

LVAAC

LAS VEGAS FITNESS CLUB MAGAZINE

FALL 2016

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YOUR
CLASS**

Today

**NEW Group
Fitness Schedule!**
Pg. 32

MANAGE YOUR

STRESS

Pg. 28

**Chicken
> LETTUCE WRAPS**

Healthy & Delish!

Pg. 22

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Page 20



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#Eatingclean Restaurant Review 18

8

Meet Our Cover Girl

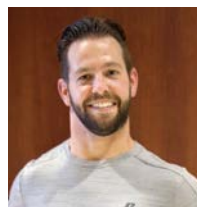
LVAC Member
Michelle Scott



10

Success Story

Member Lucy Erickson
Using Humor and Group
Fitness to Create Change



12

Meet Member Trae Green

How Hard Work, Perseverance
& Support Overcame Adversity



16

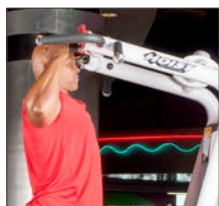
Club Life

LVAC ❤️'s
Our Members!

20

New LVAC Equipment

Where, What &
How to Use It



22

Asian Chicken Lettuce Wrap

Your New Fav Go-To!

28

Fit Facts

Managing Your Stress



30

What is a
Healthy Gut?
Protecting Your
Digestive Tract

32

New Fall Group Fitness Schedule

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Class Choices



Cover Model:
Michelle Scott

Makeup:
Jen Rose Makeup
Jenrosemakeup.com
702-271-7390

Photography:
Omar Martinez
Omar@lvac.com

Photography Editor:
Christopher Devargas

LVAC MAGAZINE

Published by



Publisher

Kim Plucker
Kim@lvac.com

Editor in Chief

Kristi Bowman
KP@lvac.com

Senior Editor

Connie Stewart
Connie@lvac.com

Executive Editor

Bret FitzGerald
Bret@lvac.com

Contributing Writers

Crystal Petrello,
Jessica Segovia

Director of Sales

Denise LaForest
702.734.8944 ext.2404
Denise@lvac.com

Photography

Omar Martinez
Omar@lvac.com

Illustration & Design

Celina Garcia
Lina@lvac.com

Production & Design

702 West
702west.com
Jane Lagman,
Jessica Segovia

LAS VEGAS ATHLETIC CLUBS

Chairman & CEO

Todd O. Smith, MBA

President & COO

Andy Palluck

Executive Vice President

Chad O. Smith, MBA

Sr. Vice President & CFO

Thomas N. White, CPA

Sr. Vice Presidents of Operations

Bill St. George & Bryan Palluck

Vice President of Corporate Communications & Education

Bret FitzGerald, M. Ed.

Vice President & Corporate Controller

Brent Palluck, MBA, CPA

Vice Presidents of Operations

A. J. Palluck & Gary Lembo

Vice President of Member Services

Elana Toliver

Vice President of Human Resources

Melissa Peters

Group Fitness Director

Patricia Norman

Fitness & Personal Training Director

Lindsay Horne

Las Vegas Athletic Clubs Corporate Office
2655 S. Maryland Pkwy, Ste. 201
Las Vegas, NV 89109

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GOOD MORNING LAS VEGAS

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UP TO THE MINUTE
THE MINUTE YOU GET UP!



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25 Years We Salute You!

Dear Friends,

With this fall issue of our magazine, we recognize the 25th Anniversary of LVAC under the ownership of Smith-Palluck Associates. First, I would like to thank all of you for supporting our local family operation. We would also like to thank all of our amazing team members that work with so much passion for the clubs. It's been a fabulous 25 years, and we are looking forward to the next 25 years! We have never been more optimistic about Southern Nevada's future. With all of the growth potential and a phenomenal quality of life, it's a great place to call home.

It has been almost 40 years since the very first club opened in 1977. Our business has experienced economic ups and downs, but our longevity here in the valley has proven the stability of LVAC as a healthy local business. We have endured the test of time.

In June, we were interviewed by the fitness industry trade publication "Club Insider" with the title of the —article being "Continuing the Smith-Palluck Legacy". The same publisher had previously interviewed my parents, Rudy and Virginia Smith, back in January 2002. That 2002 article was less than half way through the now 25-year long journey, and described the task of transforming the 4-club chain known as the Las Vegas Athletic Clubs. As you can imagine, a lot has changed between 2002 and 2016, most notably the passing of my parents during that period. After taking over LVAC in 1991, my father and his partner, Andy Palluck, embarked on what would become much more than a two family endeavor. The success of LVAC has been due to the extended family of a very talented group of team members who are focused on improving the health of all of its members and positively changing people's lives.

In the 2016 article we reminisced on how the LVAC opportunity was very similar to the opportunity presented in the 1970's, where my father teamed up with Andy Palluck for the turnaround of five smaller clubs called Holiday Spa Health Clubs in Southern California. The Holiday Spa Health Club region in Southern California and Utah eventually grew to 23 clubs, and became the most successful part of a nationwide Bally's Total Fitness chain that grew to over 300 clubs coast-to-coast. In 1970, when my father joined the Southern California operation, he did so with partners and industry legends Don Wildman, Jerry Kahn and George Jaconetti. In 1995, longtime friend and business associate Don Wildman joined the LVAC board of directors, and seven years after that old partners Jerry Kahn and George Jaconetti also joined the board. These same group of owners and partners have been together with two separate companies since the early 70's. Their partnership continues on today as a multi-generational family enterprise.

One of the main goals our company has strived to achieve over the last 25 years has been to find ways to give back to the community that has supported us so generously. We feel a responsibility as a steward of community health to have a positive influence towards improving people's lives. For the last 16 years we have sponsored two major events focusing on this goal, the Susan G. Komen Race for the Cure in May and the Annual Holiday Gift Drive which takes place each November/December. In the Spring issue, I discussed why we have supported the Susan G. Komen event for so many years and why this cause is so important to the LVAC family. At the end of the year we have our "Fill the Fire Truck" gift drive to benefit the Firefighters of Southern Nevada Burn Foundation. This is a local charity and when firefighters anywhere in the valley are faced with a burn victim or a family in need of support, they contact the Firefighters of Southern Nevada Burn Foundation for assistance. This coming Holiday season, we invite you to bring in a new, unwrapped gift for kids ages 1-18 to the front desk at any LVAC location. We will be accepting gifts from Thanksgiving through Christmas Day. We thank you in advance for your donations and support of this very worthy cause.

Our goal for the next 25 years is to continue supporting our current charitable events and expand our community involvement. As a smaller, family owned business, we have limited resources for what we can support, but our goal is to sponsor one or two more athletic events throughout the year. These events would showcase the health of our members in support of those struggling with health issues that limit their athletic abilities. With help from all of you, we can make this goal a reality in the future.

Speaking for the Smith Family, my brother Chad and I are very proud to be part of this fabulous team, and look forward to celebrating many more anniversaries to come. On behalf of the Palluck Family and the entire LVAC team, we want to thank all of you for your support and friendship over the years.

Here's to the next 25 years! We salute you!

Yours in health and fitness for many years to come,
Todd O. Smith
CEO/Chief Exercise Officer
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MEET OUR

cover girl

Michelle Scott

You could describe Michelle Scott, this issue's cover girl, with one word: accomplished. Born in Seoul, Korea on an army base and raised in the Marshall Islands, she describes herself as a water baby. She said, "I enjoy any and every water activity such as wake surfing, wake boarding, water skiing, swimming and jet skiing. Spending the day on or by the beach makes me super happy."

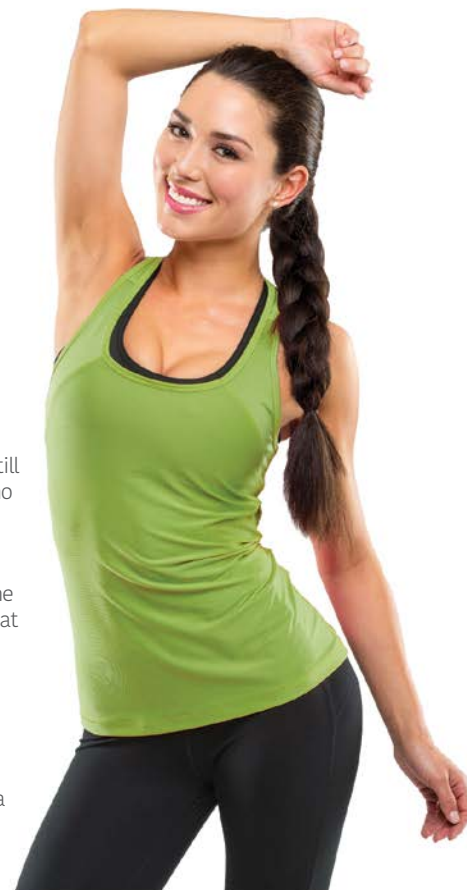
Michelle attended UNLV where she majored in business and hospitality. She is the founder and CEO of her own agency, Vitan Model Management. Her company books models for various types of work including promotional print and music videos.

Always active growing up, she was part of an All-Star Dance Team that competed on a national level, taking first place in the jazz category. She is also a black belt in Taekwondo. Currently her fitness loves are Pilates and Zumba, and she

occasionally enjoys going for a run on the treadmill.

When she isn't working or working out, she loves to spend time with her family. "My mom and dad are still happily married, and I have an older brother, Rory, who works for the U.S. Federal Government. I have always loved music, and I enjoy listening to the latest hits, but I also like music from the Motown era, as well as classical and jazz. I play four different instruments- the clarinet, piano, and alto and tenor saxophone- and that has definitely increased my appreciation for all types of music."

Michelle says that her favorite thing about LVAC is the positive energy that welcomes you when you walk into the gym. "It's always very clean and seems so spacious, which promotes a general sense of well-being. I really love LVAC Woman, the women's only section."



Instagram: MissMichelleScott

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success story

LUCY ERICKSON



Before

Weight: “A flabby 170+”

Dress size: 18

After

Weight: “130, with some muscle!”

Dress size: 4

LVAC member Lucy Erickson was born in Guangzhou, China. Her family moved to Alameda, California when she was four years old and then to Las Vegas when she was eight. She and her “dreamy” husband Matt are the proud parents of two children, ages six and nine. She currently works as a butler at the Cosmopolitan.

LVAC: What motivated you to change your diet and your lifestyle?

Lucy: “Towards the end of my second pregnancy, I weighed 220 pounds. About five months after delivering my last baby I was looking in the mirror and I didn’t think I looked all that bad. It wasn’t until my friend came over and brought Jillian Michael’s ‘30 Day Shred’ video that I knew something had to change. We followed Level 1, but I couldn’t even do a single push-up and I had to take breaks during the 30-second jumping jack intervals. Honestly—I probably took five minutes’ worth of breaks—I wanted to throw up. But my competitive side said, “You can do that video without stopping!” That experience became the start of my lifestyle change.”

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

Lucy: “When I first began my healthier lifestyle, I did the ‘30-Day Shred’ for three weeks. I did see results, but I was miserable. It was not fun and it felt like pure torture sweating by myself in the living room with my kids running around. I found that I tend to get grumpy when I’m out of breath in the middle of my workout and am asked for the 12th time to watch a cartwheel. I was so happy when I discovered LVAC and group fitness classes. I began with Kelly Decolati’s HIIT classes. It was so fun and made an hour fly by. I still try to take Kelly’s class 2 times a week, but I also like to mix it up with P.I.T. Body Combat, Pilates, and Yoga. I also weight train on my own for about an hour after class.”

LVAC: With a family and a full time job, how do you manage to fit exercise into your schedule?

Lucy: “I work graveyard, so getting to the gym can be rough. I like going right after I drop my kids off at school. Even though it cuts into my sleep time, I try to be consistent. I set a goal of getting at least four good sessions in per week, and I hold myself accountable to that.”

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

Lucy: “Let’s be honest here, food is the reason for and the bane of my existence. I was very skinny as a child, despite the fact that I ate massive amounts of food. My parents always told me it would catch up to me, but I didn’t change my habits and well, they were right. My husband and I both ballooned. We actually knew the Outback Steakhouse Take-Away employees by name, because we went there two times a week and shared a full order of cheese fries before we even began eating our entrees. The night before my wedding I wanted some fried chicken, so I got myself eight pieces and polished them off! We ate out for at least two meals every day and it wasn’t good food. It was a constant stream of fast food.”

“As soon as I began my new lifestyle, I learned how to cook. I now cook five nights a week for my family. We eat healthy, nutritious



Lucy escorted by her Father, David Wang on her wedding day, October 3, 2009.

foods with a lot of vegetables, because you know, I still have that ravenous appetite. Now instead of eating more cheese fries, I eat more veggies until I am satisfied. After each of my workouts I go home and make a protein shake, adding in two cups of spinach, and throw a chicken breast on the grill. When I go out to eat people say I'm picky, but I'm not "picky" as in I don't want to try new foods. I just customize my order to remove some of the high calorie, unnecessary additions. That's on the weekdays. On the weekends, all food is fair game. I allow myself to have one meal on both Saturday and Sunday consisting of the foods I have been craving. I do this because when I don't let myself eat any of the foods I'm craving, I end up

not sticking to my meal plan on the weekdays, and eating pizza until my craving is satiated, and that's a LOT of pizza."

LVAC: How has your life changed with your weight loss and improved level of fitness?

Lucy: "My whole life has changed. Feeling strong and fit is incredible! It gives me the confidence and energy to do things I never would have done before. I coached my son's soccer team for three seasons. That meant running around and doing drills with 12 eight-year-old boys three times a week. On the weekends my family and I actually enjoy being active now. We go on hikes, rock climb and ride bikes. I appreciate nature and the great outdoors in a way I never did before. Who would have thought? In addition, my job requires that I lift heavy equipment behind the scenes. I love it when people rush over to help me because they think I can't carry heavy objects. I just wave them off and tell them I've got it, and I do it in a suit and tie and in 4" heels! I have a degree in political science and history, which is clearly being put to excellent use at my job."

LVAC: What's your favorite thing about LVAC?

Lucy: "I love so many things about LVAC. Where do I start? Childcare is critical for me. Thanks to LVAC's great childcare, my kids get to see my better side. I love the group fitness classes, which run all day so you can always drop in and try something new. I really, really love Kelly D's HIIT class. She kicks the trash out of you, but in a fun way. Is that a thing? I also love the camaraderie at the gym. I have met so many people who have become friends in and outside of the club."

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TRAE GREEN



On September 30, 2016, Trae Green turned 30—which was no small miracle. The day he was born, the doctor informed his parents Cliff and Cammie, that they would be lucky if their son lived through the evening. Gratefully, he did and nothing—not even being diagnosed with cerebral palsy at six months of age—has slowed him down or stopped him from living a full and happy life.

After his diagnosis, he began physical therapy when he was just nine months old. Since that time he has exercised and worked continuously to strengthen his body. He jokes that at age three, “I wasn’t exactly curling barbells, but I was practicing simple stretches and other movements that would help me to gain muscular strength and balance.”

Trae recalls that the biggest frustration he had as a child was not being able to ride a bicycle without training wheels. He remembers, “It was frustrating when all my friends would take off down the street on their bikes, and I would struggle to catch up, even with my training wheels on.” His determination to achieve was evident from a young age. Although he was a little slower in learning different techniques to balance a bicycle, he continued to practice and eventually he was able to keep up with the rest of the kids.

When he was four or five, he decided he wanted to be a police officer. As he reached adulthood, that desire never wavered. All he ever wanted to be was a cop. He participated in the Explorer program with the Las Vegas Metropolitan Police for 5 1/2 years. Throughout those years he gradually came to realize that being a policeman was an extremely physical career, one that his cerebral palsy would not allow him to do. He also knew he would never be able to pass the medical examination process. Letting go of that dream was difficult, but hard things can turn into unforeseen blessings. Today he has a great career working at the JW Marriott Hotel. He started working there as a pool boy 12 years ago, and has continued to receive promotions. He is now an event manager. The icing on the cake is that his dad also works at the Marriott. Trae says, “It is a pleasure to be

able to work with my dad. He is such a great individual.”

One challenge that he continues to face—although not too often—is the judgment he sees coming from people who notice that the way he walks or moves is different. “They are sometimes quick to laugh or mock me without knowing my story. Although this can be frustrating, I try not to let it bother me,” Trae explains.

“When I see others who are disabled, especially children who have more severe disabilities than myself, I am encouraged to keep pushing forward. I see them set their minds to do the things they want and then

work so hard to overcome their obstacles. They remind me that if you fall, you dust yourself off and try again.”

Trae has been an LVAC member since 2008. He said, “LVAC has

had a huge impact in helping me to maintain and improve my fitness levels. I love that LVAC provides affordable memberships, and fun group fitness classes to participate in. Not only has being a member allowed me to maintain a healthy lifestyle, but my work at the gym has also increased the confidence I have in myself.”

In the future Trae would like to continue to grow in the hotel industry. He is also looking forward to getting married someday. “My girlfriend Kim believes in me and loves to make me laugh,” he says. “We really love to travel. It’s exciting to see how diverse communities are. I love the beach (specifically Laguna). Most of my down time I spend with my dog, which I recently adopted. We enjoy going on hikes to Red Rock or just to the dog park. During the fall and winter season, you will find me watching football every Sunday, especially when the Dallas Cowboys play!”

Trae is very grateful for his support system. He says, “My parents have been awesome role models my entire life. Along with my two younger sisters—Ashley and Haley—they have believed in me and have fully supported anything I have tried to accomplish. They continually motivate and encourage me. I feel very blessed.”

“My parents have been awesome role models my entire life. Along with my two younger sisters—Ashley and Haley—they have believed in me and have fully supported anything I have tried to accomplish. They continually motivate and encourage me. I feel very blessed.”



Holiday

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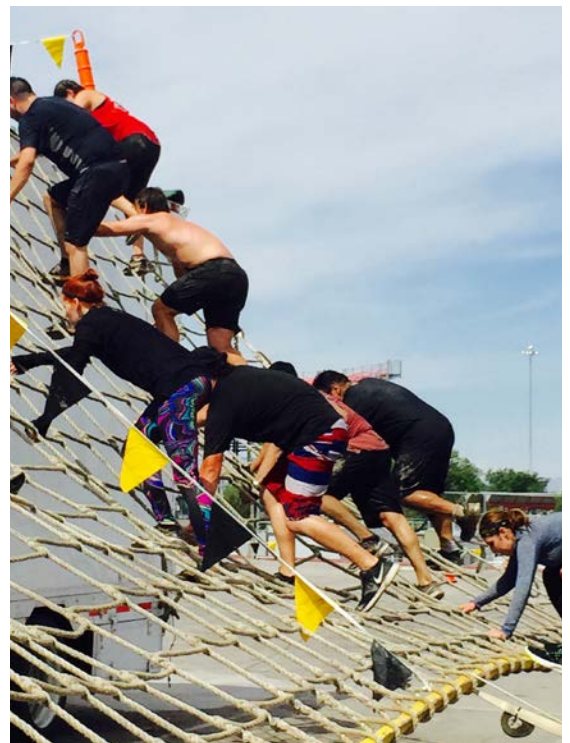
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Gifts are accepted from Thanksgiving through Christmas Day.

Help us "Fill The Fire Truck!"

LVAC MAGAZINE MAKES ITS WAY TO CANADA!



For the last seven winters, Toronto resident Brendan Flanagan has traveled to Las Vegas for the month of January. Each year he has joined LVAC where he faithfully attends cycling and core training classes. This year he took some copies of LVAC magazine back to Canada to share with his cycling teacher and friends at the Fitness Connection Club he attends in Toronto. Brendan is pictured with Donna, his Canadian cycling instructor. Yvonne and George, Fitness Connection trainers, are shown with the LVAC magazine.



Pictured are LVAC members Johanna Valladarez, Ryan Ogawa, Rikki Robinson, Elio Ramirez, Gab Diaz, and Ailu Mendo who competed in the Las Vegas 'Bad Ass Dash' on May 28, 2016 at the Sam Boyd Stadium. In speaking about the event Elio shared, "We prepared and trained for the event by taking Connie's Monday cycling class, Frank's Tuesday Army Ranger boot camp class, and Demetria's Thursday boot camp at the Central club. These classes helped us to become physically and mentally prepared for obstacle racing. Our friends in the picture who were not LVAC members have decided to join in order to train for the next Las Vegas Spartan Race in October!"

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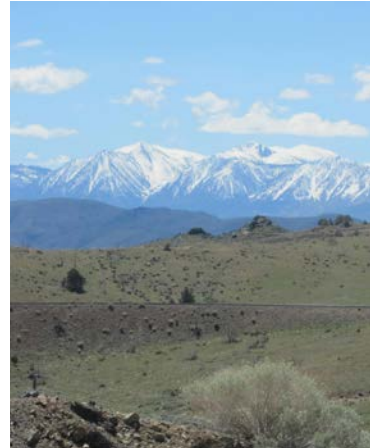
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club life



Members Bob and Diane Fruth and friends hiking the V&T Railroad Trail in April. The path follows part of the old route of the former Virginia & Truckee Railroad (V&T), the famous 19th-century short line that connected Reno, Carson City, Virginia City and Minden. For 80 years, the V&T Railroad hauled Nevada's bonanza ore to mills at Silver City and along the Carson River. Today, the V&T hauls tourists on a historical journey between Carson City and Virginia City. For more information about hiking this historic trail, visit Trailink.com/Carsoncity.



LVAC members Elena and Jon Martin riding the Hudson River Greenway along the Manhattan waterfront in New York.



club life



LVAC group fitness instructor and personal trainer Ulli Brokate (top row, 4th from R end) competed in the 2016 Dragonboat Festival on Lamma Island, Hong Kong. Hong Kong is where Dragonboating originated.

Ulli paddled with Team DNA (Dragons Of North America) a mixed team with members from all over the United States and beyond - including the Philippines, Australia and Canada.



LVAC member Staci Stewart and son Crew on a hike at the Lake Mead Parkway Trail.

Just 30 miles from Las Vegas, near Boulder City, the gravel Historic Railroad Trail hugs the hills on the southern shoreline of vast Lake Mead. The rail-trail offers panoramic views of the lake and snakes through five railroad tunnels on its way toward Hoover Dam. Staci said, "It's a beautiful area, and a fun place to come with your family. Crew loved walking through the tunnels!"



Sammy's Woodfired Pizza

SERVING UP HEALTHY OPTIONS

By Jessica Segovia

According to a study by the USDA, approximately three-fourths of Americans dine out at least once a week and a quarter of them dine out every two or three days. Changing what and how you order can contribute to your success in reaching your fitness goals. Clean eating is a key component when striving for your fitness goals, and dining out doesn't have to mean derailing months of hard work. There are healthy and delicious options.

Our LVAC magazine pick for clean eating options is Sammy's Woodfired Pizza.

Don't be fooled by its name. Sammy's Woodfired Pizza offers over 15 gluten-free selections and 20 vegan options making it an excellent restaurant choice for a meal with friends and family.

The Oak Roasted Salmon Filet features fresh, wild salmon that is roasted in Sammy's signature wood oven stove, giving it a mild, smoky flavor. It's tender and moist and is served over a bed of Asian salad with edamame, cucumber, and ponzu sauce. It's the perfect balance of tangy and crunchy and is 'superfood' healthy.

If you're looking to add more vegetables into your diet, but you are tired of the traditional fare, try the Oak Roasted Curried Cauliflower topped with Mediterranean spices. This dish has a rich aroma of garlic and pepper and is served with a lemon aioli sauce.

If you're craving something greener, try the Crisp Brussels Sprouts. The walnuts and balsamic drizzle on this dish add a hint of sweetness and balance out the strong flavor of the sprouts.

Sammy's is committed to providing locally sourced, organic sustainable items whenever possible. All cuisine is prepared without butter or artificial trans-fat. Sammy's also caters to various dietary plans, so you can always feel comfortable asking for modifications to the menu, such as sauce on the side, or doubling the portion of protein.

Don't pass on this neighborhood gem. Especially with their vegan and gluten free options, dining out at Sammy's can be a valuable addition to your healthy eating plan.



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By Bret FitzGerald

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FEATURES:

- 14 exercise variations, 7 with assistance, and 7 without.
- Flip ‘N Grip™ handles that allow users to perform neutral grip pull-ups and narrow grip chin-ups.
- Rock-climbing handles that develop finger, wrist, arm, and shoulder strength.
- Foot plate adjustment to accommodate assisted and unassisted exercise positions.

The genius behind the Hoist Chin/Dip machine is the counterbalanced weight design, which means the higher the weight you set on the machine’s weight stack, the easier the exercise becomes.

For instance, if you weigh 180 pounds, and set the machine to 100 pounds, you will actually be moving 80 pounds. As you get stronger, you can lower the machine’s weight and you will be using more of your own body weight. Eventually, you will be able to avoid the counterbalance assistance and use all of your actual body weight as resistance.

BODY PARTS:

Pull-ups/Chin-ups: Upper Back, Shoulders and Biceps

Dips: Chest, Triceps and Shoulders

USAGE:

This machine can be used for every upper body workout. You can use it as your primary exercise apparatus, or as a supplement to other equipment.

MY FAVORITE WORKOUT:

My favorite workout on the Hoist Chin/Dip is called, “The Upper Body Ladder.”

Start by using a high counterbalanced weight, making your work load relatively light. You should be using less than half of your body weight. Then, do 20 pull/chin ups. Try mixing up the hand positions to work slightly different muscles. After your pull/chin ups, switch to the dip position and do 20 reps. Take a sip of water for a micro rest, then decrease the weight and do 15 reps. Repeat the process until you complete 20, 15, 12, 10, 8 and 5 reps on both pull-ups/chin-ups and dips. The pump is off the charts.

If you need any help with the Hoist Chin/Dip Assist, or any other machine in the club, just ask one of LVAC’s Coaches.

To assure a full range of motion, you should come up as far as possible when doing pull/chin ups.



There are several options for hand positions. Each one works your muscles in a different way. There is even one that emulates rock climbing.



A "full hang" or full extension when doing pull-ups/chin-ups assures you are working a full range of motion.



When using the foot plate, make sure your feet are firmly planted.



asian chicken lettuce wraps

Ingredients

- 1 tablespoon olive oil
- 1 ½ pounds chicken breast, cut into small cubes
- 2 cloves garlic, minced
- 1 onion, small dice
- ¼ cup hoison sauce
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly grated ginger
- 1 tablespoon Sriracha, or to taste
- 1 8 oz. can of whole water chestnuts, diced
- 3 green onions, thinly sliced on the diagonal
- 1 head of butter lettuce, washed, drained and refrigerated until crisp

Kosher salt and freshly ground black pepper, to taste

Directions

1. Heat the olive oil in a saucepan over medium-high heat. Add the chicken and cook until browned, about 3-5 minutes.
2. Stir in the garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha and continue cooking until the onions have become translucent, about 2-3 minutes.
3. Stir in the water chestnuts and green onions, and continue to cook until they are tender. Season with salt and pepper to taste.
4. To serve, spoon several tablespoons of the chicken mixture into the center of a butter lettuce leaf, taco-style. Sprinkle reserved green onion for garnish.

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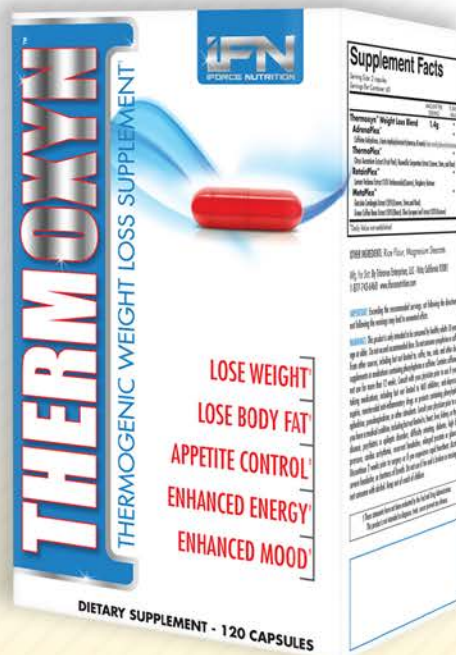
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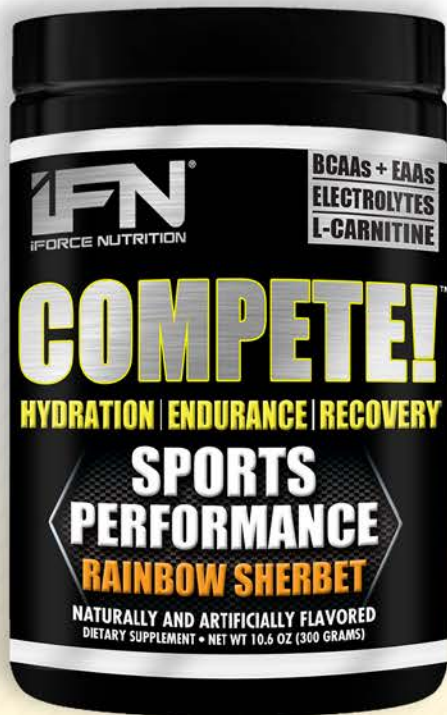


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MANAGE YOUR STRESS

What is stress?

Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response.

Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time.

But if stress happens too often or for too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work or school.

- Among people who reported having a great deal of stress in the previous month, the most common change was sleeping less than usual.
- Long-term activation of the stress-response system can disrupt almost all of the body's processes and increase the risk for numerous health problems.
- Of all doctor's visits, 75%-90% are for stress-related ailments and complaints.
- Workplace stress causes healthcare expenditures of \$125-\$190 billion a year-representing 5%-8% of national spending on health care.

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Sufia Palluck, DDS



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.



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

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HOW CAN YOU RELIEVE STRESS?

You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for you:



- Exercise. Regular exercise is one of the best ways to manage stress. Walking is a good way to get started. Participating in LVAC group fitness classes such as Yoga, Pilates, Body Flow and Tai Chi are great ways to cope with and reduce stress.

- Write. It can help to keep a journal or log of the things that are bothering you.



- Let your feelings out. Talk, laugh, cry, and express anger when you need to with someone you trust. Seeing a reputable counselor can help.

- Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.



- Learn ways to relax your body, such as meditation or listening to relaxing music.

- Try to look for the humor in life. Laughter really can be the best medicine.





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UNDERSTAND AND

IMPROVE YOUR gut health

By Crystal Petrello
MS, RDN, LD, ACE Certified Health Coach

Thousands of years ago Hippocrates stated, "All disease begins in the gut". Simple, yet profound, recent scientific research is now proving the truth of his statement. We now know that about 70% of our immune system begins in the gut (1). This is due to the 100 trillion bacteria that our gut (stomach and intestines) house. Putting this into perspective; there are more bacteria in our bodies than cells that make up our body. While it might be unpleasant to contemplate, these bacteria are vital to the health of our gut and to our overall health.

Most of these bacteria, which we call microbiota, live in a symbiotic relationship with us. This means that they help us and we help them. They create vitamins and short chain fatty acids. These fatty acids provide energy for our colon and liver. They have also been linked to the decrease in diseases of inflammation, such as diabetes and heart disease. In turn, for their hard work we provide them food and a nice warm place to live. If one of the two in this relationship is not healthy, the other is affected.

We have all heard the saying "you are what you eat". The types of bacteria that grow in your gut depend on the types of foods you consistently eat. Simply put, the good bacteria desire to be fed items such as fruits

and vegetables because these are packed with insulin and fructooligosaccharides, which help them to flourish. The bad-for-you bacteria love sugar and saturated fat. Thus, you crave what your 'lil buggers' are craving. The result of the increase in the wrong bacteria in our body can cause unhealthy food cravings. The gut, with our microbiota, essentially runs our metabolism. If our digestive tract is not running well or if it is a little off, then our metabolism won't work efficiently.

When we eat foods that are high in sugar and saturated fats, such as those from fast and processed foods, the growth of bad bacteria is encouraged. This can result in, among other things, stomach and bowel issues. When we eat fruits, vegetables and fibrous foods, we feed the good-for-you bacteria. This results in a number of benefits such as weight regulation and better immunity. There is only so much room in the gut to fit trillions of microbiotas. So, the bugs not being fed will be crowded out by the ones that are living high on the hog.

The increase of bad bugs really becomes a problem when there is also an increase in the intestinal permeability of the gut. Imagine your gut being a huge dance club. The lining of your stomach would have

millions of doors and bouncers (also called tight junctions) that allow nutrients to enter into your blood stream at appropriate times of metabolism. Soon, you notice the bouncers keep getting punched by people who really want into the club. These heavy hitters in our guts include toxins, stress, and a bad diet, to name a few. The tight junctions in our stomach become loose and cannot control the particles that come in and out of our gut. This allows things like proteins and gut bacteria into our bloodstream. That shouldn't happen. When it does, we can experience fatigue, gas, bloating, aches, pains, rashes and sometimes even confusion. Leaky gut is the term used to describe this phenomenon.

For better overall health we need to encourage the health of the gut and the bacteria therein. We need to stop habits that are encouraging the growth of bad bacteria and a leaky gut and encourage good habits by feeding the health of our gut with good nutrients. The main contributors to leaky gut and bad microbiota are diet, stress, and environment.

Food and Supplementation Diet

First, it helps to understand the difference between probiotics and prebiotics. Probiotics are live bacteria in yogurt and other dairy

products and supplements. Doctors often prescribe probiotics for patients on antibiotics in an attempt to combat gastrointestinal side effects of the medication. And while probiotics have been shown effective in managing certain gastrointestinal conditions, they do not have the same power that prebiotics do.

The prebiotic is a specialized plant fiber that beneficially nourishes the good bacteria already in the large bowel or colon. While probiotics introduce good bacteria into the gut, prebiotics act as a fertilizer for the good bacteria that's already there.

Imagine your stomach as a garden. We want a healthy garden of bacteria (seeds). We then fertilize the bacteria and help them to grow by the foods we eat. The quickest way to get the good bacteria in is with a probiotic. This can either be with a supplement or with fermented foods (see chart). In addition, we want to continue to fertilize our garden with prebiotic foods such as Jerusalem artichokes, onions, garlic, asparagus and bananas. Go at your own pace with diet change. For better or for worse, the bacteria in your gut will see a change in 24-72 hours. By adding more fruits, vegetables and whole grains to your diet, you will begin to change the health of your gut by starving out the bad bacteria and encouraging the growth of the good.

Alcohol

Living in Las Vegas, proper alcohol consumption can be a challenge for many of us. Unfortunately, this libation promotes the growth of bacteria in the intestine that increases the permeability in gut toxins. The more you decrease your alcohol intake, the healthier your gut will become.

Supplementation

Adding probiotic foods and/or supplements will seed your garden. L-glutamine and zinc can help to heal the gut. L-glutamine is an amino acid and is found in powder form. Most practitioners recommend about 14 grams spaced throughout the day. It is recommended that Zinc sulfate supplements of 110 mg be taken three times a day.

Lifestyle

Exercise can encourage healthy bacterial growth in the gut (2). If you already workout, be encouraged that consistent exercise positively affects the small chain fatty acids that microbiota produce and can improve aerobic endurance.

Stress has been seen to increase the stress hormone cortisol and that cortisol can increase gut permeability (3). Find ways to de-stress in order to rest your mind and body. You can do this with meditation, yoga, a good night's sleep, or a relaxing hobby.

Seed With Probiotics

Kimchi
sauerkraut
tempeh
kombucha
kefir
miso soup
probiotic supplement (should contain more than 10 different strains of probiotics and at least 30 billion cultures)

Fertilize With Prebiotics

A variety of plant-based foods such as:
fruits
vegetables
beans
whole grains
Jerusalem artichokes
onion
garlic
asparagus
chicory
bananas

Environment

Your environment can be a factor in your gut health. Check the Environmental Work Group website, www.ewg.org, to see which harmful environmental chemicals you can decrease or eliminate from your life.



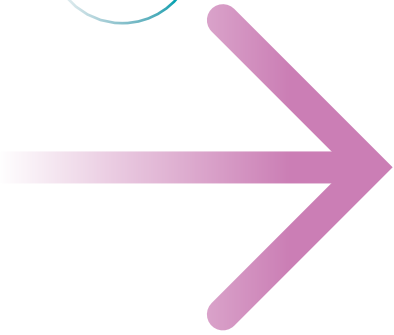
Crystal Petrello
MS, RDN, LD, ACE
Certified Health Coach
crystalpetrello@gmail.com
702-575-7717

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3. Psychological stress and corticotropin-releasing hormone increase intestinal permeability in humans by a mast cell-dependent mechanism. www.ncbi.nlm.nih.gov/pubmed/24153250



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	700	Body
H.E.A.T. H.E.A.T. (High Energy Athletic Training) is an enriched form of athletic training utilizing interval workstations, such as battle ropes, free weights, kettlebells, jump ropes, gliders and more, to create short but intense anaerobic exercises with brief less intense recovery periods. The goal of this class is to provide the participant with enhanced athletic capacity and conditioning.	60 Minutes	Total Body Workout	600+	Battle Ropes, Kettlebells & more
P.I.T. PURE INTENSITY TRAINING Looking for something to really challenge your workout? P.I.T Pure Intensity Training ~ P.I.T. will have your muscles burning from head to toe! Mixing old calisthenics with modern-day functional training, this will be a program you'll want to add to your existing exercise regimen! Currently at our Southwest Club location only.	60 Minutes	Total Body Workout	600	Body Weight, Weights



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
<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>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	300	Body Weight
<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

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
<p>BALLET BARRE TONING</p> <p>This is a comprehensive workout for the entire body (and mind): beginners will learn the essential ideas of the ballet movement process while advanced dancers will be reminded of the often-neglected basics that make the difference. This is a perfect barre workout for students of all levels. Become leaner, longer and stronger with this amazing class.</p>				
<p>BELLY DANCE</p> <p>Learn traditional belly dance moves that firm and tone the waist and hips. No experience necessary.</p>	75 Minutes	Total Body Workout	350	Body Weight, Yoga Mat
<p>BOOTY BLAST BAR</p> <p>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.</p>	60 Minutes	Total Body Workout	400	Balance Bar, Body Weight



Class Descriptions

DANCE CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>HIP HOP DANCE</p> <p>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.</p>	60 Minutes			
<p>HOT HULA FITNESS</p> <p>Inspired by the dances of the Pacific Islands, HOTHULAFITNESS® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HotHulaFitness® isolates your larger muscle groups, increasing strength and definition to your core, glutes, quads and arms.</p>	60 Minutes			
<p>MIXXEDFIT</p> <p>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.</p>	60 Minutes	Total Body Workout	400	Body Weight
<p>SH'BAM™ BY LES MILLS</p> <p>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.</p>	45 Minutes	Total Body Workout	510	Body Weight
<p>ZUMBA®</p> <p>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”.</p>	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
<p>ARMY RANGER BOOT CAMP</p> <p>This class mimics traditional boot camp with an added push to ignite the Army Ranger within you. You will use various equipment inside and outside of the gym to fire up muscles and pump up your agility skills. Take this class to take your workout to the next level. Taught at our Central location only.</p>				
<p>BODYPUMP™ BY LES MILLS</p> <p>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</p> <p>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>SANDBAG XPRESS</p> <p>Want to improve your overall strength and conditioning? Our Sandbag Xpress class will do just that. Sandbags provide an unstable load which constantly targets muscle groups and stabilizers making your body stronger in a functional way. Become the athlete you want to be by developing functional strength by taking LVAC's Sandbag Xpress training. This class will give you the challenge you have been looking for.</p>	30 Minutes	Total Body Workout	500+	Sandbag



Class Descriptions

MIND/BODY CLASSES

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

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



Class Descriptions

AQUA CLASSES

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

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



Class Schedules

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

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

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

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

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

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

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Class Schedules

GREEN VALLEY - AQUA CLASSES

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

WEST SAHARA - ROOM 1 (364-5822)

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

WEST SAHARA - ROOM 2

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

WEST SAHARA - AQUA CLASSES

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

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3 TODAY **TRAFFIC & WEATHER EVERY 10 MINUTES**



**TOM
HAWLEY**

**KIM
WAGNER**

**DANA
WAGNER**

**KRYSTAL
ALLAN**

**JEFF
MAHER**

**KELLY
CURRAN**

LEADING THE WAY IN LAS VEGAS



**JIM
SNYDER**

**MARIE
MORTERA**

**REED
COWEN**

**KEVIN
JANISON**

3 **WEEKNIGHTS AT 11**



Class Schedules

SOUTHWEST - ROOM 1 (798-5822)

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

SOUTHWEST - ROOM 2

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

SOUTHWEST - AQUA CLASSES

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

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 - Juvéderm VOLUMA™ XC
 - Kybella®
- Derma Roller™
- PRP Stem Cell Facial
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The Parkway

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Class Schedules

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

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

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

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

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

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

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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							
4:15		CYCLE					
4:30			CYCLE				
5:15	CYCLE						
5:30							
5:45			CYCLE	CYCLE			
6:00							
6:30	CYCLE*	CYCLE					
7:00			CYCLE				

NORTHWEST RAINBOW - AQUA CLASSES

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

EAST FLAMINGO (898-5822)

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

EAST FLAMINGO CLUB - AQUA CLASSES

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



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





Class Schedules

NORTH DECATUR - ROOM 1 (647-5822)

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

NORTH DECATUR - ROOM 2

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

NORTH DECATUR - AQUA CLASSES

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

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

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

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

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



Class Schedules

CENTRAL CLUB AT KAREN (734-5822)

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

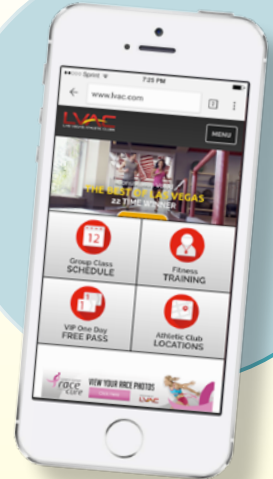
CENTRAL CLUB AT KAREN - AQUA

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30				AQUAFIT			
9:00		AQUAEROBICS	AQUAFIT				
9:30	AQUAFIT				AQUAFIT		
PM							
5:30			AQUAFIT				
6:30	AQUAFIT						

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



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



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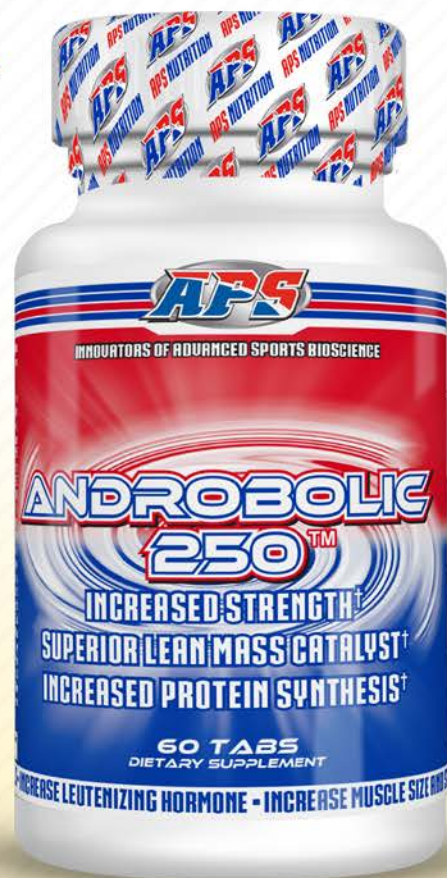
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