

# LVAC

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LAS VEGAS ATHLETIC CLUB MAGAZINE

Fall 2017

MEMBERS DOING

*Amazing*

THINGS

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**SKINNY  
DIPPING**

Yes, there *is* a recipe.

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**TYPES  
OF TEA**

And their benefits

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**OVER  
700  
CLASSES WEEKLY**

Find your favorite!

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**COURAGE.  
RESILIENCE.  
DETERMINATION.**

**MEMBER  
SPOTLIGHT**

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# A community that grows together, heals together.

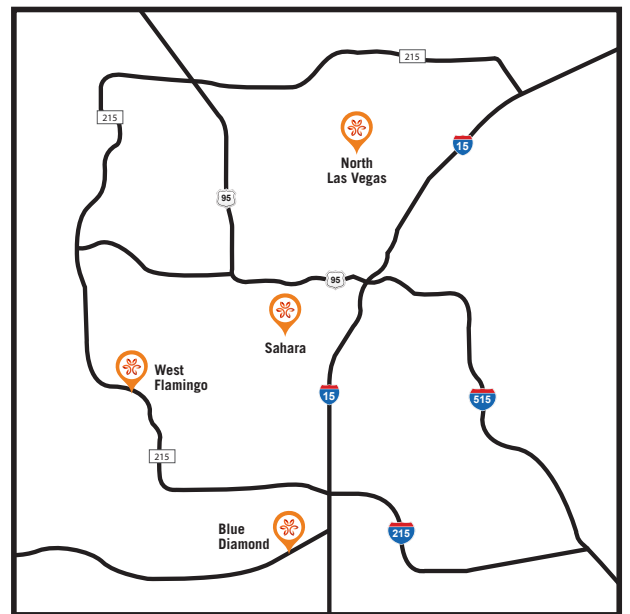
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# 30

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# RUN. RAISE. ROCK 'N' ROLL 4ALS

# D

ear Friends,

Hopefully you had a fabulous summer and have already heard about the LVACQuest4ALS- Rock 'n' Roll Half Marathon event we are supporting on Sunday, November 12th. The Las Vegas venue is the premiere event in the Rock 'n' Roll Marathon series, and a majority of the course goes right down the Strip, under the evening lights. LVAC is

providing some very special prizes as part of our support for this event, including a grand prize of \$10,000 cash (based on a minimum of \$5,000 of funds raised). 2nd and 3rd Place prizes are either a Life Fitness Treadmill or an Octane Zero Runner valued at \$5,000 each. All prizes are based on the amount of funds raised. Please see page 26 for more details.

For the first 50 participants who register through our website and who reach \$250 in fund raising, LVAC will match your funds with another \$250 donation. The personal goal of each participant is at least \$500, so if you are in the first 50 who register and hit \$250 in funds raised we will match that with another \$250, fulfilling your personal goal of the \$500. To be awarded a prize you must hit the personal goal of \$500, except for the Grand Prize of \$10,000. Every participant and cheerleader (non-participant) will receive an LVAC workout bag, based on hitting their minimum personal goal. Go to [lvac.com](http://lvac.com) to see all the prize-winning requirements and details about the race.



**LVAC's Todd Smith (second from right), Laird Hamilton (middle), LVAC owner Don Wildman (third from right) and Nimisha Wildman (third from left) and friends. Santiago, Chile- August 14, 2017**

Now is your chance to run a half marathon and to raise money for Augie's Quest by participating in this year's Rock 'n' Roll Half Marathon. The purpose of Augie's Quest has always been to fund research and drug development aimed at ending ALS, Lou Gehrig's disease. Since 2007, Augie's Quest has raised over \$44 million in support of finding effective ALS treatments, making it the largest individual fundraising program for ALS!

In August, I celebrated my 60th birthday by joining LVAC's 84 year old owner, Don Wildman and his wife Nimisha, on a heli-snowboarding vacation down in Chile. Aside from my birthday, the other reason for the trip was to celebrate the super-human abilities of this amazing octogenarian. Don is participating in this extreme sport at a level unheard of for his age. One of his best friends, Laird Hamilton, was also there to witness this accomplishment. Over the years we have been inspired many times by "The Wildman", as his friends refer to him. Hamilton, over 30 years Don's junior, is no less inspiring. He is one of the world's most famous big-wave surfers. A mere mortal like yours truly realizes that there are very few people like Don and Laird who are able to achieve this super-human level of fitness and athletic abilities. In Don's case, the consistent and intense training has taken place over the last 60 years. He retired over 20 years ago, so now the time he used to spend working is spent working out and developing his remarkable athleticism. Both Wildman and Hamilton are the result of superb nutrition and a phenomenal training regimen that has produced levels of fitness that are age-defying. What they are accomplishing is unheard of and is breaking all the age-related barriers.

It was an incredible vacation, and a trip to remember for many years. The snow conditions were perfect. We had two to three feet of new powder on the last day. To say that where the helicopter took us was challenging would be an understatement, and you would think Don would be more cautious. But The Wildman was not following at the back of the pack; instead he was always one of the first ones down the mountain, right behind our guide. A special thank you goes out to The Wildmans for inviting me along on this epic trip. Hopefully, if we practice what we preach, we will be fortunate enough to be able to do this for many more years to come.

Finally, we would like to thank all those who donated to the relief efforts following Hurricanes Harvey and Irma that occurred at the end of the summer. After the devastating effects of record rainfall and flooding, it was awesome to see the entire country put their differences aside and come together in a way not seen for many years.

Here's to living life inspired by people like Wildman and Hamilton. Run or walk for those who are unable to do so. Let's raise funds and give based on the generosity and kindness in our hearts, as we maintain gratitude for all our blessings.

Yours in health, fitness, and inspiration,

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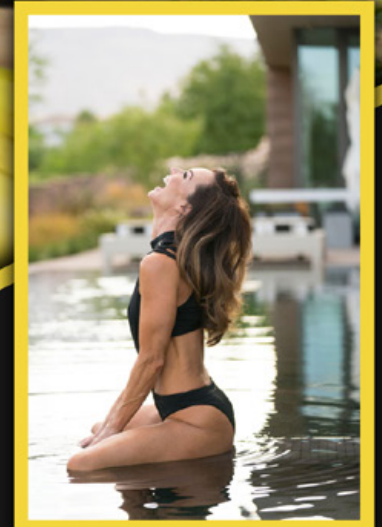
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# MEET OUR cover girl



Our cover girl, Danielle Rusk, grew up in Las Vegas as one of eight children in a very athletic family. When we say athletic, we're not even kidding. In addition to snowboarding, dirt biking, boating, hiking and horseback riding together, her parents, Brent and Linda, are both triathletes. Her dad has even completed several Iron Man competitions.

Danielle began playing soccer when she was five. She continued to play club soccer, was on her high school varsity team and played collegiate soccer at Brigham Young University-Hawaii. She also participated in hunter-jumper horse competitions.

Danielle shared that her workouts include attending sister Brittany Herlean's 8 a.m. Boot Camp class and Kelly Decolati's 8 a.m. HIIT class. Danielle said, "I love the group fitness classes at LVAC. Always high intensity and high energy, you get a great work out and have fun at the same time. I have noticed a big difference in my endurance and have also gained lean muscle. There is no better way to start your day than with a fun workout. I would much rather take an hour class than workout for an hour by myself."

Danielle generally eats clean-her diet includes lots of veggies, chicken, steak and fruits. "I love Isagenix protein powder and shakes. I usually have a shake right after I work out and add berries or a banana to it. Of course, I still enjoy ice cream, pizza and everything else. I just try to eat those things in moderation."

Danielle received her associate degree in marketing from BYU-Hawaii and is currently working in online marketing. "I still play indoor soccer every Monday night," she shared. "And I love to go on runs and walks with my husband, Dan, and my adorable Goldendoodle, Winston."



Danielle with her team, 'Born and Raised', after winning the Spring Championship. They are a part of the Las Vegas Women's Indoor League.

Photography by Ches Owen, makeup by Kali Smith



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Cara Brotman  
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# success story

# NICOLE CHERRY

**N**icole Cherry is a dance instructor and fitness enthusiast. You may recognize her as ‘MJ’ in her role as a radio DJ for X107.5, where her program has aired every weekday for the last 11 years. She and her “amazing” husband Chris have a two-year-old daughter and are expecting a son this December.



**LVAC: Success and fitness aren’t measured only in weight loss. You have one child, and are now expecting another in a few months. How has your history of exercise and activity prepared you for the current challenges in your life?**

**Nicole:** I have always been a fitness enthusiast. I grew up participating in gymnastics, dance and swimming. I began

teaching group fitness and kickboxing at 19. After I moved to Las Vegas, I was inspired to begin dance fitness and started teaching pole dancing. I continued teaching dance into the fourth month of my first pregnancy. A turning point for me came after I delivered my first child. I found that my body had a new shape! For the first time, I began to get serious about weight training. I loved my yoga and dance cardio, but I really wanted to see some change, so I knew it was time for something new. That’s when I took my first BODYPUMP class. I loved it, and over time I began to see a real difference in the way I looked and felt. I no longer felt lost in the weight room. I learned that weights could change your body! I always tell people that are new to weight training to take BODYPUMP group fitness classes, because that is where they will learn the basics they need in order to progress. Being fit made the recovery from my first delivery much easier than if I had not been working out.

**LVAC: How do you make your workouts fit into your busy schedule?**

**Nicole:** I am currently in my sixth month of pregnancy with my second child, so while I try to keep up with my training, I do need to make adjustments. I always aim for three days a week to weight train and do cardio. I also plan to do one ‘fun’ class every week, something I really enjoy, like yoga or dance. I finally tried an aqua fitness class recently and I loved it! I know aqua classes sometimes have the stigma of being only for older people. I thought since I had grown up swimming that it probably wouldn’t be a very intense workout, but I was wrong, it was tough. The wonderful thing about the water is that it gives you the flexibility to change your intensity and modify your movements as needed. Now that I am pregnant, I listen to my body. On weeks where my body tells me I need some rest, I alternate with a gentler workout.

**LVAC: What choices do you make when it comes to your nutrition?**

**Nicole:** Like everyone else, I have my moments where I eat what I am craving, but most of the time, I eat whole natural foods and I try to consume a wide variety of fruits and vegetables and lean proteins. For example, I love having a protein shake for breakfast. Mine consists of vanilla protein powder, cold coffee, banana, apple, and spinach (it’s strange, but you don’t even taste the spinach) blended with almond milk. Or, I like overnight oats, which I mix with banana, cinnamon, almond milk and a dash of pure maple syrup. I try to get a great protein meal after my workouts. Some of my favorites are chicken lettuce wraps, sirloin steak with veggies or turkey tacos.

The free MyFitnessPal app is the best tool for monitoring my nutrition. I will track my calories now and then, but I mainly use it to increase my awareness of the things I am eating. I might splurge on some Taco Bell, but after I enter the calories, I think twice the next time I have to enter 950 calories for my 2 favs, bean burritos and Mexican pizza. MyFitnessPal always reminds me which foods are worth the calories, and which foods aren’t.

**LVAC: What are some of the benefits you have experienced in leading a healthy lifestyle?**

**Nicole:** Working out has always been easy for me, but having good nutrition is more of a struggle. When you have a child, you always want the best for them. So now that I have a family, I am much more aware of what I cook and serve. I am working hard to balance meals with the right food groups and portion sizes.

I gained about 35 pounds with my first pregnancy and five months after delivery, I had lost the weight. My first delivery was a cesarean section due to complications, and I can honestly say that my recovery was fairly painless and I felt very strong. I know that was because I have been consistent with my workouts. I feel confident that my fitness will also help with my recovery after this next delivery.

**LVAC: What are your favorite things about LVAC?**

**Nicole:** I recommend LVAC to anyone and everyone! I have been a member since moving to Las Vegas in 2001. When I first moved here I worked nights, so I could workout at 3 a.m. at LVAC. I love all the group fitness classes that are offered. Whatever I am in the mood for, LVAC has a class for it. Plus, you cannot beat the price. It’s clean, comfortable and has anything you can imagine for your workout needs.

*Nicole writes about her fitness experiences to motivate others to healthy lifestyle changes. Search for some of her posts at <http://x1075lasvegas.com>*

“ Now that I am pregnant, I listen to my body. On weeks where my body tells me I need some rest, I alternate with a gentler workout. ”



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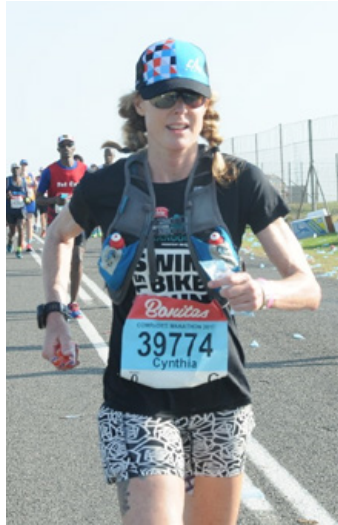
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**LVAC** personal trainer Cyndee Platko recently completed the Comrades Marathon in South Africa. Cyndee has competed in many marathons, but this is the most iconic ultra marathon in the world. It has been in existence for over 90 years and was started by a man who wanted to remember his comrades who perished in war. Not only is it the oldest ultra marathon in the world, it's the largest with close to 20,000 runners. Another unique fact about this race is the very challenging cutoff time. Runners must complete the 54.5-mile run in 12 hours!

In speaking of her experience at the Comrades Marathon Cyndee said, "It was the experience of a lifetime. I barely finished in time and had to dig deeper than I have ever had to dig before. This event was the most challenging race of my life! I am so grateful that I was able to do this event and have such wonderful support for my 'Run For Fido' cause at the same time. I am happy to report that I raised over \$3,000 for the amazing dogs at the Nevada SPCA thanks to my wonderful friends and family!"

LVAC would like to congratulate Cyndee on her amazing achievement!



**LVAC** member Judith Dawson and her family competed in a 5K in Dallas, Texas, in May of 2017. The funds raised from the event were donated to a local summer camp for children with diabetes. The camp experience is designed to help children support each other, learn how to make healthy choices and have fun together.





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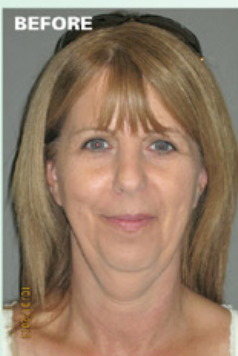


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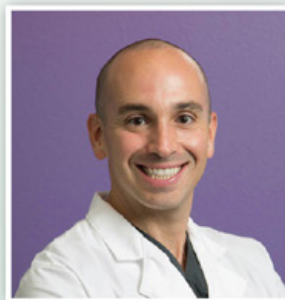
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# club life

**LVAC** members Guadalupe Gonzales and Diana Sanchez take LVAC group fitness cycling classes on a regular basis. On a recent trip to Miami, Florida, the duo decided that if they could ride indoors, they should rent bikes and ride outside! While they were in Miami they rode to the South Point Pier and back.



**LVAC** aquatic instructor and personal trainer Dina Varjas with LVAC member Betty Fox. At age 97, Betty continues to workout and loves the aqua classes at the Flamingo & Sandhill club.



**LVAC** Group Fitness Director Patricia Norman, members Katrina Harris, and GF instructors Luigi Grullon, April Chaparian and Joseph Dewees competing at the 15th Annual Rage Triathlon, Duathlon on Saturday, April 22, 2017 at the Boulder Beach, Lake Mead National Park, Nevada.







## LVAC Dance Team

The LVAC Dance Team officially got its start in the fall of 2016 when the Thursday, 3 p.m. Ballet Barre Toning class at the West Sahara and Decatur club began rehearsing choreography. After many months of hard work, 12 brave LVAC members took the stage at the Thunderstruck Dance Regional Competition held in March of 2017. The LVAC Dance Team entered five categories, all of which advanced them to the Thunderstruck International Dance Competition held in July in Las Vegas. The dancers received 1st Overall in all the categories they entered!

The LVAC Dance Team consists of very dedicated, positive and highly motivated women of all ages and abilities, ranging from absolute beginners to professional dancers. These women also serve our community as educators, medical professionals, cosmetologists, in the hospitality industry and much more. We are so honored to have them represent LVAC and perform as role models who share their time and talents to inspire everyone to DANCE!

LVAC group fitness instructor Ashley Onstott, (pictured at right in blue) began dancing with the Salt Lake City, Utah Ballet West Company when she was just 17. She also completed her BFA in Ballet and her B.S. in Anthropology, graduating with honors. She has danced in New York City and while there, was named one of the top personal trainers nationally by Town Sports International. Coming to Las Vegas in 2005, she earned her B.S. in Exercise Science and Health promotion and went on to create Booty Blast B.A.R. with LVAC group fitness instructor, Kimber Dunkely. Ashley is an ACE and NASM certified personal trainer and is certified in aquatic fitness, Pilates and Les Mills Body Pump.

*Would you like to join the LVAC Dance Team? Join us for class Thursday, 3pm at the West Sahara and Decatur club or contact Ashley Onstott at 702.370.5916.*



LVAC Group Fitness Director Patricia Norman (red hat) with group fitness instructor Joseph Dewees and member Katrina Harris competing in the Bootleg Desert Dash in June, 2017.







# Low Fat Ranch Dip

Recipe and photo courtesy of [instagram.com/pollyandjane](https://www.instagram.com/pollyandjane)

What's better than a high protein, low fat ranch flavored dip that can be thrown together in just minutes?

- 1 cup 2% fat cottage cheese
- 1 cup plain nonfat Greek yogurt
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/2 tsp granulated garlic
- 1/2 tsp granulated onion
- 1 tsp dill (fresh or dry)
- 1 tsp parsley (fresh or dry)
- 1 stalk sliced green onion for garnish (optional)

Whisk all spices and herbs into the Greek yogurt until they are incorporated and the mixture is smooth. Blend in the cottage cheese, and pour into a serving dish. Sprinkle with green onion slices to garnish and refrigerate until chilled.

Serve with any veggies, olives or crackers.

## BODY IN *Balance* THERMOGRAPHY

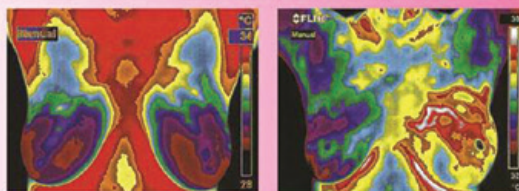
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WEEKDAYS 7-9am

CHANNEL 33 CABLE 6



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ALLAN**

**JEFF  
MAHER**



# FIT FACTS



## mix up your greens

If your go-to green for salads is spinach or romaine, that's great—they're both packed with tons of nutrients. But a varied diet is a healthy diet, and there are tons of other greens out there that are equally delicious. If you like lighter leafy vegetables, try swapping your spinach for some arugula, leaf lettuce, watercress or parsley, or combine a few different greens to get an incredible mixture of vital nutrients that will power you through the rest of your day. If you prefer heartier greens or like to go with seasonal options throughout the colder winter months, look for toothsome leafy vegetables like kale, chard, cabbage or Chinese cabbage, beet greens, or even collards. Tougher greens can be lightly blanched in boiling water to give them a more pleasing texture.

## POWER UP YOUR RUN



"Adding wall sits to the end of every run will strengthen your quads, hamstrings and glutes, improving your speed and endurance. Lean against a wall with your feet shoulder-width apart, then squat until your knees are bent at 45-90 degree knee bend. Hold for 30 to 60 seconds; work up to doing 10 sets. Add a challenge by including heel raises: Lift your left heel, then the right, then lift both together twice."

—Mindy Solkin, owner and head coach of the Running Center, New York City

## STICK TO IT FOR TWO WEEKS

If motivation is your hang-up, change your exercise routine every 14 days. A University of Florida study discovered that people who modified their workouts twice a month were more likely to stick to their plans compared to those who changed their regimens whenever they wanted to. Boredom didn't appear to be a factor; it seems people simply enjoyed the variety more.







*Holiday*

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## *never skip* The Most Important Meal

For once we're not talking about breakfast but rather the recovery meal after your workout. "So many women skip post-exercise nutrition because they don't want to undo the calories they just burned," says Amanda Carlson-Phillips, vice president of nutrition and research for Athletes Performance and Core Performance. "But getting a combination of 10 to 15 grams of protein and 20 to 30 grams of carbohydrates within 30 minutes of your workout will help to refuel your body, promote muscle recovery, amp up your energy, and build a leaner physique."

*"in all of living have much fun and laughter.  
life is to be enjoyed, not just endured."*

- Gordon B. Hinckley

## WHY LVAC GROUP FITNESS?

"Although virtual group fitness is an excellent option for a club or home setting workout, most people agree that it will never replace the key instructional feedback, human connection or high level of energy created by a live instructor."

IDEA Fitness Journal, February 2016





# ENHANCE YOUR GYM TIME

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Kathe lost  
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"For years I tried so many ways to lose those stubborn pounds. Diet and exercise wasn't enough. I went to Fast Fit and *within days*, I noticed a difference!" -Kathe

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Dr. Drew Georgeson is the Medical Director at Fast Fit Body Sculpting. He is a board certified general vascular and cosmetic surgeon.

Dr. Georgeson says, "Men and women can achieve targeted fat loss results like Kathe did in only a matter of weeks, and without invasive surgery."



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“ I would love to compete in a triathlon, and complete another Mud Run. As an amputee, I am motivated to stay fit in order to be an example to others. ”





# member spotlight

## EDDIE RUEDA

**Y**ou can call it determination, guts, strength, or resolve. Webster's dictionary defines it as a "firm or unwavering adherence to one's purpose." However you want to define it, Eddie Rueda embodies the character needed to overcome adversity.

Eddie was born in Orange County, California but was raised in Las Vegas. He refers to his home here as the beautiful state. Always physically active, he was a runner, a rugby player and enjoyed obstacle course racing. He was engaged in pursuing a college degree, when in May of 2014, life as he had known it took an unexpected and dramatic turn. He was riding his motorcycle when a drunk driver, who was traveling at an excessive speed, struck him from the left side. Among the very serious injuries he sustained, including a dislocated clavicle and shattered wrist, was severe trauma to his left leg and foot. "After being at UMC for three days, the surgeon rolled me into the operating room for my second surgery. He gave me two options. The first option was to attempt to save my leg. That would involve being in a cast, going through multiple surgeries and having pins and needles holding my foot together for a total of one and a half to two years. Even with all of this, there was only 10-12% chance that this would save my foot," Eddie recalled. "The other option was performing an amputation and leaving the hospital in four days."

"While I was laying on the operating table, I thought about how I had just transferred my credits from CSN to UNLV to begin my junior year of college in the fall. I didn't want to postpone my life for two more years because one person made the horrible decision to drive drunk. The driver of the car that hit me had already stolen so many days of my life, I wasn't going to let him take any more. I decided to move forward with the

amputation, take the summer to recover and try to regain a normal life once the fall semester started."

The first thing on his agenda after receiving his prosthetic, was to get back into the gym. Eddie shared that he has been a member of LVAC since he was 13 years old. He started out spending time in day care while his mom worked out. For his birthday, he told his mom that he wanted a membership so he could workout, too. Once he was old enough to attend LVAC, he was out of the playroom and into the gym. He has held a membership ever since.

His motivation for getting back in the gym came in part from a desire to lose the weight he had gained after his injury. Most of his desire came from the need to have control over his own body. "Many things in our life are out of our control", Eddie said. "Being fit and choosing a healthy lifestyle is one of the few things that only you have the ability to control. No one can run six miles a day for you in order to prepare for a rugby tournament. You have to put in the time and sweat in order to prepare for the big day. You have the choice to eat potato chips at work for a snack, or pack your own fruits and veggies. You are the only person that will be affected by the calories that you consume from choosing the chips over the apple."

When he began coming to the gym, he tried his normal weight lifting routine, but his shoulder and wrist injuries began giving him issues when lifting heavier weights. Because he was not able to run long distances, he decided to try taking group fitness classes. "Classes that had high impact activities, such as jump squats, would hurt my leg because the nerves were still healing above my amputation site. After trying multiple classes, I found indoor cycling. It was great because it had the high intensity I was looking for

without the impact that hurt my stump," Eddie remembered. "Like most people, I started out not being able to keep up with the beat and struggling to not take a break in the middle of a song. I knew that I simply had to keep going and eventually I would be able to perform just as well as everyone else in class. I attribute indoor cycling classes to my being able to lose a lot of the weight I put on during my recovery. It also helped that the classes are taught by wonderful and encouraging instructors."

Eddie is currently working as a case manager for a boutique law firm while attending UNLV to pursue a degree in psychology. Despite having very little free time, he has managed to travel to Ecuador with a friend, and last year he was able to visit Japan with his younger brother. In addition to his interest in traveling, he has a love of cars that began in high school, where he majored in automotive technology at Northwest Career and Technical Academy. "I like spending time working on my car or on my friends' cars. Once I finish my degree, I plan on converting a classic car into a fully electric vehicle. The little spare time I do have is spent on researching conversions of other classic vehicles."

Eddie plans to finish his degree and graduate in the spring of 2018. Following graduation, he would love to travel and looks forward to having more time to devote to other hobbies. But his first priority will be to head back into the gym to return to the weight lifting he was doing before the accident. He says, "I would love to compete in a triathlon, and complete another Mud Run. As an amputee, I am motivated to stay fit in order to be an example to others. There is no excuse not to be fit. You have to take responsibility for your own body. I hope that my efforts to excel will encourage other people to try to reach their potentials."



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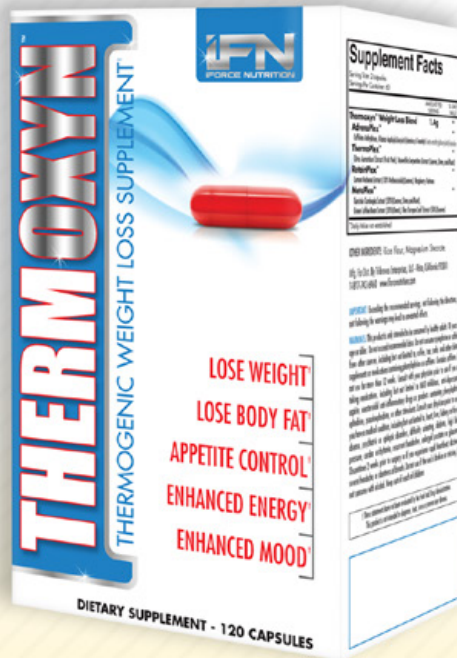
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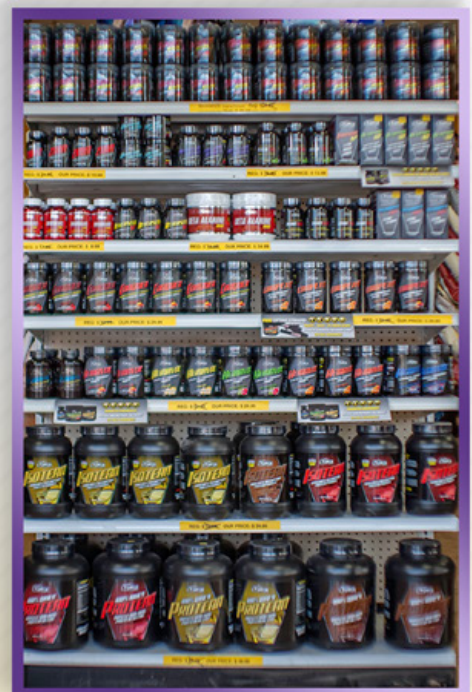
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**R**unning a half marathon is a respectable challenge. 13.1 miles is a substantial distance and to complete a half marathon says a lot about a person. But think for a moment about the challenges of living with ALS (Lou Gehrig's disease)

Sadly, most people with ALS only survive 2- 5 years after being diagnosed. However, research into this terrible neuromuscular disease is helping some patients live longer. But more research must be funded to find a cure.

Now is your chance to run a half marathon and to raise money for Augie's Quest to cure ALS by participating in this year's Rock 'n' Roll 1/2 Marathon.

Who is Augie? Augie is Augie Nieto, a 59-year old health club equipment legend. Augie founded the Life Cycle and eventually became

the president and CEO of Life Fitness. He dedicated his life to finding ways for people to enjoy indoor exercise. He has now dedicated his life to finding a cure for ALS.

The money you raise for Augie's Quest is earmarked to fund research and drug development aimed at ending ALS. Since 2007, Augie's Quest has raised over \$44 million in support of finding effective ALS treatments-making it the largest individual fundraising program for ALS!

The Las Vegas Rock 'n' Roll 1/2 Marathon is one of the most popular races of the year largely because the county shuts down the strip for the runners. Also, the race starts at 4:30 pm.

As a fabulous incentive, LVAC has some amazing prizes for the best fundraisers.

**THE FIRST 50 PARTICIPANTS (non-cheerleaders, options 1 and 2) WHO REGISTER THROUGH OUR WEBSITE, WHEN YOU REACH \$250 IN FUNDRAISING LVAC WILL MATCH WITH ANOTHER \$250 DONATION. CHEERLEADERS (option 3) ARE ONLY SPECTATORS, AND ARE UNABLE TO PARTICIPATE IN THE ROCK 'N' ROLL MARATHON.**

### ALL PRIZES ARE DETERMINED BY MOST FUNDS RAISED

- GRAND PRIZE:** \$10,000 Cash (Must raise minimum of \$5,000)
- 2<sup>nd</sup> PLACE PRIZE:** A new Life Fitness Treadmill or a new Octane Zero Runner (your choice of either).
- 3<sup>rd</sup> PLACE PRIZE:** A new Life Fitness Treadmill or a new Octane Zero Runner (our choice of either).
- 4<sup>th</sup> PLACE PRIZE:** \$500 gift card to Ohjah Japanese-Hibachi-Sushi restaurant
- 5<sup>th</sup> PLACE PRIZE:** \$250 gift card to Ohjah Japanese-Hibachi-Sushi restaurant
- 6<sup>th</sup> PLACE PRIZE:** 5 (group) personal training sessions with Body Revision by Claudia - \$125 value
- 7<sup>th</sup> PLACE PRIZE:** Your choice of either a \$100 gift card to Giuseppe's restaurant or Yogurtland
- 8<sup>th</sup> PLACE PRIZE:** Our choice of either a \$100 gift card to Guesepes restaurant or Yogurtland
- 9<sup>th</sup> PLACE PRIZE:** Your choice of either a \$50 gift certificate to Giuseppe's Restaurant or Yogurtland
- 10<sup>th</sup> PLACE PRIZE:** Our choice of either a \$50 gift card to Giuseppe's Restaurant or Yogurtland

### TO WIN ANY PRIZE, YOU MUST RAISE A MINIMUM OF \$500

One winner only per prize. Prizes awarded based on amount of donations raised.

To get involved, log onto [www.lvac.com](http://www.lvac.com) and click on the banner. Help yourself by running. Help others by raising money. And that way, everyone can rock 'n' roll 4ALS!



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BEFORE



AFTER

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

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# DRINK TO YOUR HEALTH *with tea*

By Crystal Petrello

**M**ost Las Vegans enjoy the change of seasons, particularly the much-anticipated change from the sweltering summer to a cooler fall. A very enjoyable aspect of fall is to be able to cozy up with a hot drink. This year, try a hot cup of tea. You won't be able to resist this treat once you experience the range of health benefits that come from tea. The positive effects of tea range from cancer prevention to improving cognitive brain health. You don't have to drink copious amounts, either. A reasonable one to three cups a day result can result in improved health.

Next to water, tea is the most common liquid consumed throughout the world. With the passage of time, the amount of research on the health benefits of tea has greatly increased, particularly regarding the *Camellia Sinesis* (CS) plant which produces the teas we commonly know as black, green, puerh, oolong and white teas.

There are hundreds of helpful components in tea including caffeine, amino acids, and flavonoids. Health benefits are most often credited to flavonoids due to their antioxidant properties. But other important components are L-theanine and epigallocatechin gallate (EGCG). For tea to be the most effective, it needs to be consumed as a whole beverage and not in a supplement form. The beneficial components of green tea such as EGCG appear to have a weaker effect when isolated and taken in pill form. When consumed as a tea they are synergistic. Thus, if you are going to take EGCG as a supplement, drink it down with a cup of green tea.

The following is a quick overview of important research to support the promotion of tea-fueled health. So, cozy-up with that warm cup, and better understand what you're drinking!

## Heart Health

Some of the risk factors that lead to heart disease and stroke are high blood pressure (hypertension), high cholesterol and hardening of the arteries. Tea research shows that three or more cups of black tea a day reduces the risk of heart disease and stroke. It is thought that tea targets heart health through multiple mechanisms such as blood vessel function and platelet function. For those wishing to prevent the development of high blood pressure, two and a half cups (20 ounces) of tea a day can reduce the risk of developing hypertension by 65%. One to two cups of black tea a day was shown to have a 46% decrease in the hardening of the arteries (aortic atherosclerosis) when compared to those who did not drink tea.

## Cancer

Tea compounds, such as EGCG, have the potential to protect against cancer. Research has shown that the properties in tea decrease the risk of cancers by reducing DNA damage, inhibiting cancer cell growth, promoting cancer cell death, and boosting the immune system. Drinking hot black tea is associated with a lower risk of squamous cell carcinoma, which is the second most common type of skin cancer. Three cups of tea consumption a day have also been linked to a 37% reduction in breast cancer risk of women under the age of 50. Compared to non-tea drinkers, people who drink tea have a 42% reduced risk of colon cancer.

## Cognitive Health

The Duchess of Bedford started the practice of "Afternoon Tea" in the mid-1800s. She is reported to have said that it prevents that sinking feeling in the later afternoon that we now call the mid-day slump. Research has shown that tea can improve mental clarity, mood, and work performance. This

is possibly due to the amino acid L-theanine's synergy with caffeine. It has been shown that drinking tea can directly affect the area of the brain that controls attention and the ability to solve complex problems.

## Osteoporosis

For a long time, it was thought caffeine contributed to a decrease in bone density, particularly as women age. Recent studies have shown that there is no relationship to caffeine and bone health. Research is actually showing that drinking tea has a correlation to higher bone density. Higher bone density may aid in reducing the risk of osteoporosis and bone fractures.



Type of Tea	Other names and varieties	Preparation at Picking	Caffeine (mg) Content per 8oz prepared *, *	Caffeine (mg) Content per 8oz prepared *, **
Green	Japanese Green, Chinese Green, Kanwah, Gunpowder, Dragonwell, Long Jing, Clouds and Mist, Jasmine Green tea, Sencha, Hojicha, Genmaicha, Gyokuro	Uncured and unoxidized, steamed to prevent oxidation	Bring filtered water to a boil and remove from heat. Let water sit at room temperature for 10 minutes before pouring over loose leaf green tea or adding tea bag. Remove tea leaves/bag from water after 1 minute.	20-30 mg
Black	Assam, Nepal, Darjeeling, Nilgiri, Yunnan, Lapsang Souchong, Keemun, Earl Gray, Breakfast blends, Ceylon	Fully oxidized	<b>Hot Tea:</b> Bring filtered water to a boil and add tea leaves/bag. Steep for 3-5 minutes. Remove tea bag/loose leaves. The larger the tea leaf or more delicate look the lower the water temperature (180-190 degrees F) and longer the steep time. Think "Low and Slow". For example the steep time for Oolong is 5-7 minutes and for White tea is 3-4 minutes.	40-50 mg
White	Silver Needle, White Peony	Uncured and unoxidized		10-15 mg
Oolong	Vietnamese and Thai, Iron Goddess of Mercy, Ti Kaun Yin, Tie Guan Yin	Partially oxidized and pan fired to prevent oxidation		20-40 mg
Pu-erh	Black tea, Dark Tea, Maocha, Green/raw, Ripened/cooked, Aged raw	Fermented and aged	<b>Cold Tea:</b> For 1: Brew tea as above and pour over ice. Pitcher: Boil 1 quart of filtered water. Steep 8-10 tea bags for 3-5 minutes. Remove tea bags and pour over ice. Add cold water to decrease strength of tea.	50-70 mg
Matcha	koicha and usucha Different grades to include: Ceremony, Premium and Ingredient	Matcha tea plants are grown and harvested differently than other CS types. Leaves are steamed, dried and ground into a fine powder.	Bring water to a boil. Add about a tsp of hot water to matcha powder. Mix to make a paste. Stir paste while adding 6 ounces of water.	25-30 mg
Rooibous	Red bush tea, Bush Tea, Aspalathus linearis	Fermented	1 1/2 teaspoons of tea leaves for every 8 ounces of boiling water. Then, let the tea steep for at least 5 to 6 minutes	0 mg
Herbal	Leaves, root, bark, seed and flower of plants. Not linked to research mentioned above of the Camellia sinensis plant.	Depends on blend	Depending on the blend 5-9 minutes	0 mg
Yaupon	yaupon holly, Ilex vomitoria	Depends on blend, see Sidebar for more details	1 tsp -1 Tbsp steeped for 5 minutes	Varies ~ 20-50 mg

\*Amount of caffeine is dependent on blend and strength of tea

\*\*Compare to 1 cup of coffee prepared (95 mg) or 12oz of caffeinated soda (35-45 mg)

#### SOURCES:

1. <http://www.teausa.com/14655/tea-fact-sheet>
2. <https://Examine.com/nutrition/nutrient-synergy>

## YAUPON TEA

The company Cat Spring caught my eye at the recent World Tea Convention as offering the only caffeinated plant native to North America, the "Yaupon." Yaupon was brewed for centuries by Native Americans, but became somewhat forgotten with the passage of time. Recently, it has been rediscovered and is growing in popularity. The Yaupon plant grows wild in Texas, where it is fed with only sunshine and rain water. It is then sustainably wild-harvested. There is no large agriculture in the area to contaminate the plant space with chemicals, even though the company does test the product for chemical contamination. In addition to the amazing products they produce, their "Cat Spring Working with Dignity" program offers jobs to those exiting the criminal justice system, and this work aids their transition to other meaningful employment. Cat Spring believes the justice system is broken. They want their company to be a model for other companies and believe that "sustainability is about more than just the land, it is about people too".

I know, you are thinking, "But how does it taste?" Abianne Falla, co-founder of Cat Spring, describes their staple green Yaupon, "Pedernales," as "naturally sweeter than green tea with none of the bitter taste. The medium roast Yaupon, "Lost Maples," is more like an oolong tea. The dark roast Yaupon, "Marfa," tastes most like a traditional black tea. In the heat of summer, the iced green Yaupon is crisp, clean and refreshing."

## HEALTHFUL SIPPING:

80% of Americans drink their iced tea in a bottled, ready to drink form. Be aware that most of these products have a great deal of added sugar, so read the label and be aware of what you are drinking. The iced tea method listed in the above chart will show you how to get the best nutrients and taste from your tea. If you want to add some sweetness without adding sugar, purchase whole stevia leaves to steep with your tea. You can purchase whole stevia at the Herbally Grounded store on West Charleston.

## Crystal Petrello

MS, RDN, LD, ACE Certified Health Coach

Find Crystal on Instagram @PartyRight\_Life and check out her weekly videos!





# 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.

## 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
<b>BALLET BARRE TONING</b> 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.	60 Minutes	Total Body	250	Barre Bar
<b>BELLY DANCE</b> 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
<b>BOOTY BLAST BAR</b> 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
<b>HOT HULA FITNESS</b> Inspired by the dances of the Pacific Islands, HOTHULAFITNESS® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HotHulaFitness® isolates your larger muscle groups, increasing strength and definition to your core, glutes, quads and arms.	60 Minutes	Total Body	250	Body
<b>MIXXEDFIT</b> 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	650	Body Weight
<b>SH'BAM™ BY LES MILLS</b> 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	400	Body Weight
<b>ZUMBA®</b> 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	600	Body Weight

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# class DESCRIPTIONS

## 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
<p><b>BODYATTACK™ BY LES MILLS</b></p> <p>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!</p>	55 Minutes	Cardio	735	Body Weight
<p><b>BODYCOMBAT™ BY LES MILLS</b></p> <p>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.</p>	55 Minutes	Cardio	740	Body Weight
<p><b>BODYSTEP™ BY LES MILLS</b></p> <p>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.</p>	55 Minutes	Cardio	620	Height Adjustable Step
<p><b>BODYPUMP CLINIC: LEARN PROPER TECHNIQUE</b></p> <p>Whether you're new to BodyPump or consider yourself a BodyPump veteran, we have designed this clinic to help you learn the proper strength training techniques used in our BodyPump classes. Time under tension, dead rows, clean &amp; presses ~ what does it all mean? Let us safely guide you to a better understanding of how to power through a BodyPump class with safe and amazing results. Check our schedule for this once a month club specific offering which will enhance your experience and move you towards a fitter you!</p>	60 Minutes	NA	NA	Barbell
<p><b>BOOT CAMP</b></p> <p>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.</p>	60 Minutes	Total Body Workout	550	Various
<p><b>CYCLE</b></p> <p>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.</p>	60 Minutes	Lower Body & Core	500	Bike/Body Weight
<p><b>CYCLE XPRESS</b></p> <p>30 minutes of high intensity Cycling. Get on the bike and go. This 30 minute cycle cardio blast will make you long, lean and a mean cycling machine. Hop off the bike and join another one of our Dirty30 classes to round out your workout or cycle hard for 30 minutes and you're done. See you on the bike.</p>	30 Minutes	Lower Body	300	Indoor Bike
<p><b>DIRTY30</b></p> <p>Dirty 30 classes are challenging, fun and fast, but the results to your health and fitness will be remarkable. You MUST warm up and cool down on your own, as these 30 minute classes start fast and don't let up until the very end. The Dirty30 are a series of high octane group fitness classes that will challenge you from the minute you walk into the room. From Sandbag, HEAT, Kettlebell, Body Combat, Tabata Training, Cycle, Kickboxing and more, our instructors will give you a variety of amazing workouts that will keep you coming back to redefine your body.</p>	30 Minutes	Total Body Workout	375	Various
<p><b>8STRIKES™</b></p> <p>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.</p>	60 Minutes	Total Body Workout	700	Body
<p><b>H.E.A.T.</b></p> <p>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.</p>	60 Minutes	Total Body Workout	600+	Battle Ropes, Kettlebells & more
<p><b>HIIT</b></p> <p>HIIT, or High Intensity Interval Training is an exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods. Using equipment such as medicine balls, weight, body weight, etc., this muscle building and fat burning program will give you the fitness benefits you are looking for.</p>	60 Minutes	Total Body	500	Various



## HIGH INTENSITY/CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>KICK BOXING</b></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><b>LITE STEP/LITE WORKOUT</b></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><b>PILOXING™</b></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><b>RPM™ CYCLE BY LES MILLS</b></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><b>STEP 1, 2, 3</b></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

## 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><b>ARMY RANGER BOOT CAMP</b></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>	90 Minutes	Total Body Workout	500	Various
<p><b>BODYPUMP™ BY LES MILLS</b></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 Endur- ance	560	Barbell, Plates & Height adjustable Step
<p><b>KETTLE BELL POWER</b></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><b>SANDBAG XPRESS</b></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>	45 Minutes	Total Body Workout	500+	Sandbag
<p><b>KETTLEBELL XPRESS</b></p> <p>45 minutes of intense work with these cannonball-shaped weights. Kettlebell Xpress training involves multiple muscle groups and energy systems all at once. Kettle Bell Xpress provides the ability to improve mobility and range of motion as well as enhancing performance for everyday functioning in a shorter amount of time. You will burn major calories while performing movements that work the entire body.</p>	45 Minutes	Total Body Workout	500	Kettlebells





# 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><b>ASHTANGA (INTRO/PREP) YOGA</b></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><b>BEGINNING YOGA</b></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><b>BODYFLOW™ BY LES MILLS</b></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><b>GENTLE YOGA</b></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><b>GENTLE YOGA MIX</b></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><b>PIYO</b></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>	60 Minutes	Total Body	250	Body Weight
<p><b>TAI CHI</b></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><b>VINYASA FLOW YOGA</b></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><b>YIN YOGA</b></p> <p>is a slow-paced style of yoga with asanas that are held for longer periods of time that may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more. Yin yoga poses apply moderate stress to the connective tissues of the body ~ the tendons, fascia, and ligaments. The aim is to increase circulation in the joints and improve flexibility. Yin yoga's meditative approach to yoga is to cultivate awareness of inner silence.</p>	60 Minutes	Total Body	150	Body Weight
<p><b>YOGA BLEND</b></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



## 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
<b>AI CHI</b> A slow, focused, moving meditation water exercise that will help improve wellness and balance.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
<b>AQUAAEROBICS</b> 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
<b>AQUABOOTCAMP</b> 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
<b>AQUAFIT</b> 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
<b>AQUA RECOVERY</b> 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
<b>AQUA ZUMBA</b> 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	200	Body Weight
<b>H2O CORE + MORE</b> 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
<b>HYDROFIT</b> 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
<b>RAPID LIQUID CARDIO</b> 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
<b>WATER JOGGING</b> 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

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





# class SCHEDULES

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP	BODYPUMP	BODYSTEP			
6:00		BODYPUMP	BODYSTEP	BODYPUMP	H.E.A.T. by LVAC	BODYPUMP	
7:00						BODYSTEP	
7:15		SANDBAG XPRESS					
8:00	HEALTHY BACK		TAI CHI	HEALTHY BACK	TAI CHI	BODYCOMBAT	BODYATTACK
8:15		DIRTY30					
8:45		DIRTY30					
9:00	MIXXEDFIT						
9:15			BODYCOMBAT	BODYPUMP	STEP 2		BODYPUMP
9:30		H.E.A.T. by LVAC				STEP 3	
10:15					BODYPUMP		
10:30	DIRTY30	KICKBOX	M.R.T.	ZUMBA		ZUMBA	MIXXEDFIT
11:00	DIRTY30						
11:30		ZUMBA	PILATES	H.E.A.T. by LVAC		MIXXEDFIT	BODYPUMP
<b>PM</b>							
12:00	MIXXEDFIT				MIXXEDFIT		
12:30		BODYPUMP	H.E.A.T. by LVAC				
12:45				MIXXEDFIT		BODYPUMP	ZUMBA
1:30		KETTLEBELL POWER	KICKBOX		KICKBOX		
2:00							
4:30	ZUMBA	BODYPUMP		BODYPUMP			
5:00			KETTLEBELL XPRESS				
5:30	SANDBAG XPRESS			8STRIKES	MIXXEDFIT		
6:00		MIXXEDFIT	MIXXEDFIT				
6:30	BODYPUMP				BODYPUMP		
7:00			BODYPUMP	KETTLEBELL XPRESS			
7:30		DIRTY30					
8:00	ZUMBA	DIRTY30		ZUMBA			
8:30		ZUMBA					

## 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			
8:00		BODYFLOW					
8:15	CYCLE		CYCLE		RPM CYCLE	CYCLE	
8:30							CORE CYCLE
9:00							
9:15						M.R.T.	
9:30	CYCLE		CYCLE	CYCLE XPRESS	CYCLE		
10:15				BODYFLOW			YOGA VINYASSA FLOW
10:30	PILATES				PILATES	BODYATTACK	
10:45			BODYFLOW				
11:30	BEGINNING YOGA					BEGINNING YOGA	
<b>PM</b>							
12:00		RPM CYCLE		CYCLE			
12:30	YOGA BLEND		ZUMBA		YOGA VINYASSA FLOW		
1:00		YOGA VINYASSA FLOW		YOGA VINYASSA FLOW			
3:15		BODYFLOW					
4:30				BODYFLOW			
5:00					CYCLE		
5:30	BODYFLOW	CYCLE	CYCLE				
6:00				CYCLE			
6:30	BODYCOMBAT		PILATES				
7:30	CYCLE						

## 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	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO		RAPID LIQUID CARDIO		
10:00		AQUA RECOVERY	AQUA RECOVERY		AQUA RECOVERY		
11:00			AI CHI				
<b>PM</b>							
12:00	AQUAEROBICS		AQUAFIT		AQUAEROBICS		
1:00	AI CHI				AI CHI		
6:00		RAPID LIQUID CARDIO		AQUA BOOT CAMP			

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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Las Vegas, NV 89149

Eastern & 215  
9055 S Eastern Ave  
Las Vegas, NV 89123

Town Square  
6587 S. Las Vegas Blvd #188  
Las Vegas, NV 89119



# class SCHEDULES

## WEST SAHARA - ROOM 1 (364-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP	CYCLE	BODYPUMP/CxWORX			
8:00	STEP 2						
8:30				RPM CYCLE			
9:00		ZUMBA	BODYCOMBAT			BODYPUMP	BODYPUMP
9:30	ZUMBA			ZUMBA	ZUMBA		
10:00		CxWORX	BODYPUMP				
10:15						RPM CYCLE	
10:30	BODYPUMP	CYCLE		M.R.T.	BODYPUMP		MIXXEDFIT
11:15			BOOTY BLAST B.A.R.				
11:30						ZUMBA	
<b>PM</b>							
12:30		BELLY DANCING					
1:00	ZUMBA						KICKBOX
3:00				BALLET BARRE TONING			
4:00		BODYPUMP					
4:30	BODYCOMBAT			ZUMBA			
5:30	BODYSTEP	RPM CYCLE		CYCLE XPRESS	RPM CYCLE		
5:45			MIXXEDFIT				
6:00				DIRTY30			
6:30	MIXXEDFIT	BODYPUMP		DIRTY30	ZUMBA		
6:45			BODYPUMP				
7:00				MIXXEDFIT			
7:30		MIXXEDFIT					
7:45			8STRIKES				

## WEST SAHARA - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00		YOGA VINYASSA FLOW				YOGA ASHTANGA	
9:30			YOGA BLEND				
10:00							
10:15							
10:30	BEGINNING YOGA				BEGINNING YOGA		
11:45			PILATES				
<b>PM</b>							
12:00	PILATES	YIN YOGA		YIN YOGA	PILATES		
1:30							BEGINNING YOGA
2:30							YOGA BLEND
4:15				PILATES			
5:00	BODY FLOW		YOGA VINYASSA FLOW				
6:15		YOGA VINYASSA FLOW					
6:30	YOGA VINYASSA FLOW				YOGA VINYASSA FLOW		

## WEST SAHARA - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			
<b>PM</b>							
12:00	AQUAEROBICS		AQUAEROBICS		AQUAEROBICS		
5:30		AQUAFIT	AQUAFIT	AQUAFIT			

## 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. by LVAC	BODYPUMP	
6:30				BEGINNING YOGA			
7:00						CxWORX	
7:15					SANDBAG XPRESS		
7:45						DIRTY30	
8:00	BOOTCAMP	HIIT	HIIT		BOOTCAMP		
8:15						DIRTY30	
8:30							MIXXEDFIT
8:45		CxWORX					
9:00			BODYCOMBAT		BODYCOMBAT	SANDBAG XPRESS	

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

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**3 WEATHER  
AUTHORITY**

**JERRY  
BROWN**

**KELLY  
CURRAN**

**KEVIN  
JANISON**

**CHLOE  
BEARDSLEY**

**DANA  
WAGNER**



**THE  
CW**

**LAS VEGAS**

**NEWS AT TEN**

with Marie Mortera

**WEEKNIGHTS AT 10**

**Channel 33 Cable 6**

**MARIE  
MORTERA**

**CHLOE  
BEARDSLEY**



**3**   


**WEEKNIGHTS  
AT 11**

**JIM  
SNYDER**

**MARIE  
MORTERA**

**KEVIN  
JANISON**





# class SCHEDULES

## SOUTHWEST - ROOM 1 (CONT)

9:15	ZUMBA						
9:30		BODYATTACK		BODYATTACK			BODYPUMP
10:00			HIIT		H.E.A.T. by LVAC	ZUMBA	
10:30	DIRTY30	H.E.A.T. by LVAC		H.E.A.T. by LVAC			
10:45							KICKBOX
11:00	DIRTY30						
11:30		BODYCOMBAT		BODYPUMP	MIXXEDFIT	KETTLEBELL POWER	
11:45			KETTLEBELL POWER				
<b>PM</b>							
12:00	BODYPUMP						
12:30		BODYPUMP			BODYPUMP		ZUMBA
12:45				ZUMBA			
1:00			ZUMBA				
1:30	CxWORX					CxWORX	
1:45		8STRIKES					
2:00	ZUMBA				ZUMBA	ZUMBA	
4:15	BODYPUMP			BODYPUMP			
4:30		BODYPUMP	BOOTCAMP				
5:30	BODYATTACK		BODYPUMP		BODYPUMP		
6:00		MIXXEDFIT		BODYCOMBAT			
6:30	MIXXEDFIT						
6:45			BODYCOMBAT		MIXXEDFIT		
7:00		BODYPUMP		BODYPUMP			
7:45			ZUMBA				
8:00				MIXXEDFIT			

## SOUTHWEST - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE				CYCLE		
6:00		CYCLE	CYCLE	CYCLE			
6:15	BODYATTACK				BODYATTACK		
7:00		YOGA BLEND	GENTLE YOGA MIX				
7:15				CYCLE			
7:45	YOGA BLEND					CYCLE	
8:00					ZUMBA		
8:15			PILATES				
8:30				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 B.A.R.		CYCLE	
11:30			M.R.T.		PILATES		
<b>PM</b>							
12:00		YOGA VINYASSA FLOW					YOGA VINYASSA FLOW
12:30	CYCLE		CYCLE	GENTLE YOGA	GENTLE YOGA	BODYFLOW	
1:30		ZUMBA					
2:00				PILATES			
4:15	CYCLE		RPM CYCLE				
4:30					CYCLE		
5:30	YOGA VINYASSA FLOW	RPM CYCLE	PILATES	CYCLE			
6:00					BOOTY BLAST B.A.R.		
6:30		BODYFLOW		BODYFLOW			
6:45	CYCLE		CYCLE				
7:30		BODYCOMBAT		BELLY DANCING			
7:45			BODYFLOW				
8:00	PILATES						

## SOUTHWEST - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00	AQUAFIT		RAPID LIQUID CARDIO	AQUAFIT		AQUAFIT	
10:00		AQUAFIT		AQUA ZUMBA		AQUA ZUMBA	
<b>PM</b>							
5:30	RAPID LIQUID CARDIO						
6:30		RAPID LIQUID CARDIO					

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



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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					
6:00	BODYPUMP	BODYCOMBAT	BODYPUMP		BODYPUMP		
8:00		STEP 2 BODYPUMP	MIXXEDFIT	BODYCOMBAT BODYPUMP	PIYO	BODYATTACK KETTLEBELL POWER	H.E.A.T. by LVAC
9:15							CxWORX
9:30	ZUMBA				MIXXEDFIT		
9:45							KICKBOX
10:00			BODYPUMP				
10:15		ZUMBA					
10:30	H.E.A.T. by LVAC			H.E.A.T. by LVAC	M.R.T.	H.E.A.T. by LVAC	BODYPUMP
11:30	BODYCOMBAT	DIRTY30	ZUMBA		BODYCOMBAT		ZUMBA
<b>PM</b>							
12:00		DIRTY30				BODYPUMP	
12:30				ZUMBA	BODYPUMP		BELLY DANCING
12:45	DIRTY30						
1:15	DIRTY30					ZUMBA	
1:30					CxWORX		
2:00							BODYPUMP
4:15	BODYPUMP		BODYPUMP				
4:45				BODYPUMP			
5:15		BODYPUMP					
5:30	MIXXEDFIT		BODYATTACK		BODYPUMP		
6:00				MIXXEDFIT			
6:30	BODYPUMP	H.E.A.T. by LVAC					
6:45			DIRTY30				
7:00				BODYPUMP	ZUMBA		
7:15			KETTLEBELL XPRESS				
7:30		MIXXEDFIT					
7:45	ZUMBA						
8:00			ZUMBA				

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00				GENTLE YOGA MIX			
9:00					BODYFLOW	CxWORX PILATES	BODYFLOW
9:30	PILATES	BODYFLOW	PILATES	ZUMBA			
10:00					BEGINNING YOGA		
10:30	HIIT	SANDBAG XPRESS	HIIT			PILOXING	PIYO
11:00					PILATES		
11:15		YOGA BLEND		YOGA VINYASSA FLOW			
<b>PM</b>							
12:00							YOGA VINYASSA FLOW
12:30	YOGA VINYASSA FLOW	PILATES	YOGA VINYASSA FLOW				
4:15	YOGA VINYASSA FLOW						
4:30		BODYATTACK					
5:00				PILATES			
5:30		BOOTY BLAST B.A.R.					
6:00			SANDBAG XPRESS	BODYCOMBAT			
6:15	SANDBAG XPRESS						
6:30		SANDBAG XPRESS					
7:00	BODYFLOW		YOGA BLEND	DIRTY30			
7:30		YOGA VINYASSA 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	CYCLE			
7:30						CYCLE	
8:00				CYCLE	CYCLE		
8:30							CYCLE
9:15	CYCLE				CYCLE		
9:30			CYCLE	CYCLE			RPM CYCLE
10:00		CYCLE				CYCLE	
10:30	CYCLE						
11:00		CYCLE					
12:00					CYCLE		
12:30		CYCLE		CYCLE			
<b>PM</b>							
5:00	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45		CYCLE					
6:00			CYCLE				
6:30	CYCLE	CYCLE		CYCLE XPRESS			
7:00			RMP 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				AI CHI			
10:15	AQUA RECOVERY						
10:30					AQUAFIT	RAPID LIQUID CARDIO	
<b>PM</b>							
12:30			AQUAFIT				
5:00				RAPID LIQUID CARDIO			
6:00	AQUAFIT						
6:30		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 VINYASSA FLOW		ZUMBA	BODY FLOW		
9:00			ZUMBA	PILATES		ZUMBA	ZUMBA
9:15		ZUMBA			ZUMBA		
9:30	TOTAL BODY CONDITIONING						
10:00			M.R.T.	MIXXEDFIT		PILATES	
10:30	PILATES	BODY FLOW			M.R.T.		BODY FLOW
11:00			CORE	BODY FLOW		M.R.T.	
11:30	ZUMBA		GENTLE YOGA		PILATES		
<b>PM</b>							
12:00		TAI CHI		TAI CHI		STEP 1	
1:00	GENTLE YOGA						
4:00	BODYPUMP	M.R.T.					
4:15				H.E.A.T. by LVAC			
5:00	CORE	PILATES					
5:30	KICKBOX		BODYFLOW	PILATES	ZUMBA		
6:00		BODY PUMP					
6:30	CORE		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				
<b>PM</b>							
6:00		AQUAEROBICS					

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

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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		
8:00				BODYATTACK		BODYATTACK	HIIT
9:00	ZUMBA	BODYPUMP		BODYPUMP		BODYCOMBAT	BODYATTACK
9:15					ZUMBA		
9:30			ZUMBA				
10:00	BODYPUMP					MIXXEDFIT	BODYPUMP
10:15		H.E.A.T. by LVAC		H.E.A.T. by LVAC			
10:30					PIYO		
11:00	CxWORX		DIRTY30			BODYPUMP	
11:30		ZUMBA		ZUMBA			
<b>PM</b>							
12:00	ZUMBA				BODYCOMBAT		ZUMBA
12:30			BODYCOMBAT				
1:00					YOGA VINYASSA FLOW		
4:15	LITE WORKOUT			BODYPUMP			
5:30	DIRTY30	MIXXEDFIT	ZUMBA	KETTLEBELL XPRESS	BODYATTACK		
6:00	SANDBAG XPRESS						
6:30	ZUMBA	KETTLEBELL POWER	BODYPUMP	MIXXEDFIT	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	BEGINNING YOGA	CYCLE	CYCLE	CYCLE	CYCLE		
8:45	CYCLE		CYCLE				
9:00				CYCLE			CYCLE
9:15		RPM CYCLE			RPM CYCLE		
9:30						CYCLE	
10:15	YOGA VINYASSA FLOW	PIYO	YOGA VINYASSA FLOW	GENTLE YOGA	BODYFLOW		SANDBAG XPRESS
10:30						BODYFLOW	
11:00							PILATES
11:30			PIYO	SANDBAG XPRESS		SANDBAG XPRESS	
<b>PM</b>							
12:00	BODYCOMBAT				HOT HULA FITNESS		
12:30						ZUMBA	
2:30	BOOTY BLAST B.A.R.		BOOTY BLAST B.A.R.				
4:00		BODYFLOW					
5:00		SANDBAG XPRESS		BODYFLOW			
5:30	RPM CYCLE		BODYATTACK				
6:00		CYCLE		CYCLE	YOGA VINYASSA FLOW		
6:30	BELLY DANCING		BODYCOMBAT				
7:00		SH'BAM		BODYCOMBAT			
7:30			YOGA VINYASSA FLOW				

## NORTH DECATUR - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30					AQUAEROBICS		
8:00	AQUAEROBICS	AQUA FIT	AQUAEROBICS	AQUA FIT			
9:00						AQUA FIT	
10:00							
10:30							
<b>PM</b>							
5:00			AQUA FIT				
6:00				AQUA FIT			
6:30	AQUA BOOT CAMP	AQUA FIT	AQUA BOOT CAMP				

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

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## CENTRAL CLUB AT KAREN (734-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODYPUMP	CYCLE	BODYPUMP	CYCLE, CYCLE			
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE	STEP 2	
10:00	LITE WORKOUT	M.R.T.	LITE WORKOUT	BODYPUMP	LITE WORKOUT		YOGA VINYASSA FLOW
10:30						LITE WORKOUT	
11:15		FLEXIBILITY		FLEXIBILITY			ZUMBA
11:30						ZUMBA	
PM							
12:00	ZUMBA	CYCLE		CYCLE			
12:30							BOOT CAMP
1:00		CORE		CORE			
1:30		YOGA VINYASSA FLOW		YOGA VINYASSA FLOW			
4:30			BODYCOMBAT	MIXXEDFIT			
5:30	BOOT CAMP		BODYPUMP	BOOT CAMP			
5:45		CYCLE					
6:00					ZUMBA		
6:30	8STRIKES*						
6:45			H.E.A.T. by LVAC	KICKBOX			
7:00		DIRTY30					
7:30		DIRTY30					
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				
9:30					AQUAFIT		
9:45	AQUAFIT						
PM							
5:30			AQUAFIT				

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

# VISIT [LVAC.com](http://LVAC.com)

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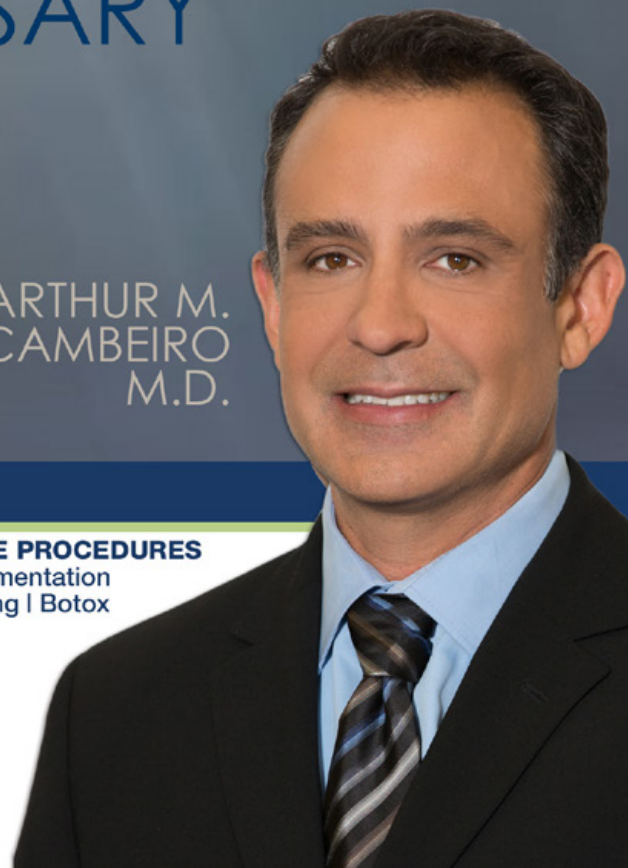


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