School dance. This class tones your upper and lower body as it throws you back in time with dance moves from the 80's, 90's, retro to current beats.	60 Minutes	Total Body Workout	400	Body Weight
ZUMBA® This is a cardio based class using international rhythms. Zumba is a great cardio workout! 70% Latin based rhythms with 30% from genres such as Bollywood, Hip Hop, African, and many other genres that will keep you moving. This high energy, aerobic class allows you to burn calories and body sculpt while enjoying the "fitness party".	60-90 Minutes	Total Body Workout	650	Body Weight

STRENGTH CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
BODYPUMP™ BY LES MILLS Les Mills is the original barbell class. Designed for all ages and fitness levels, BODYPUMP delivers real results, real fast. This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music and easy to follow moves, BODYPUMP strengthens, tones, and defines the body.	60 Minutes	Strength Endurance	560	Barbell, Plates & Height adjustable Step
KETTLE BELL POWER These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.	70 Minutes	Total Body Workout	600	Kettlebells
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.	60 Minutes	Total Body Workout	300	Bands, Resistance Balls, Weights, Body
T.B.C. (TOTAL BODY CONDITIONING) An all over functional strength training workout that utilizes different tools to enhance strength and endurance.	60 Minutes	Total Body Workout	250	Body Weight, Bands, Balls



Class Descriptions

MIND/BODY CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
ASHTANGA (INTRO/PREP) YOGA Ashtanga moves through a set series of poses always done in the same order, moving through sun salutations and performing each pose individually to build flexibility and stamina. To help you learn the series safely and effectively, LVAC currently offers these classes in shorter versions, moving slower in "Prep" to help you learn the series.	60-70 Minutes	Mind/Body	150	Yoga Mat, Body Weight
BEGINNING YOGA 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.	60-70 Minutes	Mind/Body	120	Yoga Mat, Body Weight
BODYFLOW™ BY LES MILLS 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.	55 Minutes	Joint Flexibility & Tight Muscles	390	Barbell, Plates & Height Adjustable Step
BODYVIVE™ BY LES MILLS 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.	55 Minutes	Cardio/Mobility/Core	420	Resistance Tube & Ball
BREATHE & RESTORE Come and decompress from the day's stresses. In this meditation session, you will bring awareness to the natural flow of breath allowing you to breath away the stresses of the day. Learn to relax and embrace life with greater authenticity, spontaneity and ease.	30 Minutes	Mind/Body	0	Yoga Mat or Large Towel
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!	60-70 Minutes	Mind/Body	120	Yoga Mat, Body Weight
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.	60-70 Minutes	Mind/Body	120	Yoga Mat, Body Weight
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.	60-70 Minutes	Mind/Body	150	Yoga Mat, Body Weight
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.	60-70 Minutes	Mind/Body	150	Yoga Mat, Body Weight
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.	60 Minutes	Mind/Body	150	Body Weight
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.	60-70 Minutes	Mind/Body	250	Yoga Mat, Body Weight
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.	60 Minutes	Mind/Body	200	Yoga Mat, Body Weight



Class Descriptions

AQUA CLASSES

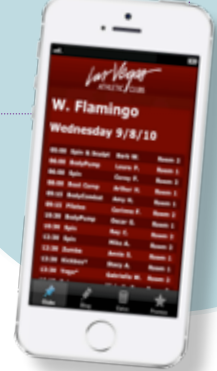
Aqua classes should not be mistaken as “easy”. Water is very suitable for all fitness levels, inexperienced or seasoned participant. Whether you are coming back from an injury or are looking for an environment that surrounds you with resistance, this is the perfect class for you. Classes meet in the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

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



Class Schedules

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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				
6:00		BODY PUMP	BODYSTEP	BODY PUMP	BOOTCAMP	BODY PUMP	
7:00						BODYSTEP	
8:00	HEALTHY BACK		TAI CHI*	HEALTHY BACK	TAI CHI*	BODYCOMBAT	BODY ATTACK
8:15		VINYASA FLOW YOGA*					
9:00	BEAT-IT-OUT					CxWORX	
9:15			KICKBOXING	M.R.T./BEAT-IT-OUT	STEP 2		BODY PUMP
9:30		BOOTCAMP				STEP 3	
10:15	BODY PUMP				BODY PUMP		
10:30		BODYSTEP	M.R.T.	ZUMBA		ZUMBA	KICKBOX
11:15							
11:30		ZUMBA	PILATES	BOOTCAMP		BEGINNING YOGA	CORE - 30 min
PM							
12:00	ZUMBA				ZUMBA**		BEAT-IT-OUT
12:30		BODY PUMP	H.E.A.T.	KICKBOX			
12:45						BODY PUMP	
1:00	KETTLEBELL*						
1:30		KETTLEBELL*	KICKBOX		KICKBOX		ZUMBA
1:45						BODYCOMBAT	
2:45					BODY PUMP		
3:30							
4:00		BODY PUMP		BODY PUMP			BODY PUMP
4:30	ZUMBA		ZUMBA				
5:00		BODYSTEP		CxWORX			
5:15							BELLYDANCE*
5:30	BODYSTEP		PIYO	8STRIKES*	H.E.A.T.		
6:00		MIXXEDFIT					
6:30	BODY PUMP		PIYO		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	ZUMBA			

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE					
5:30							
6:00	RPM CYCLE	PILATES	RPM CYCLE	CYCLE			
7:00							
8:15	CYCLE		CYCLE		RPM CYCLE	CYCLE	
9:00		CORE		CYCLE			CYCLE
9:15						M.R.T.	
9:30	CYCLE	KICKBOXING	CYCLE		CYCLE		
10:15				BODYFLOW			VINYASA FLOW YOGA*
10:30	PILATES	PIYO			PILATES	BODY ATTACK	
10:45			BODYFLOW				
11:30						CYCLE	SHBAM
PM							
12:00	CYCLE - 45 min	RPM CYCLE		RPM CYCLE			
12:30			ZUMBA		VINYASA FLOW YOGA*	MIXXEDFIT	
1:00	YOGA BLEND	VINYASA FLOW YOGA*		VINYASA FLOW YOGA*			
1:30							RPM Cycle
2:30							CORE
3:15		BODYFLOW					
4:00							GENTLE YOGA
4:15			VINYASA FLOW YOGA*				
4:30		BOOTY BLAST B.A.R.		BOOTY BLAST B.A.R.			
5:30	VINYASA FLOW YOGA*	CYCLE	RPM CYCLE	CYCLE	RPM CYCLE		
6:30	BODYCOMBAT	HOT HULA FITNESS	PILATES	VINYASA FLOW YOGA*			
7:00							
7:30	CYCLE		BODYSTEP	RPM CYCLE			

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

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.

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Class Schedules

GREEN VALLEY ANTHEM - AQUA CLASSES

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

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					BODYSTEP	
9:00						BODY PUMP	BODY PUMP
9:30	ZUMBA	ZUMBA	BODYCOMBAT	ZUMBA	ZUMBA		
10:00							
10:15						BOOTY BLAST B.A.R.	
10:30	BODY PUMP	CxWORX	BODY PUMP	M.R.T.	BODY PUMP		
11:15						CxWORX	
11:30			BOOTY BLAST B.A.R.				
PM							
12:00	PILATES				PILATES	ZUMBA	ZUMBA
12:30		BELLYDANCE**					
1:00	ZUMBA						KICKBOX
1:15							
3:00				BALLET BARRE			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM	ZUMBA	BODY PUMP		
5:00		CORE - 15 min					
5:30	BODYSTEP	ZUMBA	CxWORX	BODY COMBAT	ZUMBA**		
6:00			BODYATTACK				
6:30		BODYPUMP		BODY PUMP			
6:45	ZUMBA		BODYPUMP				
7:30		HOT FUSION		MIXXEDFIT			
7:45			8STRIKES*				

WEST SAHARA CLUB - ROOM 2

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

WEST SAHARA - AQUA CLASSES

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

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

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Class Schedules

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

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00				BODYATTACK			
8:00	IYENGAR YOGA**		IYENGAR YOGA*	GENTLE YOGA*			
8:30							
9:00					VINYASA FLOW YOGA*	CxWORX	VINYASA FLOW YOGA*
9:30	PILATES	BODYFLOW	PILOXING	ZUMBA		BODYVIVE	
10:30				CxWORX		PILOXING	ZUMBA
10:45			BEGINNING YOGA				
11:15		YOGA BLEND		VINYASA FLOW YOGA*			
PM							
12:00							VINYASA FLOW YOGA*
12:30	VINYASA FLOW YOGA*	PILATES	VINYASA FLOW YOGA*		VINYASA FLOW YOGA*	U-JAM	
2:00							
2:30	BOOTY BLAST BAR						
4:15	VINYASA FLOW YOGA*						
5:30		BOOTY BLAST B.A.R.					
6:00	STEP 2		STEP 2	BODYCOMBAT	BODYFLOW		
6:30		MIXXEDFIT					
7:00	BODYFLOW		YOGA BLEND*				
8:00		VINYASA FLOW YOGA*		VINYASA FLOW YOGA*			

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

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

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

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Class Schedules

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

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

NORTHWEST RAINBOW - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		AQUAEROBICS		AQUAEROBICS			
8:00	AQUAEROBICS		AQUAEROBICS				
9:00	AQUAFIT	WATERJOGGING	AQUAFIT	WATERJOGGING		AQUAEROBICS	
9:30					AQUAFIT		
10:00	AQUA RECOVERY	AI CHI	AQUA RECOVERY	AI CHI		RAPID LIQUID CARDIO	
10:30					AQUAFIT		
PM							
12:30			AQUAFIT				
4:30	AQUAFIT						
5:30	AQUAFIT			AQUASCULPT			
6:00			AQUAFIT*				
6:15				AQUAEROBICS			
6:30	AQUAEROBICS	RAPID LIQUID CARDIO					

EAST FLAMINGO CLUB (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP			BODY PUMP		
6:45		CxWORX					
8:00		VINYASA FLOW YOGA*		ZUMBA	VINYASA FLOW YOGA		
9:00			ZUMBA	PILATES		ZUMBA	ZUMBA
9:15		ZUMBA			ZUMBA		
9:30	TBC Total Body Conditioning						
10:00			M.R.T.	BODYCOMBAT		PILATES	
10:30	PILATES	VINYASA FLOW YOGA*			M.R.T.		
11:00			CORE	VINYASA FLOW YOGA*		M.R.T.	
11:30			GENTLE YOGA*		PILATES		
11:45	ZUMBA						
PM							
12:00		TAI CHI		TAI CHI		STEP 1	
1:00	GENTLE YOGA*	ZUMBA					
4:00	BODY PUMP	M.R.T.		M.R.T.			
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		BELLYDANCE*		SH'BAM			
7:30	ZUMBA						
8:00			MIXXEDFIT				

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				
9:00	AQUAFIT - 30 min					AQUAEROBICS	
10:00						H ₂ O CORE + MORE	
PM							
6:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			

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

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Class Schedules

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODY PUMP		BODY PUMP			
6:00	BODY PUMP		BODY PUMP	ZUMBA		BODY PUMP	
7:00	ZUMBA			CxWORX		CxWORX	
8:00	BOOT CAMP	HIIT	HIIT		BOOT CAMP		BODYSTEP CORE
8:45		CxWORX					
9:00			BODYCOMBAT		BODYCOMBAT	ZUMBA	
9:30	ZUMBA	BODYATTACK		BODYATTACK			BODY PUMP
10:00			BODY PUMP		BODY PUMP	STEP 1	
10:30	BODY PUMP	H.E.A.T.		H.E.A.T.			
10:45							KICKBOX
11:30		BODY COMBAT		BODY PUMP		SH'BAM	
11:45	H.E.A.T.		H.E.A.T.		HIIT		
PM							
12:30		BODY PUMP		ZUMBA			ZUMBA
1:00			ZUMBA		PILATES		
1:30	CxWORX					CxWORX	SH'BAM
1:45		8STRIKES*					
2:00	ZUMBA				ZUMBA	ZUMBA	
3:30						SH'BAM	
4:15				BODY PUMP			
4:30	BOOT CAMP	BODY PUMP	BOOT CAMP			BODY PUMP/ CxWORX	
5:30	BODY PUMP		BODY PUMP	CORE	BODY PUMP		
6:00		ZUMBA		BODYCOMBAT			
6:45			BODYCOMBAT		ZUMBA		
7:00	ZUMBA	BODY PUMP		BODY PUMP/ CxWORX*			
7:45			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		
6:00		CYCLE	CYCLE	CYCLE	CYCLE		
7:00		YOGA BLEND*	GENTLE YOGA	YOGA BLEND*			
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						HOT HULA FITNESS	
10:30	BODY FLOW		CYCLE		YOGA BLEND		BODY FLOW
11:15		KETTEL BELL*		BOOTY BLAST		CYCLE	
11:30			M.R.T.				
PM							
12:00							VINYASA FLOW YOGA*
12:15						KETTEL BELL*	
12:30	CYCLE	YOGA BLEND	CYCLE	BODYCOMBAT	GENTLE YOGA*		
1:30		ZUMBA	YOGA BLEND				
2:00	VINYASA FLOW YOGA*			PILATES			
2:30						POWER YOGA*	
4:15	RPM CYCLE		RPM CYCLE		RPM CYCLE		
5:30	VINYASA FLOW YOGA*	RPM CYCLE	PILATES	CYCLE			
5:45					HOT HULA FITNESS		
6:30		BODY FLOW		BODY FLOW			
6:45	CYCLE		CYCLE		BOOTY BLAST B.A.R.		
7:30				BELLYDANCE			
7:45		BODY COMBAT	BODY FLOW				
8:00	PILATES						
8:30				HOT HULA FITNESS			

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

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

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

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



Class Schedules

NORTH (N. DECATUR/215) - ROOM 1 (647-5822)

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

NORTH (N. DECATUR/215) - ROOM 2 (647-5822)

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

NORTH (N. DECATUR/215) - AQUA CLASSES (647-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30					AQUA AEROBICS		
8:00	AQUA AEROBICS	AQUA FIT	AQUA AEROBICS	AQUA FIT			
9:00			AQUA ZUMBA			AQUA FIT	
10:00					AQUA FIT		
10:30						AQUA BOOT CAMP	
PM							
5:30			AQUA FIT	AQUA FIT			
6:00					AQUA AEROBICS		
6:30	AQUA BOOTCAMP	AQUA FIT	AQUA BOOTCAMP	AQUA AEROBICS			

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

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



Class Schedules

CENTRAL CLUB AT KAREN (734-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODY PUMP	CYCLE	BODY PUMP	CYCLE			
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE	CYCLE	
9:30							
10:00	LITE WORKOUT	MRT	LITE WORKOUT	BODY PUMP	LITE WORKOUT	M.R.T.	VINYASA FLOW YOGA*
11:15		FLEXIBILITY		FLEXIBILITY			ZUMBA
11:30						ZUMBA	
PM							
12:00	ZUMBA	CYCLE	ZUMBA	CYCLE			
12:30						BELLYDANCE*	BOOT CAMP**
1:00		CORE		CORE			
1:15							
1:30		VINYASA FLOW YOGA*		VINYASA FLOW YOGA*			
2:30							
4:30	ZUMBA		BODY COMBAT	MIXXEDFIT			
5:00							
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		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		

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



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



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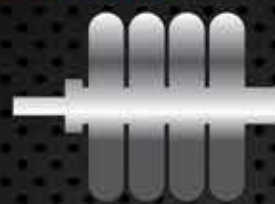


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