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Published by

InClub Media Inc.

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**Cover model:**  
LVAC Trainer Michelle Matson  
**Makeup:**  
Jane Zimet  
**Clothing**  
Provided by





# INSPIRING & PASSIONATE

Dear Friends,

I must admit that each quarter I struggle to decide on what to write about. If it comes down to making a tough decision, I usually choose the topics I am most passionate about and find the most inspirational.

That was the case this time around, with a story that is so incredible it defies all odds. It involves a person who has been a true pioneer and leader in the fitness industry, Augie Nieto, who is the founder of the LifeFitness Company. About nine years ago Augie was diagnosed with ALS (Lou Gehrig's Disease), which is a horrific disease that impacts the brain's ability to control muscle movement. The disease seems to target people who are very athletic and healthy. It usually leaves its victims paralyzed shortly after diagnosis, and becomes fatal within two to five years. In eighty percent of ALS cases the afflicted person loses their battle for life within five years. What would normally be a death sentence to someone so involved in exercise and a healthy lifestyle; Augie took as a challenge to use his vast resources to help find a cure, or at least slow the progression of this devastating disease. Augie and his beautiful wife, Lynne, have raised over \$40 million through his Augie's Quest foundation, and much of that has come from the fitness industry. Augie has also acted as a human guinea pig through the testing of some experimental drugs that have been developed through his fundraising organization. Part of the research funded by Augie's Quest has revolved around identifying the DNA markers of people who contract the disease.



*Todd Smith, Augie Nieto and Chad Smith  
at Augie's Bash- March 14, 2014*

Now, the story becomes unbelievable. Augie, through the use of a couple of experimental drugs, has not only slowed the progression, but has reversed it. He is the only ALS patient to have ever experienced regression, regaining some use of his arms and his legs. After five years in a wheel chair, he began doing leg presses on a specially built machine. He has worked his way up to 50 repetitions of 100 lbs. He went on to do a recumbent elliptical exercise using his legs, and chest press using his arms. Last year he set a goal to walk on stage, at his next big annual Augie's Bash event. This March I witnessed one of the most inspirational events I have ever seen, where Augie achieved what no person has ever done before. He walked across the stage to a standing ovation, after completely losing the use of his legs because of ALS! He did have an assistant helping to guide his legs, and he was supported by a special lift that suspended him upright. But it was simply amazing! Augie's next goal on the horizon will be in July when he plans to walk his youngest daughter down the aisle at her wedding. We invite you to learn more about Augie and donate to Augie's Quest to find a cure by visiting [augiesquest.org](http://augiesquest.org). In a coming issue we hope to include an article about Augie and his wife Lynne and their inspirational story.

In March, sadly Larry Scott "the Legend", the first Mr. Olympia (the premiere bodybuilding contest in the world) passed away from Alzheimer's disease at the age of 75. Larry Scott won his first Mr. Olympia contest in 1965, and a second time the following year. Former Governor Arnold Schwarzenegger called Scott "a great man who inspired millions".

While on the subject, I finally attended my first time Mr. Olympia contest here in Las Vegas. I wanted to see our friend and member, Jay Cutler the four-time Mr. Olympia, compete for what might have been his last time on the stage. Although Jay did not win, it was an incredible comeback after a two year hiatus because of an injury from a torn bicep. With his sixth place finish, he walked off the stage and into the crowd to be mobbed by all the fans. He walked the floor of the stadium like a rock star, and the respect and love of this great bodybuilding champion was apparent. As a member, Jay is recognized as one of the nicest and most humble people you will ever meet. Jay is right up there with some of the best of all-time, including the likes of Arnold Schwarzenegger who won the Mr. O seven times. Congratulations to Jay Cutler on his fabulous career and a lifetime of achievements. We look forward to seeing him in the clubs. Also, congratulations to our members Iris Kyle, who won her record 9th Ms. Olympia title (the most Olympia wins for both men and women), and Dennis Wolf who placed third in last year's Mr. O contest.

Finally, two years ago I wrote about improving our reporting procedures for equipment or facilities that are not working properly. After over a year of testing, you will notice in all of the clubs we now have "Text the Manager" stickers on all the cardio equipment. In an endeavor to continually improve the maintenance of our equipment and facilities, we would really appreciate it if you could do your part and report any problems. Even if it is something like a noisy piece of equipment, or the cardio theatre not working properly, please send the manager a text to report the problem. When you do send the text, you should get a response like "Thanks for letting us know and we are on it". Please report any problems you encounter, whether it is with the cardio or the strength training equipment. Our goal is your satisfaction; not your frustration!

On behalf of the entire LVAC Team, let's always look for the inspiration and follow our passion.

Yours in health,  
Todd O. Smith  
Chairman and CEO  
[todd@lvac.com](mailto:todd@lvac.com)

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# Join Team LVAC and receive a Free Team LVAC T-Shirt

## RACE FOR THE CURE® Saturday, May 3, 2014

It's easy to register and join our team, just **go to [lvac.com](http://lvac.com)** and click on the Komen link



Once you have registered for the Race, pick up your Free Team LVAC-T-Shirt in one of 3 ways:

**1.** On the following dates and times the T-shirts will be available through our Member Services Department, located in the lobby of each club. **YOU MUST SHOW A COPY OF YOUR RACE REGISTRATION** to receive your free T-shirt.

### GREEN VALLEY

Tues., April 22 .....10 a.m. – 3 p.m. & 4 p.m. – 8 p.m.

### RAINBOW

Wed., April 23.....10 a.m. – 3 p.m. & 4 p.m. – 8 p.m.

### WEST SAHARA

Thur., April 24.....10 a.m. – 3 p.m. & 4 p.m. – 8 p.m.

### FLAMINGO & 215

Mon., April 28 .....10 a.m. – 3 p.m. & 4 p.m. – 8 p.m.

### MARYLAND PARKWAY

Tues., April 29 .....Noon – 3pm & 4p.m. – 8pm

**2.** You can pick up your t-shirt at the Race Expo/Package Pickup. Just find our LVAC table and show us your membership card.

### Sahara Pavillion North 4648 W Sahara Ave

(NE corner of Sahara & Decatur in the space next to TJ Maxx)

#### A. Teams Only

Wed., April 30, 2014 - 3 p.m. - 7 p.m.

#### B. Individuals and Teams

Thur., May 1, 2014 - 3 p.m. - 7 p.m.

#### C. Individuals and Teams

Fri., May 2, 2014 from 12 p.m. - 4 p.m.



**3.** You can pick up your T-shirt the morning of the Race, just look for our LVAC sponsorship table on Fremont Street and show us your LVAC membership card.

Remember, if you register online before April 15, 2014, Komen will mail your Race packet directly to your home address! If you register online after April 15, you will need to attend the Race Expo to pick up your race packet.

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# Success Story

LVAC Member Jessica Sutherland Shares Determination to Succeed

**J**essica was born and raised in Kauai, Hawaii. Throughout her teen years weight gain became a problem. Both her mother's and her father's families struggle with weight issues. For Jessica, being overweight took a toll. She knew she was placing her physical health in jeopardy, but the emotional and mental struggles of being overweight became very difficult.

She left Hawaii to come to Las Vegas in order to attend UNLV. She enjoyed college, but over the years she found her weight had continued to climb. When she graduated she was at her heaviest-256 pounds!

She joined the Las Vegas Athletic Clubs in 2007, and found her workouts sporadic, and her weight continued to fluctuate. In 2012, she went to the doctor for her annual checkup. Finding that the scale had hit her all time high of 258 pounds, she made the decision to take control of her life. This meant making some important personal changes, including a commitment to take control of her weight. Jessica began her weight loss journey by participating in her first group fitness classes, Zumba and Pilates. A friend invited her to Body Pump class and she knew immediately that this was something she wanted to become a part of her workout routine. She was then invited to an LVAC Fitness Party where she tried a Body Attack class. About that experience she said, "Man, did it ever kick my butt!" At this point she

met LVAC group fitness instructor and personal trainer Alecia Fife, who continued to work with her in CXWORX and as a personal trainer.

Jessica says, "During my twenties I learned to recognize that I was beautiful inside and out, regardless of what the scale said. But as I continued to be disciplined in my diet and workouts, the changes I saw became so motivating. I had so much more energy and I didn't need to sleep as much as I used to. Seeing pictures of myself becoming smaller has been awesome. And it has been very gratifying to give away clothes that are size 18-20, and go shopping for new clothes size 8-10!"

Jessica's diet has changed along with her wardrobe. She now focuses on foods that will keep her satisfied, choosing a large variety of vegetables, fruits and lean proteins. Jessica stated "I have learned to concentrate on foods that give my body energy. I have also learned that if I truly have a craving for something, I eat a small portion of it so that I will feel satisfied, and not deprived. This has kept me from bingeing or losing control of what I eat."

Jessica's personal trainer Alecia Fife says, "Jessica's motivation and determination are amazing. She pushes herself, maintains her focus during plateaus, and gives 110% during training. She knew it wouldn't be easy or a "quick fix". What I love the most about Jessica is that she doesn't let a number on a scale define her. She accepts herself for who she is and she has chosen fitness to improve her health, not to fit into a certain size of clothing. She doesn't make any excuses. The gym is part of who she is and she makes the time for it. It has been an absolute pleasure watching Jessica transform herself into a strong, confident, and fit woman."

**“ I have learned that you should never give up on the dream of who you want to be and the life you want to live. ”**

What's Jessica's favorite thing about LVAC? "The people I have met and the really great friends I have made. They keep me accountable. I know I have to show up for a class or I will suffer their wrath! If I am having a rough day, I actually look forward to coming to the gym. It's pure stress relief to put on my music and start working out."

Jessica says, "I have learned that you should never give up on the dream of who you want to be and the life you want to live. There will be many obstacles that come your way. Persevere through them, become a strong you, and stay in the gym!"



## Before

Weight: 258 lbs.  
Body Fat: 45%  
Dress Size: 18/20



## After

Weight: 175 lbs.  
Body Fat: 25%  
Dress Size: 8/10





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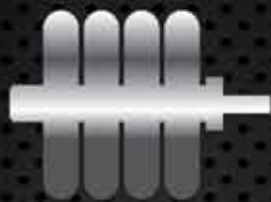
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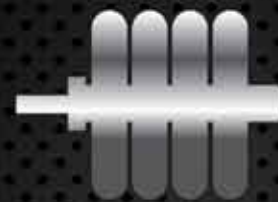


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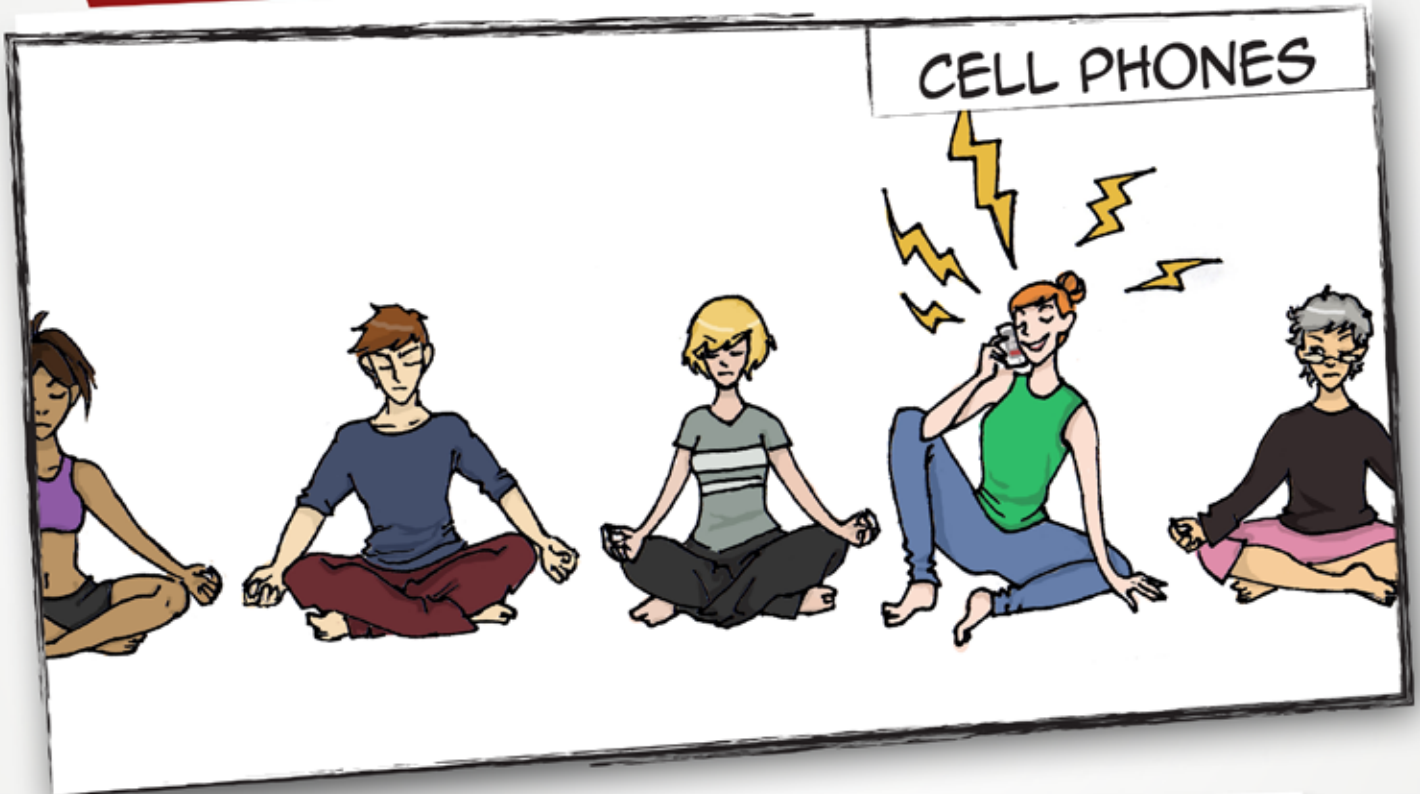
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# DON'T BE "THAT GUY"!

ARTWORK BY CELINA GARCIA



Let's face it; cell phones are awesome, and necessary for most of us. Hey, LVAC always appreciates a multi-tasker. If you can chat on the phone while burning 1,000 calories on the Stepmill, more power to you. However, when it comes to the gym, you should be aware of some common courtesy rules.

## DON'T BE A LOUD MOUTH.

If someone five treadmills over can hear you telling your mom what you had for lunch today, or describing your new Nikes to your friend, you may need to adjust your volume.

## DON'T JUST SIT THERE

If you're sitting on the shoulder press chatting on your phone about getting Burning Man tickets, pay attention- there may be a fellow member looking to use that piece of equipment.

## HAVE A LITTLE CLASS.

If you happen to get a call while participating in a Group Fitness class, and it's worth interrupting your workout for, sprint out of the room and take your call where it won't disrupt anybody.





# GOOD MORNING LAS VEGAS

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# LVAC Spring Launch

**L**VAC's spring launch will take place Saturday, April 26, 2014 from 9 a.m. to 2 p.m. at our Green Valley and Flamingo & 215 locations. Hosted by our Group Fitness Department, this launch will feature our incredible instructors leading a variety of classes. You can choose from:

- LVAC Group Fitness classes such as Boot Camp, Cycle, and Step. We will also be introducing the latest addition to our programming, Kettlebell Power!
- New launches for Les Mills programs, including Body Pump and CxWORX! LVAC Fitness Launch is a way for you to experience something new; a new format, a new instructor- all in a condensed time frame.

Invite a friend! Launches are for members and not-yet-members\* to experience the latest that our nationally ranked Group Fitness department has to offer. Non LVAC members must show a current driver's license for admission.

For more information, check us out on LVAC App, LVAC Facebook page and LVAC-TV.





# Introducing Kettlebell Training at LVAC!

Training that increases aerobic capacity and core strength

**W**hile kettlebell training is currently one of the hottest trends in the fitness industry, kettlebells have actually been around for centuries. Their origin is still a matter of speculation, but archaeological records show evidence of their use in ancient Greece. A 143 kg kettlebell is actually on display at the Archaeological Museum of Olympia, in Athens!

Today, the use of kettlebells to increase strength and endurance is gaining in popularity, and with good reason. In 2010, a study conducted by the American Council on Exercise (ACE) announced key findings from exclusive research on the benefits of kettlebell workouts conducted with the University of Wisconsin. The results of the study concluded that kettlebells provide a much higher intensity workout than standard weight-training routines and offer superior results in a shorter amount of time. In

addition to strength gains, kettlebell training was also shown to markedly increase aerobic capacity, improve dynamic balance and dramatically increase core strength.

ACE's Chief Science Officer, Cedric X. Bryant, Ph.D says, "A person can easily burn several hundred calories in a brief period of time using these iron orbs, which makes them appealing to those looking for time-efficient results. Overall, kettlebell use can produce remarkable results, which is what virtually all fitness enthusiasts look to get from their workouts. Kettlebells not only offer resistance training benefits, they will ultimately help people burn calories, lose weight, and enhance their functional performance capabilities."

Kettlebells may be old school, but thanks to the explosive, total-body nature of kettlebell training, they are now one of the hottest trends for the future.



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and well  
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-Horst M Rechelbacher, Founder, Aveda



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# Fit Facts

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

## Walking Can Reduce Risk of Cancer by up to 42%

**R**eady the sports bras! Exercising can seriously influence your risk of dying from breast cancer, according to new research published in *PLoS One*.

Researchers found that the women who met the Centers for Disease Control and Prevention's current aerobic exercise guidelines (that's two and a half hours of moderate activity or an hour and 15 minutes of vigorous activity a week) were 42% less likely to die of breast cancer during the study than those whose exercise fell short of the guidelines.

What's the secret? Exercise reduces estrogen's effect on cancer by altering how the body breaks down the hormone into either harmful or benign byproducts, according to previous research in *Cancer Epidemiology, Biomarkers & Prevention*. Exercise reduces women's levels of fatty tissue, which secretes estrogen and is the main source of the hormone in postmenopausal women.

So, if you want to nearly halve your risk for breast cancer, aim for two hours of moderate exercise-like brisk walking-every week.



## Weighing the Benefits

Some 20,000 cancer cases could be prevented each year if just half the population ate one more serving each of fruits and vegetables per day-yet only up to 10 new cancer cases per year might result from the pesticide residue on those fruits and veggies.

**BOTTOM LINE:** Produce doesn't have to be organic to be healthy, but you do have to eat it to benefit.

*Good Housekeeping Magazine, November 2013*







# Exactly what is Greek Yogurt?

Traditionally, Greek yogurt is made through a process in which much of the liquid is strained out. Because the liquid consists mostly of water and milk sugars, what remains is thick yogurt that is high in protein. Since it takes more milk to make yogurt this way, strained (Greek) yogurt costs more than traditional yogurt.

Not all Greek yogurts are created equal. While some manufacturers use the straining method, others use a thickening agent, such as cornstarch, pectin, gelatin or carrot bean gum to achieve the thick texture. Make sure you read the label and select a yogurt that contains just milk and active yogurt cultures.

It's best to select plain low-fat or non-fat Greek yogurt and sweeten with honey or fresh fruit.

## Marinate Your Meat Before Grilling

Processed, charred, and well-done meats can contain cancer causing heterocyclic amines, which form when meat is seared at high temperatures, and polycyclic aromatic hydrocarbons, which get into food when it's charcoal broiled. "The recommendation to cut down on grilled meat has really solid scientific evidence behind it," says Cheryl Lyn Walker, PhD, a professor of carcinogenesis at the University of Texas M.D. Anderson Cancer Center. *If you do grill, add rosemary and thyme to your favorite marinade and soak meat for at least an hour before cooking.* The antioxidant-rich spices can cut HCAs by as much as 87%, according to research at Kansas State University.

“...Cooking has surpassed both film and literature as a springboard for serious conversation. This is the healthiest art movement in America right now.”  
— James Beard, Award-winning author and Chef's Collaborative National Sustainable Food Summit emcee

## Are Energy Drinks Really Worth It?

### Energy Drink Consumption Now A Serious Public Health Concern

As the popularity of energy drinks continues to rise, the health risks associated with their consumption is also increasing, particularly among teenagers. Individuals most at risk appear to be those who consume these drinks on a regular basis -- and that's up to 50 percent of adolescents and young adults, according to a recent report. The American Academy of Pediatrics recommends against caffeine consumption by young people and has strongly stated that the inclusion of energy drinks in the diets of children and adolescents is not appropriate. Research has shown that:

- Energy drinks, shots, and other energy products contain large amounts of caffeine, sugar, herbal stimulants and other chemicals.
- Consumption of large amounts of caffeine may lead to serious cardiovascular events, seizures and death.
- Heavy consumption of energy drinks may result in excessive consumption of B vitamins, such as niacin or pyridoxine, and may result in liver or nerve injury.
- Adolescent consumption of caffeine has been linked to dependence, poor sleep and possible developmental problems, anxiety, changes in blood pressure and hyperactivity.
- Alcohol mixed with caffeinated energy drinks puts adolescents and young adults at serious risk of self-harm and a variety of other health risks, including death.
- Caffeine is now found in a wide variety of unexpected food sources including marshmallows, jellybeans and other candies. (We recommend you always read the nutritional labels of the processed foods you are purchasing.)

- Source: Current Opinions in Pediatrics Journal, 2012

**Research is now confirming** what common sense has been saying for a long time. Plant based nutrition offers the most benefits for overall health and well-being. According to dieticians at the Idea World Fitness Convention, research is showing the benefits of going plant based, and research also shows that animal-focused dietary approach is behind all of our most degenerative diseases. According to Jess Kolko, RDN, L.D., "I think it's going to take some time for our general population to start seeing the benefit of plant-based eating, but people who weren't eating kale five years ago are now eating kale."



## A Surprising Benefit of Exercising While Pregnant

Pregnant moms interested in giving their unborn babies a mental boost may want to exercise, say researchers from the University of Montreal. According to a recent study, newborns with active mothers possessed a greater mental maturity than those with inactive moms. (The researchers plan to retest the children once they reach age 1 to see if there are any long-term effects.) Recommendations for exercising during pregnancy include:

- **Be consistent with your exercise routine. Inconsistency isn't good for you or the baby. The American College of Sports Medicine recommends exercising most, if not all, days of the week.**
- **Exercise to target the changes in pregnancy. Focus on core and back exercises, including squats to strengthen the pelvic floor and prepare for labor.**
- **Feel comfortable continuing your past fitness routine if there are no contraindications and you have clearance from your physician.**

- Source: Idea Fitness Journal, 2014





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# Motivational Quotes

*"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."*

– Nelson Mandela

*"The weak can never forgive. Forgiveness is the attribute of the strong."*

– Mahatma Ghandi

*"A fit, healthy body—that is the best fashion statement."*

– Jess C. Scott

*"Patience is not the ability to wait but the ability to keep a good attitude while waiting."*

– Joyce Meyer

*"He that takes medicine and neglects diet, wastes the skill of the physician."*

– Chinese Proverb

*"I look to a day when people will not be judged by the color of their skin, but by the content of their character."*

– Martin Luther King

*"Our greatest fear should not be of failure but of succeeding at things in life that don't really matter."*

– Francis Chan

*"Opportunity is missed by most people because it is dressed in overalls and looks like work."*

– Thomas A. Edison

*"We tend to become like those whom we admire."*

– Thomas S. Monson

*"As you take the normal opportunities of your daily life and create something of beauty and helpfulness, you improve not only the world around you but also the world within you."*

– Dieter F. Uchtdorf

*"Great minds discuss ideas; average minds discuss events; small minds discuss people."*

– Eleanor Roosevelt

*"We become what we think about."*

– Earl Nightingale

*"The doctor of the future will give no medicine, but will interest his patients in the care of human frame, and in the cause and prevention of disease."*

– Thomas A. Edison



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# Inflammation

By Bret FitzGerald

**W**hen the term inflammation is mentioned, most people think of that sprained ankle they suffered in a high school basketball game. There was probably also a time when you were the recipient of a paper cut and the next day you noticed some reddish, inflamed tissue around the wound. In both cases, that inflammation, or swelling is your body's normal response in an effort to heal injuries.

In many cases, our immediate reaction to swelling is to try to bring it down. However, remember that inflammation is an essential part of the body's attempt to heal itself. Patients and doctors should be sure that the treatments to reduce swelling are absolutely necessary and do not undermine or slow down the healing process.

The first stage of inflammation is often called irritation, which then becomes inflammation - the immediate healing process. This is normally when the body's white blood cells protect you from foreign invaders such as bacteria and viruses. Without inflammation, infections and wounds would never heal.

However, in some diseases, like arthritis, the body's defense system -- the immune system -- triggers an inflammatory response when there are no foreign substances invading the body. In these diseases, called autoimmune diseases, the body's normally protective immune system causes damage to its own tissues. The body responds as if normal tissues are infected or somehow abnormal when they are not.

Some, but not all, types of arthritis are the result of misdirected inflammation. Arthritis is a general term that describes inflammation in the joints. Some types of arthritis associated with inflammation include the following:

- Rheumatoid arthritis
- Psoriatic arthritis
- Gouty arthritis

There are essentially two types of inflammation: acute inflammation and chronic inflammation, with chronic inflammation being the major focus of this article.

Acute inflammation - starts rapidly and quickly becomes severe. Signs and symptoms are, in most cases, present for a few days.

Examples of conditions which can result in acute



inflammation include: acute bronchitis, infected ingrown toenail, sore throat from a cold or flu, a scratch/cut on the skin, acute dermatitis, acute tonsillitis, acute infective meningitis, acute sinusitis, or blunt force trauma.

Chronic inflammation - Long-term inflammation, which can last for several months and even years can result from:

- Failure to eliminate whatever was causing an acute inflammation
- An autoimmune response to a self-antigen - the immune system attacks healthy tissue, mistaking it (them) for harmful pathogens.
- A chronic irritant of low intensity that persists

Examples of diseases and conditions with chronic inflammation include: asthma, chronic peptic ulcer, tuberculosis, rheumatoid arthritis, chronic periodontitis, ulcerative colitis and Crohn's disease, chronic sinusitis, chronic active hepatitis and atherosclerosis (heart disease). Other conditions and diseases which have an inflammatory



component include: allergies, gingivitis, obesity, Alzheimer's disease, osteoporosis, cancer, diabetes, high blood pressure, Parkinson's disease, chronic pain including muscular low back pain and neck pain, fibromyalgia, metabolic syndrome, psoriasis, and urinary tract infections.

There are several ways to treat inflammation including over the counter medication, prescription medication, topical pressure, supplements and diet.

NSAIDs (non-steroidal anti-inflammatory drugs) are taken to alleviate pain caused by inflammation. They counteract the COX (cyclooxygenase) enzyme, which synthesizes certain lipid compounds which create inflammation. The result is the elimination or a reduction in pain.

Examples of NSAIDs include naproxen, ibuprofen and aspirin. People should not use NSAIDs long-term without being under the supervision of a doctor, because there is a risk of stomach ulcers, and even severe and life-threatening hemorrhage. NSAIDs may also worsen asthma symptoms and cause kidney damage. NSAID medications, with the exception of aspirin, can also increase the risk of stroke or a heart attack.

Acetaminophen (Tylenol) can reduce pain associated with inflammatory conditions, but have no anti-inflammatory effects. They may be ideal for those wishing to treat just the pain, while allowing the inflammation to run its course.

Corticosteroids - these are a class of steroid hormones naturally produced in the cortex (outer portion) of the adrenal gland. Prednisone is a commonly used type of corticosteroid. They are only available with a doctor's prescription.

#### **Other treatments for inflammation include:**

RICE - In the case of an acutely injured joint RICE is very effective. R = Rest.

Do your best not to use the injured joint for the first 24 hours after the injury. I = Ice. Wrap some ice in a cloth or a purpose-made ice bag. Athletes and athletic trainers commonly use ice treatment for managing pain and inflammation. C = Compression. Wrap the injured area with a bandage to create moderate compression. E = Elevate. By elevating the affected area, less fluid will pool which will decrease pain.

Fish oil (Omega-3) - scientists from Ohio State University Center for Clinical and Translational Science reported on a study in the journal Brain, Behavior and Immunity that the daily consumption of fish oil, omega-3 reduced both inflammation and anxiety in a group of young healthy people. Be sure to use supplements only as directed.

Green tea - researchers from the Laura W. Bush Institute for Women's Health at the Texas Tech University Health Sciences Center found that regular green tea drinking enhances bone health and reduces inflammation in some women.

Armed with this information, it is understandable why there is so much popularity now with diets free of gluten, dairy, refined sugars, processed foods and fried foods. More people are realizing the importance of minimizing the consumption of certain types of food and drinks, not because they are allergic to them, but instead because they are sensitive to them because of the inflammation they cause.

There are many factors that contribute to chronic inflammation, including emotions (stress), diet and lifestyle. Some foods can increase inflammation and some foods help lower inflammation. A diet high in trans-fatty acids and sugary carbohydrates drives the body to create inflammatory chemicals. However, a diet consisting of fresh vegetables and fruits, lean meats, whole grains and omega-3 fatty acids can significantly slow chronic inflammation.

### ***These are the Top 15 foods that are widely considered the best for lowering chronic inflammation in the body.***

- 1. Black berries**
- 2. Tart cherries**
- 3. Garlic**
- 4. Olive oil**
- 5. Ginger**
- 6. Beets**
- 7. Tomatoes**
- 8. Peppers**
- 9. Yogurt**
- 10. Almonds**
- 11. Spinach**
- 12. Kale**
- 13. Broccoli**
- 14. Salmon**
- 15. Sardines**

### ***Here are the Top 10 foods or drinks suspected of causing chronic inflammation.***

- 1. Sugar**
- 2. Corn oil**
- 3. High fat dairy**
- 4. Wheat products**
- 5. Candy**
- 6. Fast foods**
- 7. Bakery items**
- 8. Soda**
- 9. Fried Foods**
- 10. Alcohol**

***By combining regular exercise and a healthy diet, your chances of staving off chronic inflammation and the sometimes debilitating diseases that are often associated will be much more likely.***

# Core Strength

By Connie Stewart

Strengthening your core is vital for back health as well as improving your function for everyday activities. Core stability relates to the bodily region bounded by the abdominal wall, the pelvis, the lower back and the diaphragm and its ability to stabilize the body during movement. The most effective core strengthening will combine flexion, extension and rotation of the core musculature and spine. You should also include

## Plank with Rotations

A. Lie face down on a mat, with your forearms and palms flat on the floor. Push off the floor, raising onto your toes and resting on the elbows. Make sure your elbows are directly under your shoulders. Draw your lower abdominal area up toward the spine, keeping your hips level and spine straight.

**Hold for 15-60 seconds.**

B. Begin in a plank position then rotate to the side, lengthening your top arm towards the ceiling. Pull your abdomen towards your spine, keeping your hips stacked (one hip directly on top of the other) and your neck in line with your spine.

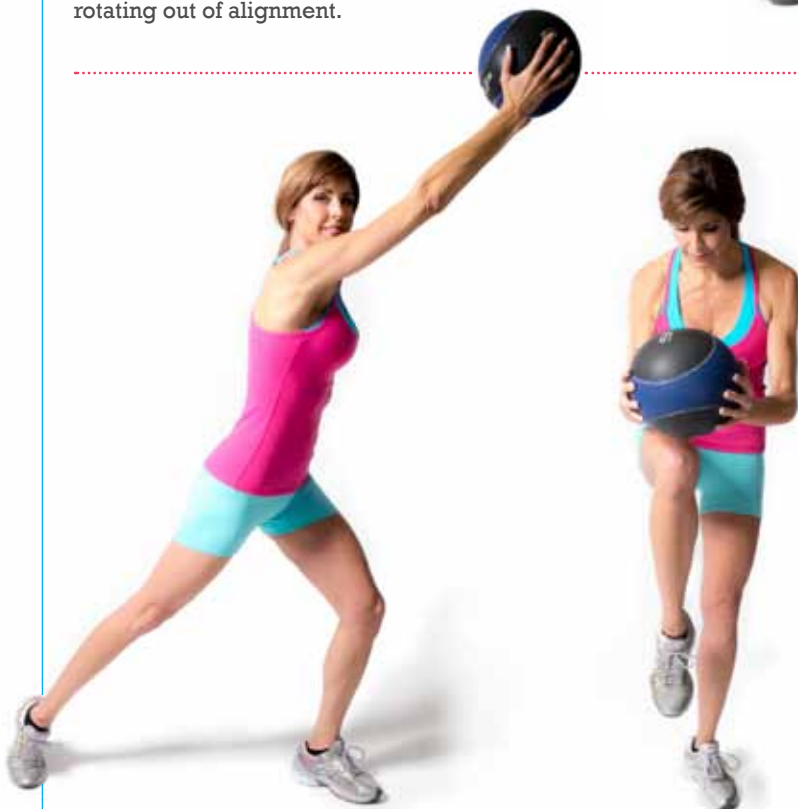
**Hold for 15-60 seconds. Repeat on the opposite side.**

C. If you have a history of back problems, choose this modified version to begin, following the instructions in step A and build gradually towards a full plank.

**TIP:** Imagine a string through your head pulling your spine forward and a string through your tailbone pulling your spine in the opposite direction. A third string pulls the navel towards your back. This will keep your spine level, and your hips from rotating out of alignment.

work from a standing position as these improve your balance and help your body to become more efficient in the type of movements your workday and lifestyle require.

The following exercises are a few examples that you could add to your workout routine to enhance your deep core stability as well as improve your function and performance.



## Standing Crunch with Rotations

A. Stand with feet a little wider than shoulder width apart. Turn the right foot on an angle towards the corner wall, shifting your weight into your heel and glute with a slight bend at the knee. Raise the ball to your forehead, and then push the ball on a slight diagonal above the head.

B. As you begin to turn the chest forward, feel the abdominal wall pull deeply towards your spine as your knee lifts toward the chest and you bring the ball to the lifted knee. (Think of doing a crunch in a standing position.) Return to beginning position and repeat.

**TIP:** Try to connect the movement of the leg and arms to the contraction and lengthening of your abdominal wall.

**Complete 3 sets of 12-15 repetitions on each side.**





## Cobra Extensions

A. Begin by lying face down with your arms beside your body and your head turned to one side. Stay in this position, take a few deep breaths, and then relax completely for two or three minutes. Make a conscious effort to remove all tension from the muscles in your low back, hips and legs. Without this complete relaxation, there is no chance of eliminating any distortion that may be present in the joint.

B. Place your elbows under your shoulders, with your body weight supported by your forearms. Begin by taking a few deep breaths, allowing the muscles in the low back, hips and legs to relax completely. Feel your hips and glutes becoming heavy and 'sinking' into the floor. Keep your hips on the floor, and when tightness in low back begins to ease, breathe deeply and press your chest up a little higher. Remain in this position for two to three minutes.

C. Complete exercise by coming back to beginning position and relax for another minute.

**TIP:** In a study from Denmark, completed in 2002, this type of back extension provided striking results for participants complaining of back pain. The patients in the group who performed this exercise had half the number of recurrences of pain during the year.

Do these movements daily as a preventative exercise to strengthen your back. If you are experiencing back pain, you can do this exercise several times throughout the day to help alleviate discomfort.

## Wood Chops

A. Lunge laterally onto your right leg, bending at the knee and the hip while reaching the ball to the outside of your ankle, create a load into the glute and hip and a deep stretch in the adductor (inner thigh) of the straight leg.

B. Draw the abdominal wall in toward the spine, bringing the ball up on a diagonal towards the midline of the body. As the ball passes the midline, shift your weight onto the left leg allowing a rotation through your navel, and continue to turn towards the back wall.

**TIP:** Don't use momentum to create a 'swinging' ball. Focus on control, lifting the weight from the lower abdominal area, turning with your navel while controlling the rotation of your trunk.

**Complete 3 sets of 12-15 repetitions on each side.**

*Our model is LVAC personal trainer Michelle Matson, also featured on our cover. You can contact Michelle via email at [Michellesallaboutyou@gmail.com](mailto:Michellesallaboutyou@gmail.com).*



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# Goal Setting for Success

By Bret FitzGerald

**T**here is no more goal-oriented activity than pursuing an exercise program. The truth is, exercise takes work and time (from a little to a lot), so invariably there is at least one goal attached to the effort.

Over the 30 years I have been working out, my goals have changed...but I have always had at least one. In my early 20's I was obsessed with having 16 inch arms. Every workout included lots of biceps and triceps work. To balance things out I trained my legs just as hard. My goal became; have incredible arms and incredible legs.

Then, along came triathlons in my mid and late 20's. My goal was to complete the Ironman Triathlon in Hawaii. After hundreds of miles of swimming, biking and running, I finished the Ironman. Because my arms never topped 14 ½ inches, it made finishing the Ironman even sweeter.

In my 30's I focused my energies on getting a formidable 6-pack. I think I managed a decent 4 and a half pack. But, I had a goal.

Recently, in my fifties, my goal was to complete a Spartan Race. After months of running, lifting, pull-ups and push-ups, I finished the Malibu Spartan Race last December. Finishing 33rd in my age group (out of 59) was nothing to write home to mom about, but I did accomplish my goal by finishing. Now, as the ad says, I am a Spartan.

## Is Goal-Setting for you?

If it's not, it should be. Goal setting is used by top athletes, successful business people and achievers in all fields. Setting goals gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the most out of your efforts.

Author/Lecturer Brian Tracy said, "Goals are the fuel in the furnace of achievement."

Tracy has a great point. By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals, and you'll see forward progress in what might previously have seemed a long pointless grind. You will also raise your self-confidence as you recognize your own ability and competence in achieving the goals that you've set.

To make your goals real, write them down and keep them visible. You are much more likely to accomplish your goals when you commit them to paper and see them everyday.

You can set goals for any aspect of your life be it educational, personal relationships or career related. But, because you are reading this article in a fitness magazine, let's focus on your physical goals. No matter what physical goal(s) you set for

yourself, you can achieve it at Las Vegas Athletic Club.

Many people join with the goal of losing weight. Some people become a member to get away from the craziness of their day to day life. Either way, we can help you achieve those goals.

Losing weight is by far the main reason most people begin an exercise program. Let's say you decide to lose 25 lbs. by summer. That gives you about 12 weeks. That equates to about 2 lbs. per week. That is a totally reasonable goal. I call those the "what's". "What" you want to do is your goal.

.....  
**“Goals are the fuel in the furnace of achievement.”**  
.....

The truth is our motivation comes from the "Why". Why people set the goals that they set is what keeps them ever enthused. I'll never forget when I was training for that Ironman how bad I wanted an Ironman Finishers T-shirt. A friend of mine had one and I thought, "If I could just get one of those Finishers T-shirts I would be so happy." That T-shirt probably had an intrinsic value of \$1.50. However, to me it was worth six months and several hundred miles of toiling in the summer heat.

## Try S.M.A.R.T.!

One of the most helpful goal-setting processes is setting S.M.A.R.T. Goals. S.M.A.R.T. stands for:

S=Specific  
M=Measurable  
A=Attainable  
R=Realistic  
T=Timely

**Specific** - Be as specific as possible. For instance, if your goal is to lose weight, write down your short term goal, your intermediate goal and your long term goal.

**Measurable** - If your goal is to increase your cardiovascular fitness and you are using running to improve that goal, time (measure) how long it takes you to run a mile on the track. Your first run is your baseline, then every seven days re-time yourself until you hit your goal. You may start with a 12-minute mile, but in one month, depending on your training frequency and intensity, you may be under 10 minutes a mile. By measuring your progress to your goal you remove all the guesswork.

**Attainable** - You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become





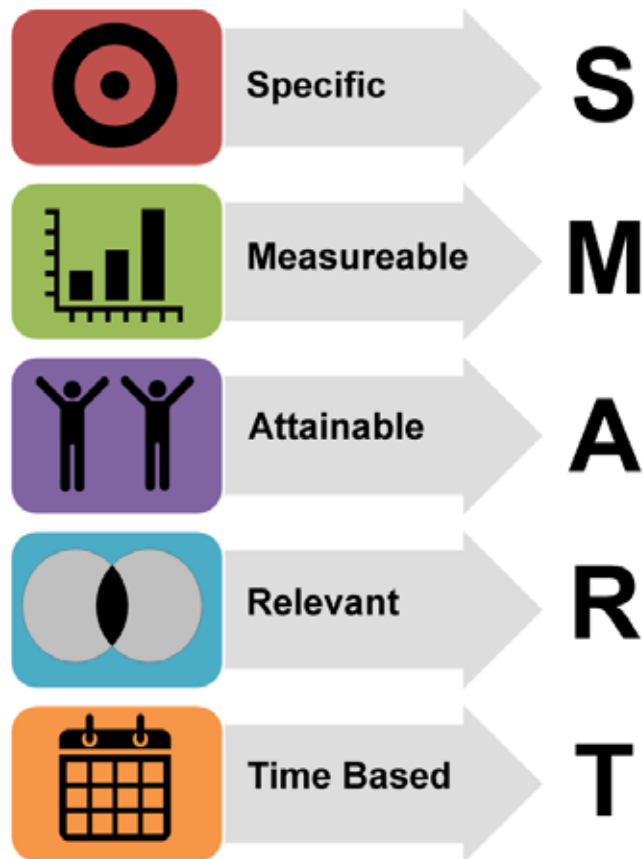
attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them. If you work hard enough and are smart about your strategy, you can attain any goal you set.

**Realistic** - To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. Your goal is probably realistic if you truly believe that it can be accomplished. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress. A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

**Time-sensitive** - A goal should have a time frame. Napoleon Hill said, "A goal is a dream with a deadline." With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a time frame, "by May 1st", then you've set your unconscious mind into motion to begin working on the goal.

Since the very first day Las Vegas Athletic Club opened for workouts in 1977, thousands of members have walked through our door with a specific, measurable, attainable, realistic and time-sensitive goal in mind, and thousands have achieved those goals. Let us help you be one of those people.

Are you ready for a program adjustment? Ask the manager, he/she will make you an appointment with a Coach.



# Trainer Tips

**A**t LVAC, we have some of the top personal trainers in the country. We asked them for some of the tips and advice they give to their clients to help them maintain an active, healthy lifestyle. You will find some great insights in their responses that are sure to help you meet your workout goals.

You can make the changes necessary for a healthy lifestyle! We all have off days, mentally and physically. Not eating or sleeping well can affect your workout. This is easy to fix. What about mental off days, when the mind hijacks the body? How do I get back to "Yes, I can?"

**FUEL** - Plan for a pre-workout meal or snack.  
**FOCUS** - Take time to stretch and warm up.  
**MUSIC** - Lose yourself in your favorite tunes.  
**MIX IT UP** - Do cardio on a strength-training day, take a class instead of going it alone  
Fitness is a journey; the body, mind, and heart are the signposts along the way.

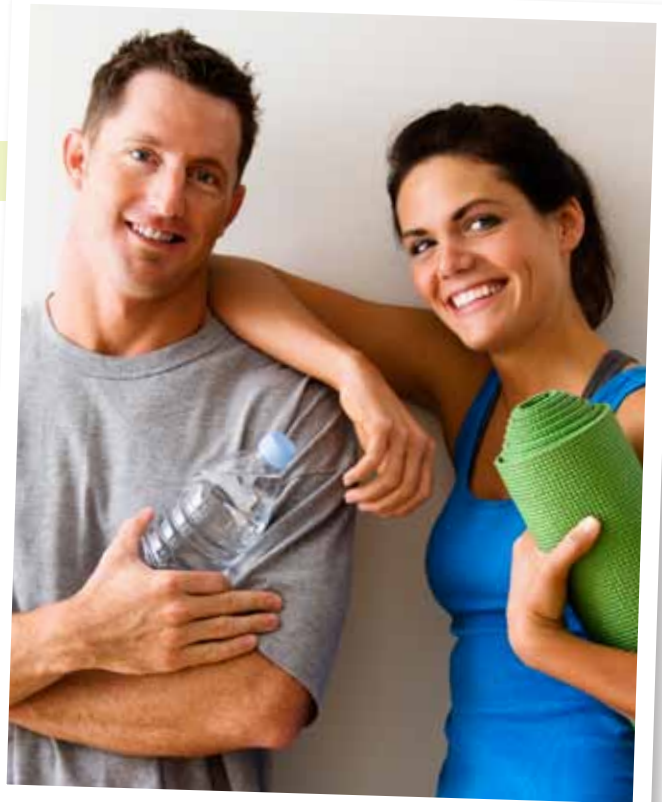
**Kathi Kulesza**  
*Certified Personal Trainer & Group Fitness Instructor*  
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Remember that processed foods are engineered to stimulate excessive reward signals in the brain; making them hyper palatable. Many factory born foods such as fruit rollups, chips, candy, cheese spreads, granola bars, and so on – stimulate the release of opioids and dopamine in the brain and have addictive potential. Even artificial sweeteners can trigger a dopamine response. Consuming whole natural foods will help your body identify calories and keep you satisfied.

**Sandy Scamman, BS, CPT, NASM, AFPA,**  
*Precision Nutrition Certified*  
[scammanfiguretraining.com](http://scammanfiguretraining.com) • Training at Flamingo & 215 LVAC  
702-334-7357

As someone who was once very over weight and unhealthy, I can say the best thing I ever did for myself was learn how to prioritize me, and find the balance and strength needed to lose over 100 pounds in order to regain my health. Now I'm teaching my clients how to make a healthy lifestyle part of their everyday life through proper nutrition and exercise! My biggest tip for success is to create one new habit a week and you'll be more likely to be successful and stay healthy for many years to come!

**Dina Varjas**  
*Bliss Fitness and Nutrition*  
702-218-0121 • [blissfitnow.com](http://blissfitnow.com)



1. Meeting up with a friend or personal trainer will help with motivation and accountability. Find someone to meet you at the gym at a certain time, making that commitment will ensure your success. You are less likely to quit if you have support.
2. Set a goal. Sign up for a fitness competition, or a marathon. Find some clothes that you want to get back into. Plan a trip and set a set time to fit into that bikini or swimsuit. All of these are great motivators to keep you working toward a goal. Studies have shown when people give themselves a deadline, they are more likely to stick with their fitness goals and reach them.
3. Focus on the positive. Be proud of yourself when you lose a pound or when your clothes start feeling and looking better. Fitness is about longevity and feeling good as well. Try not to focus on the negative. Its ok if you ate something off your diet, you are human! Don't let a setback like a poor food choice or skipping the gym a few days discourage you. Get back in the ballgame! Make your next meal nutritious and your next workout your best!

**Eirene Cooper**  
[eirenefitness@yahoo.com](mailto:eirenefitness@yahoo.com) • 702-408-6380

Everyone has those days – days we have had a setback, whether it be our diet, our workouts, or our attitude towards achieving our goals. Keep in mind that diet and exercise is a lifestyle. Some days will be good, other days will be bad. It's not about a "quick fix", it takes hard work, dedication, and commitment. We need to constantly remind ourselves that we are worth it. It's okay to take a step backwards, as long as we move forward the next day. Remember this quote to help keep you focused; 'It never gets easier, you just get better.'

**Alecia Fife**  
702-277-5103 • [aleciafife@yahoo.com](mailto:aleciafife@yahoo.com)



# Trainer Tips

**“ We can have excuses or goals, but we can't have both. ”**

A healthy lifestyle is all about balance. We need to get enough sleep, have fun activities to look forward to, reduce stress and focus on being grateful for what we have instead of focusing on what we don't have.

We can have excuses or goals, but we can't have both. A healthy lifestyle is about loving yourself enough to know that you are worth it. Hiring a personal trainer is a great way to keep you on track with your goals, providing motivation as well as accountability. Getting in shape can turn out to be the best addiction ever!

**June Johnson**  
[junejohnson629@aim.com](mailto:junejohnson629@aim.com) • 702-533-7090

Consuming too many starchy foods, such as potatoes, rice, pasta and breads (especially at one sitting), provides your body with more than it needs for energy and glycogen stores; anything left over will be stored as fat. You don't have to eliminate starchy carbs completely, but you should really cut back on them when trying to shed body fat.

Also, many women believe that the only way to lose weight is to do cardio. Cardio is important but it's only half of the equation. For a lean body, weights are essential. If you avoid weights because you're afraid of getting bulky, then you're missing out on one of the best fat-burning methods!

**Reggie Brown**  
[www.fitnessbyreggie.com](http://www.fitnessbyreggie.com)

When it comes to maintaining a healthy lifestyle, it's important to realize that we're all human. It doesn't take perfection to maintain a healthy lifestyle; it takes moderation and dedication, both of which can be learned. Like anything, the more you practice, the easier it becomes. We all experience setbacks in training as well. Be it an injury, illness, a busy schedule or an unwanted change on the scale, the most important thing to remember is that living a healthy lifestyle isn't a short-term goal. Like the word implies, it is a goal for life.

**Steven Claudio**  
419-202-6362 • [steven.claudio88@gmail.com](mailto:steven.claudio88@gmail.com)

## BERRY-PINE NUT CHICKEN SALAD



### Dressing

3 tbsp red wine vinegar  
2 tbsp seed less raspberry jam  
1 tsp Dijon mustard  
1/4 cup olive oil  
1/8 tsp salt  
1/8 tsp coarsely ground black pepper

### Salad

1/4 cup pine nuts  
1 bag (5-6 oz) Boston lettuce salad blend  
1 cup blueberries  
1 lb cooked chicken breasts  
1/4 small red onion  
8 oz bag sugars nap peas

### Directions

1. For dressing, combine vinegar, jam and mustard in Measure, Mix & Pour®; mix well. Add oil, salt and black pepper. Mix again and set aside.
2. For salad, place pine nuts into (8-in./20-cm) Saute Pan; toast over medium heat 4-6 minutes or until fragrant and golden brown. Remove pine nuts from pan; cool completely.
3. Wash lettuce and berries using Salad & Berry Spinner. Thinly slice chicken and onion using Chef's Knife. Cut sugar snap peas in half on a bias.
4. To serve, layer lettuce, chicken, peas, blueberries and onion in a large serving bowl. Pour dressing over salad just before serving; toss gently to coat. Sprinkle with toasted pine nuts.

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Place an order.

Want a lot -  
Host a show.

Want it all -  
Wear the apron.

# Club Life

Faces of Our Community



*A BodyCombat class at the Winter Launch.*



*LVAC member Nauje Thomas*



*Bruno and Iris Moya after P.I.T. class at the Winter Launch*





*LVAC Instructors Kelly Decolati, Fanny Thiery, and Taryn Mroczkowski at the Winter Launch*



*LVAC Assistant Group Fitness Director Cheri Linden leads a spirited group of Zumba participants at the Green Valley club*



*Trainer Jennifer Dietlin (center) with friends Melissa Morelli (left) and Angela Bettencourt (right). Jennifer participated in the Walt Disney-world Marathon Weekend in Orlando Florida, January 9th-12th. Congratulations to Jennifer for running the 5k, 10k, half marathon, and full marathon that weekend!*



*Trainer Cyndee Platko participating in a 6 hour run, which raised money for the Nevada SPCA No-Kill Animal Shelter . Most of her training was done with dogs from the shelter. Email Cyndee ([trainwithcyndee@yahoo.com](mailto:trainwithcyndee@yahoo.com)) if you'd like to learn about how to become involved.*





*Alan Giron instructing an 8Strikes Class at the Winter Launch*



*Brian Catanio instructing a P.I.T. class at the Winter Launch*



*(L-R) LVAC Instructors Asia Garret, Group Fitness Director - Patricia Norman, Tennille Finks, and Alicia Prather (kneeling) at the Winter Launch*





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# Protein Ball Recipes

## Protein Pick-Me-Ups

*We love the concept behind these recipes! Call them energy bites, they are a little punch of protein to pick-up your day. They are easy to make, portable and delicious. You can refrigerate them for up to a week, but we don't think they will last that long. Pop them into your kid's lunchboxes, or keep a few on hand for a post workout snack. Try all three versions and find your favorite.*



## Oatmeal PB Bites

### Ingredients

- 1 cup oatmeal
- 1 cup coconut flakes
- ½ cup natural peanut butter (creamy or chunky)
- ½ cup honey
- ½ cup freshly ground flaxseed
- ½ cup mini dark chocolate chips
- 1 tsp vanilla

### Directions

Beat together the honey, vanilla and peanut butter until smooth. Stir in the oatmeal, coconut, flaxseed and chocolate chips until mixture is incorporated. Place the dough in the refrigerator for one hour to set. Once the mixture is chilled, roll into small balls and place in an airtight container, keeping the balls refrigerated until ready to use.

*Tip:* Using a small ice cream scoop will help to keep the protein balls a uniform size.







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# Chia and Chocolate Balls



## Ingredients

- 2 cups rolled oats, thick
- 1 cup shredded coconut
- ½ cup pumpkin seeds, roughly chopped
- ½ cup pecans, roughly chopped
- ¼ cup chia seeds
- 1 cup natural peanut butter
- ¾ cup dark chocolate chips
- 1 tsp vanilla
- 1 teaspoon cinnamon

## Directions

In a large mixing bowl combine the peanut butter, vanilla, cinnamon and coconut. Stir in the oatmeal until everything is incorporated. Add the pumpkin seeds, pecans and chocolate chips, mixing thoroughly until all ingredients begin to stick together.

Roll about 2 tablespoons of the mixture in your hands until it forms a ball. Continue rolling the dough into balls, placing them onto a cookie sheet. Once all the balls are done, place the cookie sheet into freezer for one hour to set. Refrigerate in an airtight container.





Courtesy of scalingbackblog.com

# Dark Chocolate Cherry Bites

## Ingredients

- 1 cup whole raw almonds
- 8 pitted dates
- ½ cup dried cherries
- 3 tablespoons vanilla protein powder
- 3 tbsp dark chocolate chips
- ¼ cup raw pecans
- Kosher or sea salt, to taste

## Directions

Place the almonds, protein powder and a pinch of salt in a food processor and pulse until finely chopped. (Be careful not to process into a flour consistency, you want to leave small bits to give the dough texture). Remove 1/3 cup of the processed almond mixture and reserve.

Add the pitted dates to the almonds and process until it forms sticky dough. Add the cherries and process just until combined. Add chocolate chips and pecans and pulse just until they are incorporated. Add the reserved almonds and pulse once or twice to combine.

Roll into small balls and refrigerate in an airtight container.



# LVAC CLASS DESCRIPTIONS

Most of our class titles are self-explanatory, but here are a few mainstream classes explained to help you get started. These are not the only classes we offer, but because we like to try new things, your best bet is to go through the schedule to see what we are featuring at your preferred location!

You don't really have to bring anything to any of the classes, as we provide all the equipment and mats. Some classes you will find even more enjoyable if you do bring additional personal gear, such as Cycle shoes to clip in during Cycle, or a padded bike seat, or a Yoga mat for Yoga or Pilates. But before you invest in extra gear we recommend you participate in a few classes first, to see if you will continue with that particular class.

## HIGH INTENSITY/STRENGTH & MIND/BODY CLASSES

High Intensity/Strength formats are designed to enhance muscular strength and endurance, speed and agility, and most importantly to change your body composition! Mind/Body classes are designed to improve balance, flexibility and core strength, as well as practice body awareness and mindfulness. Mind/Body classes are best enjoyed when bringing a Yoga mat. Allow yourselves anywhere from 3 – 5 classes to learn the basics of each class.

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>BodyFlow™ by Les Mills</b> The Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal time out from the stress and strains of daily life – a 55-minute group exercise-to-music class that enhances your physical and mental well-being.</p>	55 Minutes	Joint Flexibility & Tight Muscles	390	Barbell, Plates & Height Adjustable Step
<p><b>BodyPump™ by Les Mills</b> 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><b>Booty Blast B.A.R. – A Barre Principle Class</b> LVAC may not have ballet barres installed in any of our locations, but we put a different spin on the popular barre principle classes. In this Ballet Aerobics Resistance (B.A.R.) we use low impact movements to target the muscles of your core and your lower body (hips, thighs, and buttocks). The movements are small and the focus is on alignment and proper form and the repetitions are high – you'll feel the burn! And instead of hanging from a barre you get to hold your own to tone your upper body.</p>	60 Minutes	Core Strength Training & Alignment	250	Body Lightweight Toning Bar
<p><b>Boot Camp</b> 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	Entire Body Workout	550	Various
<p><b>CORE</b> Abdominal and Back Strength – a class which may use just your bodyweight, balance balls, or medicine balls, either on mats or on equipment, to strengthen your abdominal and back muscles.</p>	30/60 Minutes	Core Strength Training	210 to 300	Various
<p><b>CxWorx™ by Les Mills</b> CxWorx is the 30-minute Core Class that's been formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else! CxWorx will get you results where it counts the most.</p>	30 Minutes	Core	210	Body Weight
<p><b>Flexibility</b> Guides you through safe stretches in order to increase range of motion and relief tension in tight areas of your body, using stretching techniques from various modalities.</p>	30/60 Minutes	Joint Flexibility & Tight Muscles	200	Light Resistance
<p><b>Healthy Back</b> This class is designed to improve balance, range of motion and flexibility through low impact exercise. The focus is to engage core muscles and improve total body strength, coordination and posture through the use of body weight movements, light resistance (3-5lbs) and the stability ball. You will learn how to effectively and correctly use a foam roller, and also incorporate both dynamic and static stretching techniques. Great class for anyone new or returning to exercise, those with overly tight muscles due to inactivity, or those who engage in repetitive-motion type sports activities.</p>	60 Minutes	Back	200	Body Weight





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# LVAC CLASS DESCRIPTIONS

## HIGH INTENSITY/STRENGTH & MIND/BODY CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>M.R.T.</b> A muscle-resistance training class designed to enhance muscle tone, definition and endurance using bands, balls, weights, as well as your own body-weight for resistance. Movements that take you through all three planes of motion will improve your functional fitness as well. Don't forget to take a cardio class to show off that long and lean muscle.</p>	60 Minutes	Strength	300	Bands, Resistance Balls, Weights, Body Weight
<p><b>Navy SEAL</b> This two and a half hour long workout integrates swimming, with calisthenics and running, not in sequence, but mixed up in drills. This is NOT a class you can show up for late. This is probably going to be the hardest 2.5 hour workout you have ever taken!</p>	60/90 Minutes	Endurance Training	600	Various
<p><b>Hot Pilates</b> Hot Pilates is a challenging full body workout using Pilate's principles to create long lean muscle mass. What makes it hot is the combination of low impact, high intensity movements, making this one of the best weight loss programs that also helps you improve your posture.</p>	60 Minutes	Body	320	Yoga/Pilates Matt & Body Weight
<p><b>Pilates</b> Floor work class based on the principles of Joseph Pilates. A core conditioning class that mainly aims to improve posture and balance by strengthening the abdominal and low-back area. May also focus on strengthening upper and lower body with your own body weight or small equipment.</p>	60 Minutes	Core	300	Yoga Matt & Body Weight
<p><b>P.I.T. Pure Intensity Training</b> Looking for something to really challenge your workout? Exclusively at LVAC, P.I.T. will have your muscles burning from head to toe! Mixing old calisthenics with modern-day functional training, this will be one of the newest programs to add to your existing exercise regimen!</p>	60 Minutes	All	700	Various
<p><b>Kettle Bell Training</b> 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>	45-60 Minutes	All	600	Kettle Bell
<p><b>Tai Chi</b> The traditional slow, focused, moving meditation health exercise.</p>	60 Minutes	Mind/ Body	150	Yoga Matt Body Weight

## YOGA CLASSES

Yoga helps promote balance, focus, strength, and relaxation, through mind/body connection. Yoga improves flexibility, develops long, lean muscles and builds strength throughout your entire body. Take your joints through their full range of motion to help prevent degenerative arthritis or mitigate disabilities. We recommend you try different instructors to find the style you prefer. Yoga classes are always taught with options for easier and harder modifications. For your own comfort, dress in layers and be prepared to take off your shoes and socks. You can enhance your Yoga Practice by bringing a firm blanket or large beach towel to sit on and cover up with during relaxation. You may also want to bring a small towel to cover your eyes during relaxation.

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>Beginning Yoga</b> New to Yoga or for those who desire a slower practice once in a while and those who want to review proper alignment. Beginning yoga focuses on alignment of the most basic postures, and Sun Salutations are reviewed and practiced at a slower pace. A great class to learn the options to take when taking other Yoga formats.</p>	60-70 Minutes	Mind/ Body	120	Yoga Matt Body Weight
<p><b>Ashtanga (Intro/Prep) Yoga</b> 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 Minutes	Mind/ Body	150	Yoga Matt Body Weight
<p><b>Gentle Yoga</b> 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 Minutes	Mind/ Body	150	Yoga Matt Body Weight
<p><b>Integrative Yoga</b> Breath, awareness and movement come together to enhance the well-being of body, mind, spirit. Different styles of hatha yoga blend into an intuitive practice, including mindfulness practice, deep relaxation and quiet contemplation. All levels welcome.</p>	60 Minutes	Mind/ Body	150	Yoga Matt Body Weight



# LVAC CLASS DESCRIPTIONS

## YOGA CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<b>Iyengar Yoga</b> In addition to the basic benefits of a Yoga class, this style of yoga is noted for great attention to detail and the precise alignment of postures.	60 Minutes	Mind/Body	150	Yoga Matt Body Weight
<b>Vinyasa Flow Yoga</b> This style focuses on linking breath with movement. Participants can expect to move through variations of the sun salutations and have postures linked together to increase strength, stamina, and flexibility. This is a vigorous, varied practice.	60 Minutes	Mind/Body	250	Yoga Matt Body Weight
<b>Yoga Blend</b> Here you will discover how traditional Yoga and modern Fitness principles can be blended into an effective workout. You may find elements from Pilates and Functional Training incorporated in these classes.	60 Minutes	Mind/Body	200	Yoga Matt Body Weight

## CARDIO CLASSES

Cardio classes are designed to raise your heart rate and to get large muscle groups working. Everyone's level of Cardio Fitness is different and you need to listen to your body. Please allow yourself to take any class 3 – 5 times to learn the basic movements. Classes without numbers are taught to mixed levels of fitness, giving modifications for easier and harder options. Step Classes marked 1, 2 & 3 denote beginner, intermediate and advanced, with BodyStep being a great option for all levels.

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<b>8Strikes™</b> Created by Alan Giron, 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	Cardio	400 to 600	Body Weight
<b>BodyAttack™ by Les Mills</b> The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK class is released every three months with new music and choreography.	55 Minutes	Cardio	735	Body Weight
<b>BodyCombat™ by Les Mills</b> The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful rolemodel instructors strike, punch, kick and kata your way through calories to superior cardio fitness.	55 Minutes	Cardio	740	Body Weight
<b>BodyStep™ by Les Mills</b> 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
<b>BodyVive™ by Les Mills</b> The low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on! Like all the LES MILLS™ programs, a new BODYVIVE™ class is released every three months with new music and choreography.	55 Minutes	Cardio/Mobility/Core	420	Resistance Tube & Ball
<b>Cycle</b> 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.	60 Minutes	Cardio	500	Bike/Body Weight
<b>Kick Boxing</b> Non-contact boxing and kicking moves done to motivating music in a cardio class setting that will release your tensions while burning lots of calories.	60 Minutes	Cardio	400	Body Weight
<b>Lite Step/Lite Workout</b> A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.	60 Minutes	Light Cardio	250	Body Weight

# LVAC CLASS DESCRIPTIONS

## CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>Piloxing™</b> 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	Cardio/ Body	250 to 300	Body Weight
<p><b>RPM™ Cycle by Les Mills</b> 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> Classes performing moves on and off a step platform, great for tightening those gluteus! If you can't make it to a level 1 classes be sure to be patient if you start with level 2 or try BodyStep™ to improve your cardio fitness first. Let your instructor know that you are new</p>	60 Minutes	All	600	Step Bench
<p><b>Triathlon Class</b> Combines lap swimming, stationary cycling and running to simulate a triathlon. Goggles, towel, padded bike seat or shorts and water are recommended. First set up your bike in the Group Fitness room, and then meet the class in the lap pool.</p>	60-90 Minutes	All	600 to 800	Various
<p><b>WillPower &amp; Grace</b> A sweaty, cardiovascular barefoot workout. The workout challenges you to ask yourself "What if I HAD to" and then manage it all gracefully with the benefits of cardio-sculpt, the intensity of boot-camp, the self-awareness of a yoga practice and the discipline of Pilates. The workouts are strong, inspiring, and barefoot. You are encouraged to "move with integrity" and always "trust your feet". This class will help you build your physical and mental willpower.</p>	60 Minutes	Cardio Mind/ Body	400	Body Weight Yoga Matt

## 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><b>Belly Dance</b> Learn traditional belly dance moves that firm and tone the waist and hips. No experience necessary.</p>	75 Minutes	Total Body	350	Body Weight
<p><b>BodyJam™ by Les Mills</b> A moderately intense cardio workout set to the latest music and greatest dance moves. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. It's cardio fun at it's best for those with a passion for movement. You will burn calories, increase your fitness levels – and learn to dance better. So grab a friend, get front and center and get high on the feeling of dance.</p>	55 Minutes	Total Body	530	Body Weight
<p><b>Hip Hop Dance – (Previously listed as Street Jam)</b> Contemporary hip hop dance classes. Lots of fun if you hang in there for a few classes to get down the moves! We recommend that you have some sense of coordination.</p>	60 Minutes	Total Body	400	Body Weight
<p><b>HotHulaFitness</b> Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HotHulaFitness® isolates your larger muscle groups, increasing strength and definition to your core gluteus, quads and arms. And if you like bring a sarong and a flower to wear.</p>	60 Minutes	Total Body	350	Body Weight
<p><b>Sh'Bam™ by Les Mills</b> How can you NOT want to do something that's called sh'BAM?!! This class features simple but seriously hot dance moves that will shape you up and let out your inner star. The soundtrack is made up of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics and modernized LATIN Beats.</p>	45 Minutes	Total Body	510	Body Weight
<p><b>Zumba®</b> This is a cardio class based on international rhythms. Imagine you are going to a friend's party and just have a great time dancing to great music. There is no wrong, everything is right, and you definitely do not need any dance experience! The moves are simple and sometimes strength-conditioning moves will be added. Lots of fun and lots of sweat!</p>	60-90 Minutes	Total Body	650	Body Weight



# LVAC CLASS DESCRIPTIONS

## AQUA 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>AquaAerobics</b> This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training at the end. A typical class consists of a 10-minute warm-up to increase the heart rate. The actual cardio workout lasts 35 minutes, with 20 minutes being vigorous activity that the participant modifies for his or her own level of fitness. The class finishes with a choice of abdominal work or body toning and a stretch.	60 Minutes	All	300	Body Weight Paddles Noodles
<b>Ai Chi</b> A slow, focused, moving meditation health exercise, that when done in the water will help improve your mastery of balance.	60 Minutes	All	200	Body Weight Paddles Noodles
<b>Aquafit</b> This class is a high intensity Aqua class that combines even segments of cardio and strength training either in intervals or by splitting the class time into even segments of each.	60 Minutes	All	300	Body Weight Paddles Noodles
<b>Aquakickbox</b> This vigorous workout combines punches and kicks in the water and use the natural resistance of the water to help you increase your stamina, core strength and flexibility. No boxing gloves needed!	60 Minutes	All	300	Body Weight Paddles Noodles
<b>Aquasculpt</b> This class uses buoyant aquatic equipment to help tone your upper and lower body, as well as improve your core muscle to stabilize your body in water.	60 Minutes	All	200	Body Weight Paddles Noodles
<b>H<sub>2</sub>O + More</b> Postural training to increase mobility, flexibility, strength and muscular endurance in your core (abdominal and back muscles) based on Pilates and Yoga exercises in the water. (Offered at Sandhill only.)	60 Minutes	All	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	All	300	Body Weight Paddles Noodles
<b>Mobility Plus</b> An aqua class for those with arthritis and other uncomfortable, chronic orthopedic conditions and those who are returning to exercise after injury or illness.	60 Minutes	All	200	Body Weight Paddles Noodles
<b>Water Jogging</b> A simple cardio class in the water, using the water for resistance to increase strength and cardiovascular fitness. Participants can modify jogging to a walk.	60 Minutes	All	350	Body Weight Paddles Noodles

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

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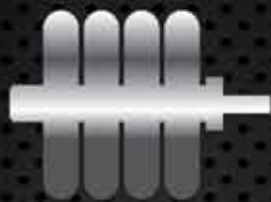
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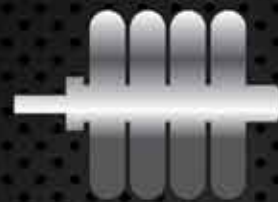


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# LVAC CLASS SCHEDULES

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP - 45 min	BODY PUMP		ZUMBA		
6:00	BODYATTACK cardio intervals at all levels	BODY PUMP	BODYSTEP	BODY PUMP	BOOTCAMP	BODY PUMP	
6:30							
7:00						BODYSTEP	BOOTCAMP
8:00	HEALTHY BACK Strength, Flexibility & Relaxation for stronger Backs STEP 2	YOGA* Vinyasa Flow	TAI CHI*	HEALTHY BACK Strength, Flexibility & Relaxation for stronger Backs	TAI CHI*	BODYCOMBAT	BODY ATTACK Cardio intervals all levels
9:00						CxWORX - 30 min	
9:15			TURBO KICK	MRT/BEAT-IT-OUT Muscle Resistance Training	STEP 2		BODY PUMP
9:30		BOOTCAMP				STEP 3	
10:15	BODY PUMP				BODY PUMP		
10:30		BODYSTEP	MRT Muscle Resistance Training	BODY ATTACK Cardio intervals all levels		ZUMBA	KICKBOX
11:15	CxWORX - 30 min				CORE - 30 min		
11:30		SH'BAM - 45 min. Dance Class all Levels	PILATES	P.I.T Pure Intensity Training		YOGA Beginning	CxWORX - 30 min
<b>PM</b>							
12:00	ZUMBA				ZUMBA** 90 min.		BOOTY BLAST B.A.R. Athletic
12:30		BODY PUMP	BODY PUMP			12:45pm BODY PUMP	
1:00	BODY PUMP - 45 min						
1:30		BODYCOMBAT	KICKBOX	INSANITY	KICKBOX		ZUMBA
1:45						BODYCOMBAT	
2:00	BOOTCAMP						
2:30			INSANITY- 30 min		BODY PUMP		
3:00							
3:30	MRT Muscle Resistance Training				3:45pm BODY ATTACK Cardio intervals all levels		
4:00		BODY PUMP	BOOTCAMP	BODY PUMP			BODY PUMP
4:30	ZUMBA						
5:00			FLEXIBILITY	CxWORX - 30 min			5:15 - BELLYDANCE*
5:30	BODYSTEP	BODY ATTACK Cardio intervals all levels	BODYCOMBAT Cardio intervals all levels	5:45pm 8STRIKES*	INSANITY		
6:30	BODY PUMP		BODY PUMP		BODY PUMP		BODYCOMBAT
7:00		STEP Intermediate		BODYSTEP - 45 min			
7:45	ZUMBA		ZUMBA		ZUMBA		
8:00		BODYCOMBAT		BODY PUMP			
9:00	BODYPUMP	ZUMBA	BODY PUMP	9:15 - ZUMBA			

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE		RPM CYCLE - 45 min	RPM CYCLE - 45 min		
5:30			INSANITY - 30 min				
6:00	RPM CYCLE - 45 min	PILATES	CYCLE	CYCLE			
7:00							
8:15	CYCLE		CYCLE			CYCLE	
8:30					RPM CYCLE - 45 min		
9:00		CORE - 30 min		ZUMBA		9:15am MRT	CYCLE
9:30	CYCLE	TURBO KICK	CYCLE		CYCLE		
10:15				BODYFLOW			YOGA* Vinyasa Flow
10:30	PILATES	BODYFLOW strength-balance-stretch	10:45am YOGA* Ashtanga Intro		PILATES	BODY ATTACK Cardio intervals all levels	
11:30						CYCLE	SH'BAM - 45 mins. Dance Class all Levels
<b>PM</b>							
12:00		RPM CYCLE - 45 min		RPM CYCLE - 45 min			
12:30	CYCLE		ZUMBA		YOGA* Vinyasa Flow		
1:00		YOGA* Vinyasa Flow		YOGA* Vinyasa Flow			
1:30	YOGA BLEND						RPM Cycle - 45 min CxWORX - 30 min
2:30		BODYFLOW					
3:15							
4:00			4:15PM YOGA Vinyasa Flow				GENTLE YOGA*

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

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check [www.lvac.com](http://www.lvac.com) for the most accurate schedules.



# LVAC CLASS SCHEDULES

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

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

4:30		BOOTY BLAST B.A.R. Athletic		BOOTY BLAST B.A.R. Athletic			
5:30	YOGA Vinyasa Flow	CYCLE	RPM CYCLE	CYCLE	CYCLE	RPM CYCLE	
6:30	BODYCOMBAT	CxWORX - 30 min	PILATES	YOGA Vinyasa Flow	PILATES	CxWORX - 30 min	
7:15		HOT HULA WORKS					YOGA BLEND
7:30	7:45pm CYCLE		BODYSTEP	RPM CYCLE			
8:30	8:45pm YOGA* Vinyasa Flow			YOGA* Vinyasa Flow			

## GREEN VALLEY ANTHEM - AQUA CLASSES

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

## EAST FLAMINGO CLUB (898-5822)

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

## EAST FLAMINGO CLUB - AQUA CLASSES

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

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

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# LVAC CLASS SCHEDULES

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODY PUMP		BODY PUMP/CxWORX*			
8:00	STEP 2			YOGA BLEND		BODYSTEP	INSANITY
9:00						BODY PUMP	BODY PUMP
9:30	ZUMBA	ZUMBA	BODYCOMBAT	ZUMBA	ZUMBA		
10:00						10:15am BOOTY BLAST B.A.R.	CxWORX 30 min
10:30	BODY PUMP	CxWORX - 30 min	BODY PUMP	MRT Muscle Resistance Training	BODY PUMP		FLEXIBILITY - 30min
11:15						CxWORX - 30 min	SH'BAM - 45 min Dance Class All Levels
11:30					CxWORX - 30 min		
<b>PM</b>							
12:00	PILATES		BOOTY BLAST B.A.R.		12:15pm PILATES		ZUMBA
12:30		BELLYDANCE**					
1:00	ZUMBA				1:15pm ZUMBA	ZUMBA	KICKBOX
3:00				BALLET BARRE toning w/ ballet moves			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM - 45min Dance Class all Levels	ZUMBA	BODY PUMP		
5:00		CxWORX - 30 min					
5:30	BODYSTEP	5:45pm ZUMBA	CxWORX - 30 min	BODY COMBAT	ZUMBA		
6:00			BODYATTACK - 30 min				
6:30				BODY PUMP/CxWORX*	SH'BAM - 45 min Dance Class All Levels		
6:45	ZUMBA	BODYPUMP	BODYPUMP				
7:45	INSANITY	HIP HOP DANCE*	8STRIKES*	HIP HOP DANCE*			

## WEST SAHARA CLUB - ROOM 2

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

## WEST SAHARA - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			
9:00			AQUAEROBICS			AQUAFIT*	
<b>PM</b>							
12:00	AQUAEROBICS		AQUAEROBICS		AQUAEROBICS		
5:30	AQUAFIT*	AQUAFIT	AQUAFIT*	AQUAFIT			

## CENTRAL CLUB AT KAREN (734-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODY PUMP	CYCLE	BODY PUMP	CYCLE			
7:30		YOGA* Integrative		YOGA* Integrative			
8:00							
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE	CYCLE	RPM CYCLE
9:30						NAVY SEAL BOOT CAMP	
10:00	LITE WORKOUT	MRT Muscle Resistance Training	LITE WORKOUT	BODY PUMP	LITE WORKOUT	BODY PUMP	GENTLE YOGA
11:15		FLEXIBILITY - 45 min		FLEXIBILITY - 45 min			ZUMBA
11:30						ZUMBA	
<b>PM</b>							
12:00	ZUMBA STEP	CYCLE	ZUMBA	RPM CYCLE	ZUMBA		
12:30						BELLYDANCE*	BOOT CAMP*
1:00		CxWORX - 30 min		CxWORX - 30 min	1:15pm YOGA BLEND		
4:30	ZUMBA		BODY COMBAT martial arts cardio	ZUMBA			
5:00					BOOT CAMP		
5:30	BODY PUMP	ARMY RANGER BOOT CAMP (pool area)	BODY PUMP	BOOT CAMP*			

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

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check [www.lvac.com](http://www.lvac.com) for the most accurate schedules.



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# LVAC CLASS SCHEDULES

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

## CENTRAL CLUB AT KAREN - CONTINUED (734-5822)

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45		CYCLE					
6:00					ZUMBA		
6:30	8STRIKES*		6:45pm BOOT CAMP*	6:45pm KICKBOX			
7:00		STEP & TONE					
7:45				CORE - 15 min			
8:00	ZUMBA	ZUMBA	HIP HOP DANCE	ZUMBA			

## CENTRAL CLUB AT KAREN - AQUA

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODY PUMP		BODY PUMP			
6:00	BODY PUMP	CxWORX - 30 min	BODY PUMP		BODY PUMP		
6:30		INSANITY - 30 min					
7:00			BODYATTACK <small>Cardio intervals all levels</small>				
8:00		STEP 2		P.I.T. <small>Pure Intensity Training</small>	BODYVIVE <small>Cardio-functional strength-stretch</small>	BODYVIVE <small>Cardio-functional strength-stretch</small>	BOOTCAMP
9:00	CxWORX - 30 min	CORE	9:15 PILATES			BODYATTACK	CxWORX - 30 min
9:30	BODYATTACK <small>Cardio intervals all levels</small>	BODY PUMP		BODY PUMP	ZUMBA		9:45am KICKBOX
10:00						CxWORX - 30 min	
10:30	BODY PUMP	KICKBOX	MRT <small>Muscle Resistance Training</small>	BODYCOMBAT	MRT <small>Muscle Resistance Training</small>	BODY PUMP	10:45am BODYPUMP
11:30	BODYCOMBAT	MRT <small>Muscle Resistance Training</small>	ZUMBA	BODYVIVE <small>Cardio-functional strength-stretch</small>	BODYCOMBAT	11:45am BODYCOMBAT	11:45am CxWORX - 30 min
PM							
12:30	BODY PUMP	PILATES	BODY PUMP	ZUMBA	BODY PUMP	12:45pm CORE - 30 min	BELLYDANCE*
1:30	1:45pm ZUMBA	ZUMBA*	1:45pm CxWORX - 30 min		CxWORX - 30 min	ZUMBA	
2:00			2:15pm BODYCOMBAT				ZUMBA
3:15		BODYATTACK <small>Cardio intervals all levels</small>			ZUMBA		BODY PUMP/Cx
3:30			BOOT CAMP				
4:00	4:15pm BODY PUMP	4:15pm ZUMBA		BODY PUMP			
4:30			MRT - 30 min <small>Muscle Resistance Training</small>		INSANITY		
5:00			CxWORX - 30 min	CxWORX - 30 min			
5:30	SH'BAM - 45 min <small>Dance Class All Levels</small>	BODY PUMP	BODYATTACK <small>Cardio intervals all levels</small>	BODY STEP	BODY PUMP - 45 min		BODY STEP
6:15					CxWORX - 30 min		
6:30	BODY PUMP - 45 min.	BODYCOMBAT	BODY PUMP	ZUMBA			
7:00	7:15pm CxWORKS - 30 min.				BODYCOMBAT		
7:30		CxWORKS - 30 min.					
7:45	ZUMBA		HIP HOP DANCE*	BODY PUMP			
8:00		BODY PUMP			ZUMBA		
9:00			ZUMBA				

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

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

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

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check [www.lvac.com](http://www.lvac.com) for the most accurate schedules.



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# LVAC CLASS SCHEDULES

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

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

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

SOUTHWEST (FLAMINGO/215) - ROOM 1 (798-5822)							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP			
6:00	BODY PUMP		BODY PUMP	ZUMBA	INSANITY	BODY PUMP	
7:00	ZUMBA			CxWORX - 30 min		CxWORX - 30 min	
8:00	BOOT CAMP		HIIT - 45 min		BOOT CAMP*		BODYSTEP - 45 min CxWORX - 30 min
8:45		CxWORX - 30 min	CxWORX - 30 min				
9:00						ZUMBA	
9:15			BODYCOMBAT		BODYCOMBAT		
9:30	ZUMBA	BODYATTACK <small>Cardio intervals all levels</small>		BODYATTACK <small>Cardio intervals all levels</small>			BODY PUMP
10:00							
10:30	BODY PUMP	MRT <small>Muscle Resistance Training</small>	BODY PUMP	CxWORX 30 min.	BODY PUMP		KICKBOX
11:00				MRT <small>Muscle Resistance Training</small>			
11:30		BODY COMBAT		BODY PUMP - 45 min		SH'BAM - 45 min <small>Dance Class All Levels</small>	
11:45	P.I.T. <small>Pure Intensity Trainin</small>		P.I.T. <small>Pure Intensity Trainin</small>		P.I.T. <small>Pure Intensity Trainin</small>		
<b>PM</b>							
12:30		BODY PUMP		ZUMBA		BODY PUMP	ZUMBA
1:00			ZUMBA		PILATES		

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

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# LVAC CLASS SCHEDULES

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

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

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

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

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00							
8:30	POSEIDON'S FURY** A Bootcamp Style Class in the Water		AQUAFIT**		HYDROFIT		AQUAFIT - 90 min
9:00		AQUAEROBICS		AQUAEROBICS		AQUAFIT	
9:30					AI CHI - 30 min		
10:00		AQUAFIT		AQUAFIT		AQUA ZUMBA	
PM							
4:30		POSEIDON'S FURY** A Bootcamp Style Class in the Water		POSEIDON'S FURY** A Bootcamp Style Class in the Water			
6:00				AQUA KICKBOX			

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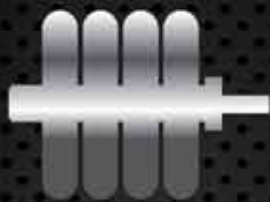
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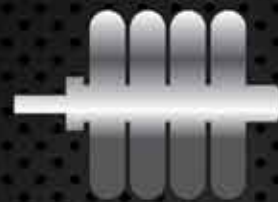


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