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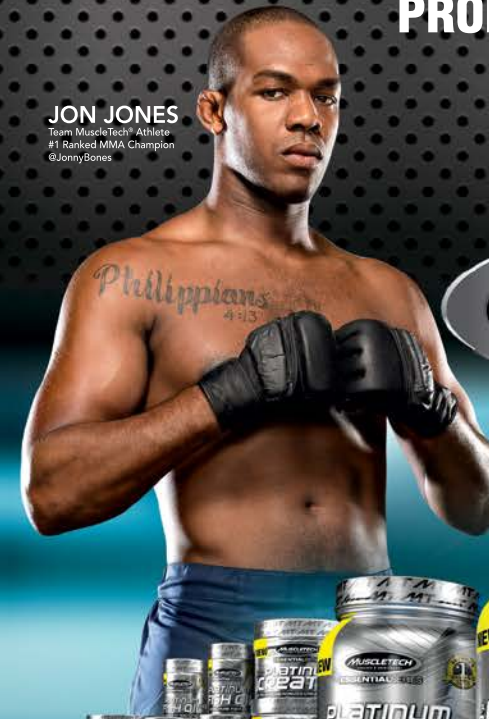
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About the Cover
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Sufia and Kai Palluck

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702.271.7390

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About Our
Cover Girl

Sufia Palluck pictured
with her son, Kai.
With a thriving dental
practice, she is the
epitome of a busy mom.

8

Best Steakhouse Prices In Town!



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May You **Live Well**, Live **Long** and **Prosper!**

Dear Friends,

It almost seems a little bit spooky, or shall I say "Spocky", the theme of my letter for the last three quarterly LVAC magazines. Starting with last Summer's issue "May You Live Well and Prosper", and followed by Fall's "Stay Cool, Live Well and Prosper" and then the Winter's "Stay Well, Live Well, Be Well... 2015". Yes, all were a take off on a catchphrase by Leonard Nimoy's character Mr. Spock in the original television series "Star Trek". Spock's "Live Long and Prosper" was converted to "Live Well and Prosper", to highlight the topic of wellness and functional medicine. With Spock's - "Live Long and Prosper", what's regretful is that contributing to Nimoy's passing in February at the age of 83 was that he was diagnosed with Chronic Obstructive Pulmonary Disease (COPD), caused by years of smoking. Smoking cessation is normally one of the first major components of any wellness program, and had Leonard Nimoy succeeded much earlier in this area of wellness he may have lived much longer. In one of his final tweets he encouraged his followers to stop smoking. Leonard Nimoy's COPD condition is an extreme example of how lifestyle related choices can be so self-destructive.

For most of us, our self-destructive patterns are more subtle, but can lead us to chronic conditions and health related problems. In last Summer's issue I wrote about one of the functional medicine pioneers, Dr. Mark Hyman, who points out that food is the most powerful medicine to treat chronic disease like diabetes and different types of arthritis. In the last issue I followed up with the functional medicine testing I did to learn more about the subject, and the three week detoxification that took away the foods and drink that were impairing my health and adding the ones that create health. I learned that even though I exercised a very healthy amount and watched my calorie intake, resulting in a lower body fat percentage, there were still many self-destructive health issues that needed immediate attention. I also learned that my body was in hormonal imbalance due to a higher level of cortisol, a stress related factor, and that it was triggering a host of inflammatory responses. Dr. Hyman also explains that cooking real foods at home is one of the best ways to change your diet, and to stay away from foods that are made in a factory (processed foods). We all have different factors that drive our individual health problems, but the key for each of us



is to take personal responsibility for our own health.

In last Spring's issue I wrote about Augie Nieto, an icon in the fitness industry and the founder of the Life Fitness Company. About ten years ago Augie was diagnosed with Lou Gehrig's Disease (ALS). This March we celebrated the 10 year anniversary of an event called Augie's Bash, which is a fitness industry fundraiser for the Augie's Quest Foundation. Over the last ten years, Augie and his wife Lynne have raised over \$46 million for Augie's Quest. This year's Bash was a reunion, with most of the people in attendance never expecting to see their friend alive ten years later. ALS is a disease that is genetic and not contracted because of lifestyle choices, and the cause is locked away in our DNA. It's still a mystery which genes are responsible for ALS, but the funding of AugiesQuest.org will help to someday unlock the mystery and lead to a cure. We encourage you to donate to this very worthy cause!

In a recent article by Dr. Mehmet Oz, he explains that our genes do have health power, with our ability to control our DNA by switching certain genes on and off. There has been a lot of research on epigenetics over the last ten years, and although we can't change our DNA, we can change our gene expression (by what gets switched on and off). This power over our health relates to helping protect us from cancer, heart disease and even the common cold. What genes get switched on and off depends on the foods we eat and what we drink, hormones, stress and sleep, environmental toxins, and of course our activity level (exercise). There is an abundance of resources available for you to learn more about what drives our individual health issues. This helps us to understand how we need to change our diet, activity, and lifestyle choices to achieve the highest level of health, fitness and wellness. As a member of LVAC you have access to some fabulous resources such as dotFIT, myfitnesspal, and of course the LVAC Magazine. There are also other resources such as Google, other health and wellness magazines, other websites such as Sharecare and RealAge (Dr. Oz affiliates), ForeverHealth and WebMD, as well as consulting with a Functional Medicine MD as I did.

Finally, in the last issue we mentioned our new club under construction on the North side of town. We are expecting to open in May, and hope that you can come in and check out the newest LVAC flagship. We call it our "Flagship" because we have one of the largest American flags in all of Las Vegas in front of the club. We are very proud of our new club and the American flag flying in front of it!

In tribute to Mr. Spock, Live Long, Live Well ... and Prosper!

Live Long and Well,

Todd O. Smith
CEO/Chief Exercise Officer
todd@lvac.com

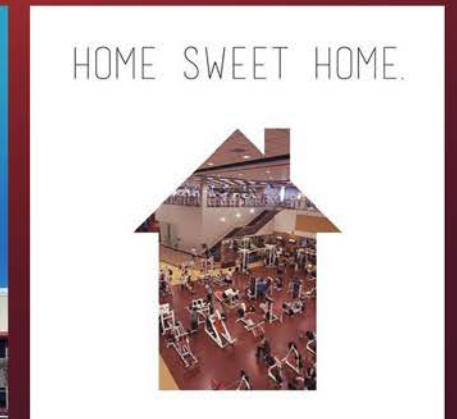
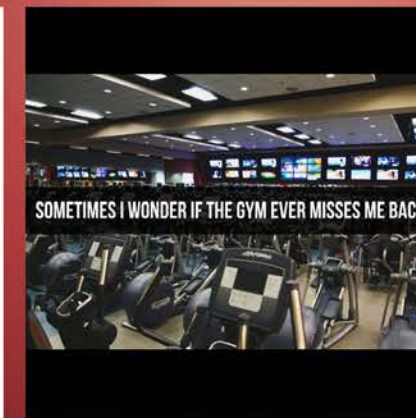
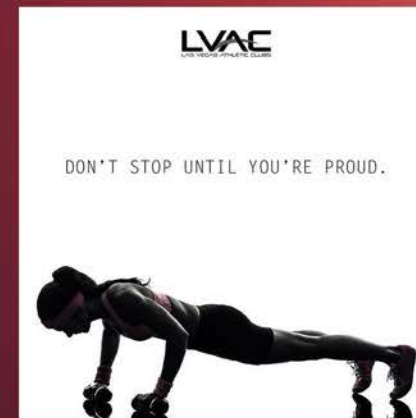
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MEET OUR COVER GIRL

Sufia Palluck



Featured on our cover are Sufia Palluck and her son, Kai. Sufia is a native Las Vegan, and has always been athletic—playing soccer and competing in track, having set Nevada state track records in high school. She played soccer for the University of San Diego, where she received a B.S. in chemistry. She also played professional soccer in the German Women’s Bundesliga in Saarbrücken. She attended dental school at USC and has her own practice in cosmetic and family dentistry. She and her husband are the proud parents of Kai, now 15 months old. We chatted with Sufia to find out how she balances a busy dental practice and her workout schedule with being a wife and mother.

“Finding time to work out with a new baby can definitely be challenging, especially after a 12-hour day working on patients. However, I’m one of those people that begins to feel bad if I go too many days without

working out. I will set aside time on the weekends and make sure I get at least one or two workouts in during the week.” Sufia explains her current workouts by saying, “Before my knee surgeries from soccer wear and tear, I used to love running. Now, I focus on lifting weights, and my favorite workout—Muay Thai Training at Fasi Sports with Master Chan at the LVAC Rainbow Club,” explains Sufia.

“My favorite thing about LVAC is that they constantly upgrade their equipment and group fitness classes. It always seems like there is something new to try out.” She keeps her diet clean and simple because of her heavy patient schedule. “Surprisingly, it’s not too difficult to find healthy, low-calorie fast food meals, which is what I am often forced to eat during the week because of my work. Chicken sandwiches on wheat bread with extra veggies, or egg white wraps are tasty, low-calorie meals that you can find all over Las Vegas.”

What keeps her motivated to stay fit? “Staying in shape gives me more energy to keep up with Kai and also makes me a more positive person in general. Also, it’s really great because I see many LVAC members and their kids at my dental practice!”

Dr. Sufia Palluck, Cosmetic and Family Dentist at Somerset Dental (www.drpalluck.com)



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BJ AFTER
GAINED 20 LBS. OF LEAN MUSCLE

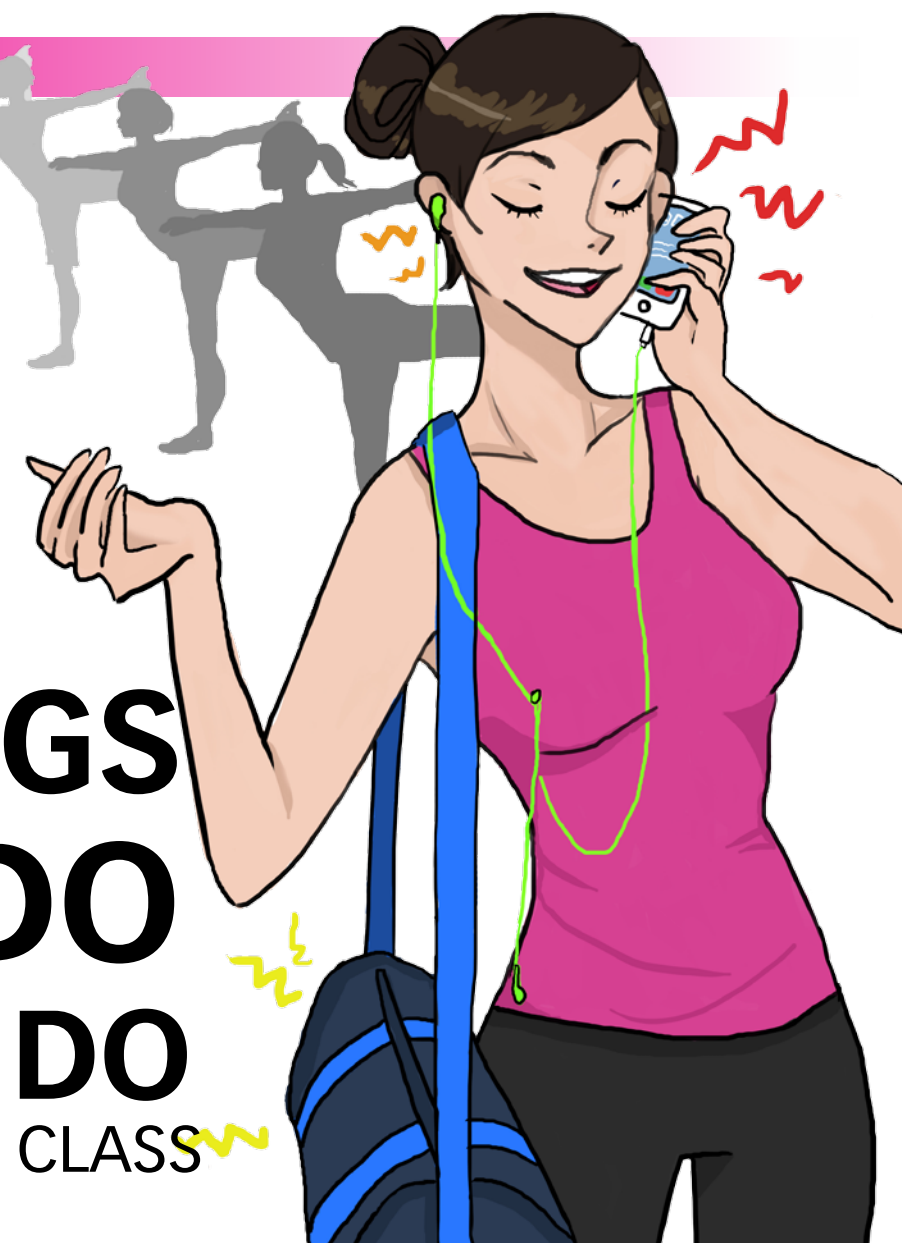


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8

THINGS TO DO

& NOT TO DO IN A GROUP FITNESS CLASS



Don't be that Guy

- 1 Don't save spots for your friends. It's not fair to class members who arrive on time and can't find a place.
- 2 Don't use your cell phone during class. Don't text, Instagram, email, update Facebook, play Words with Friends, or chat on your phone.
- 3 Don't walk into the group fitness room when a class is in session. Unless you are coming in to join the class, don't come in to do your own thing or remove equipment from the room.
- 4 Don't use earphones and your own music. If you prefer your own playlist, then use it on your own time, not during class.
- 5 Don't bring your gym bag or other large items into class. Just a towel and water will do.
- 6 Do follow the workout. If you have your own agenda planned, then give your bike or spot to someone who would like to participate in the group fitness experience and relocate to the cardio area where it's completely appropriate for you to do your own thing.
- 7 Do save conversations for after class. If you're talking to your neighbor, you're not working hard enough.
- 8 Do have fun and get a great workout!

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SUCCESS STORY

Frances Armenta



Member Frances Armenta works in the retail business as a district sales manager. She has four dogs and loves to spend time outdoors.

LVAC: What was the catalyst that led you to change your life style?

Frances: A few years ago I was working almost 70 hours a week in a high stress job. Combined with lots of unhealthy eating and drinking to excess on a daily basis, I felt that I was on the edge of a massive meltdown, not just physically but also mentally. My life had become a vicious cycle of unhealthy living when I slowly came to the realization that enough was enough. It was a very difficult time in my life, but I learned from it and that awakening led me to begin the changes I needed to make.

LVAC: What changes did you begin to make?

Frances: I had been using many different diet options and various meal plans, but all of them proved to be short-term solutions. I bounced between diets and fast food. I would eat fast-food hamburgers at least three times a week, fried foods with lots of cheese and I always overloaded on sweets. I began to educate myself on how to make balanced, clean nutrition choices. Now my diet is centered on vegetables, lean meats, protein shakes, fruits and raw seeds. I limit my alcohol intake to one or two drinks per week. I do love Gummi Bears, but I think twice before I reach for them!

Weight Before: 175
Weight After: 145
Dress Size Before: 12
Dress Size After: 6

LVAC: Tell us about your workouts. What do you enjoy doing and how has it helped you to be successful?

Frances: I began with Bikram Yoga. It saved me mentally by giving me focus and the ability to relax which reduced my stress. But I didn't feel like it was changing my body as much as I needed it to, so I started taking various LVAC group fitness classes. I began with Body Pump, cycling and kick-

boxing, which I loved. One day a fellow LVAC member invited me to a group fitness class called P.I.T., which is a high intensity interval-training format. I was immediately hooked by the energy and enthusiasm in the room. The instructor, Brian Catanio was so motivating and the class was exactly what I needed to challenge me.



LVAC: How do you fit your workouts into such a heavy work schedule?

Frances: In addition to my personal training, I still participate in indoor cycling. I love to take Bikram when I get the chance. It is a very demanding workout routine, but luckily I now work for a great company that allows me to have flexibility in my schedule, so that helps.

LVAC: How is your life different now than it was two years ago?

Frances: This journey has completely changed my life. I have energy! I don't experience shortness of breath like I did before. Now that all of the greasy, processed food and the alcohol is gone from my diet, even my skin and my hair are healthier and look better.

My father recently needed to have his leg amputated as a result of diabetes. His experience has made me even more aware of how critical it is to care for your health. I always tell everyone that your health is the most important thing. Every time I work out I think of my Dad. I know he can no longer do the things I can do, so I do it for him, everyday.

LVAC: What's your favorite thing about LVAC?

Frances: I love the friendly staff at the Juice Bar and the amazing people I have met here. And of course, my trainer Brian!



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4:30-7:00AM WEEKDAYS



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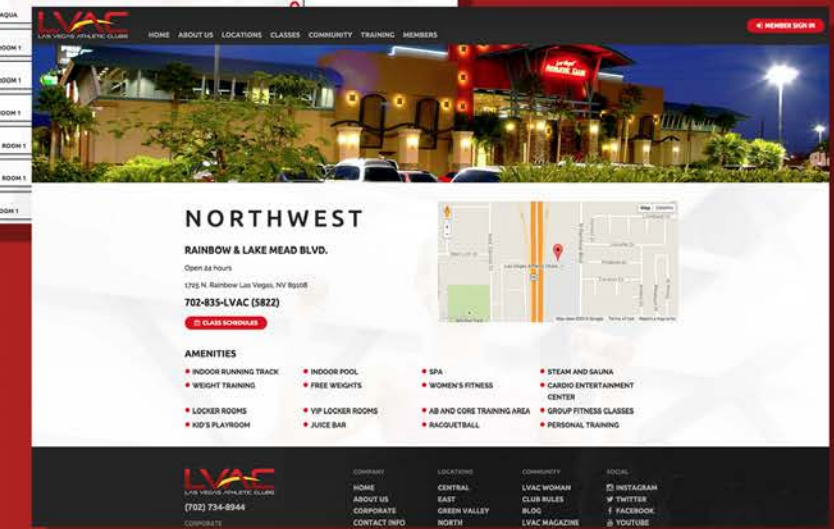
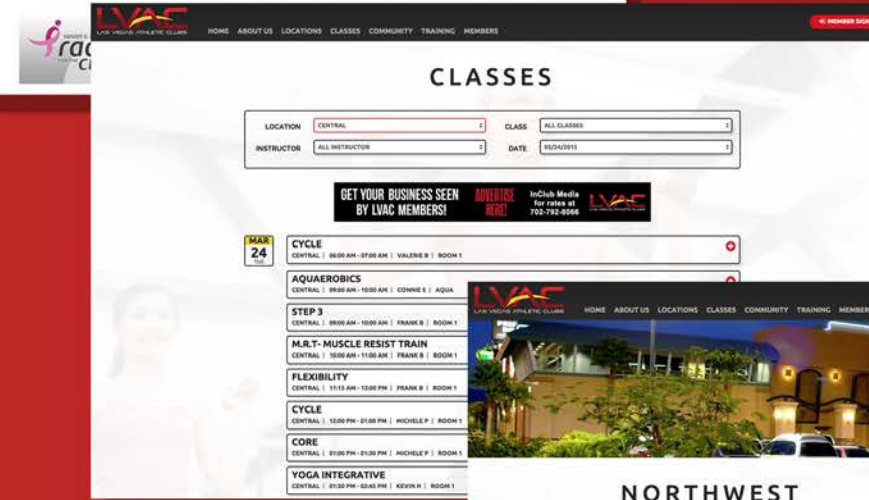
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HAVE EVER MADE.



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LVAC Member Spotlight

DAVID STEELE

Scott Firefighter Combat Challenge Champion

David was born November 21, 1957 in Honolulu, Hawaii where his father was serving in the Coast Guard. When he was five, a job change to the aerospace industry sent his family to Phoenix.

He was the oldest of four boys, and spent his high school years playing football and took the State Championship in power lifting. After graduating high school, he was a bit lost as to what type of education to pursue. He had a good friend whose father was a firefighter and after discussing the requirements and benefits of firefighting, David made his choice. The idea of being part of a team; each man and woman in uniform depending on one another, always having someone to back you up as well as the camaraderie

developed by spending long hours together at the station all appealed to him. Because he had always been athletic, the physical demands of the job—the stamina, endurance and strength required to perform in an emergency, increased his desire to pursue what his friend's father referred to as "a career, not a job."

He began his career as a wildland firefighter with the National Park Service. For nine years he traveled all over the country; California, Arizona, Idaho, Nevada and Colorado fighting wildland fires with elite firefighting crews, such as the Hotshots and Smokejumpers. He worked fighting wildland fires during fire season, and during the off-season pursued his college degree. He currently holds an associate's degree in both Fire

Science Technology and Fire Science Management from the College of Southern Nevada.

In 2001, after nine years of testing, he landed a position with Las Vegas Fire and Rescue. He said, "I could have been the class father! At 44 years old, I was the oldest one in my class." But age didn't matter to David. He was number one in class ranking, leading his class in physical fitness, which included climbing the Stratosphere stairs in full firefighter gear. To put that in perspective, you should know that the Stratosphere has 1500 steps, 20 steps each flight, and there are 75 flights. The gear—helmet, jacket, pants and boots along with the air-pak weigh a total of 50 pounds. In addition, the high rise hose pack they are required to carry is an additional 42 pounds!

He has been with Las Vegas Fire and Rescue for 13 years now, and says, "It's the best job in the world. I am living the dream. Accomplishing tasks in dangerous conditions is exciting and helping people in emergencies is very rewarding. When little kids come up to see a fire truck, they look at us like they would look at Superman. The job does have drawbacks, like the long hours away from home. It's dangerous work and you miss a lot of special family moments, but I truly love it."

David competes in what is touted as the toughest two minutes in sports, the Scott Firefighter Combat Challenge. Wearing 50 pounds of bunker gear and an air-pak breathing apparatus, pairs of competitors race head to head as they simulate the physical demands of real-life firefighting. They perform a series of five linked tasks, including climbing a 5-story tower with a 42 pound high rise hose pack, hoisting a 42 pound hose roll, chopping, dragging the hose and rescuing a life-sized, 175 pound victim. They race against themselves, their opponent and the clock.

David has been competing in the Scott Firefighter Combat Challenge for 10 years. He has 8 regional first places, three-second places and one-third place win. He was two time U.S. National Champion in the over 55 division, and this past November, his performance earned him the World Champion title in the over 55 division. His goal for next year is to break the world record time of 1:48:03. His personal best time stands at 1:50:65.

"The Las Vegas Athletic Club has helped me achieve my training goals for the Combat Challenge and has helped me to be in top physical condition to perform the duties of a firefighter. LVAC has an expansive selection of equipment, free weights and machines so I can use loaded movement training to mimic tasks performed on the fire ground. Among my favorite pieces of equipment are the Keiser pneumatic machines which allow for eccentric muscular load, which is essential to the work that I do", explains David. "I also enjoy the



provides me with the fuel I need to perform at the highest level."

massive cardio entertainment area where I can work on my cardio, and afterwards enjoy a steam and sauna as part of my recovery."

"For my training and for the requirements of my job, I try to consume a diet composed of approximately 55 to 60 percent carbohydrates, primarily complex

"I am living the dream. Accomplishing tasks in dangerous conditions is exciting and helping people in emergencies is very rewarding."

starches, not simple sugars and about 15 percent of my daily diet comes from protein. I minimize my saturated fat intake and avoid trans fatty acids at all cost, which is sometimes hard to do at the fire station. Carbohydrates are the primary source of fuel for firefighting and other high-intensity physical activities. A diet rich in complex carbohydrates such as fruits, vegetables, cereals, grains, rice and whole grain pasta

According to statistics, the leading cause of death in the U.S. for firefighters is heart disease leading to heart attacks and other conditions, such as stroke. "That's why I compete in the Firefighter Combat Challenge. It encourages physical fitness and cardiovascular health. The day that I cannot compete in the Challenge is the day I need to retire as a firefighter."

David and his wife Gail have been married for 24 years and are the proud parents of two sons, Chad, 17 and Justin, 23. His hobbies outside of firefighting are packing up the travel trailer and hitting the road with his wife and family. He also plays ice hockey in the over 50 hockey club, The Elder Skatesmen, three times a week. "I play hockey with guys in their 60's and 70's who are very competitive. They play every game like it's game seven of the Stanley Cup!", David laughs.

In addition to his goal of setting a new world record in the Combat Challenge, he is looking forward to retirement. "My lovely wife and I are going to travel and see America."



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Once you have registered for the race, here's how you can pick up your free Team LVAC T-shirt:

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.

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Wednesday, April 22, <i>Rainbow</i>	11 AM - 3 PM & 4 PM - 8 PM
Thursday, April 23, <i>West Sahara</i>	11 AM - 3 PM & 4 PM - 8 PM
Monday, April 27, <i>Flamingo & 215</i>	11 AM - 3 PM & 4 PM - 8 PM
Tuesday, April 28, <i>Maryland Parkway</i>	NOON - 3 PM & 4 PM - 8 PM

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

Cashman Center, 850 Las Vegas Blvd. North, Exhibit Hall A
 Wednesday, April 29: From 3 PM to 7 PM
 Thursday, April 30: From 3 PM to 7 PM
 Friday, May 1: 12:00 PM to 4 PM

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, 2015, Komen will mail your race packet directly to your home address! If you register after April 15, you will need to attend the Race Expo to pick up your race packet.



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SUPPLEMENTING PROTEIN

By Crystal Petrello MS, RDN, LD

Little Miss Muffit sat on a curl bench drinking her casein and whey. Along came a spider and sat right beside her that Miss Muffit crushed by her weight". You guessed it, this article is about protein. Specifically we will be talking about powdered protein. We spend a lot of money on these powdered calories and there is a lot of myth that surrounds this supplement. The myths start with the amount of protein you need, leading to how much to supplement. The goal of this article (and awesome infographic) is to aid you in understanding how much protein you need and the benefits of each protein powder source.

How much do I need?

For healthy adults the Recommended Dietary Allowance (RDA) for protein for adults is 0.8 grams per kilogram of body weight each day. Therefore, a 150-pound (lb) person would need about 55 grams of protein per day. This is for a general healthy adult, especially those trying to lose weight. It is not mass amounts of protein that will help you lose weight (per some fad diets), it is the proper amount of calories from a balance of protein, carbohydrates, and fat along with exercise. Excess protein, over and above your needs, is converted and stored as fat. I recommend a phone app like MyNetDiary to track calories and protein intake. You, as most Americans, probably get enough protein. The purpose of protein powder for someone with weight loss or wellness goals is for a meal or snack replacement.

For athletes the recommended protein intake is 1.2–1.7 grams per kilogram of body weight each day. While athletes require more protein per day (for energy and muscle repair), athletes typically need more calories period. So eating more protein helps to meet their higher needs. Do not be duped: eating more protein does not translate into bigger muscles. Exercise and refueling properly does.

ANIMAL BASED

MILK PROTEIN

This is a mix of casein and whey. Essentially this is fat free powdered milk. This is a very inexpensive way to add



protein and calories to your meal plan. Purchasing casein in supplement form (and not as powdered milk from the grocery store) usually has a specific percentage of casein and whey in the product.

WHEY

Whey is sold in three forms: concentrate, isolate, and hydrolyzed

Concentrate and isolate are very similar in their protein by weight. This information can be found on the label. Basically, it is total grams in a serving versus how many of those grams are protein. These two forms are good for the general consumer. The hydrolyzed form is good for people that need hypoallergenic because it is the simplest form of protein, the amino acids. Because of the process that protein goes through to get a refined amino acid it is more expensive. They are the quickest absorbed of the whey proteins.

CASEIN

Casein is the "curd" part of Little Miss Muffit's spider dilemma. Casein, like whey, is derived from cow's milk. The forms you can find casein in are calcium caseinate, micellar casein and hydrolyzed casein. Hydrolyzed casein is good for drinking and is absorbed at about the same rate as hydrolyzed whey. Caseinate and the micellar create a "gel-like" consistency when added to a fluid. This allows them to be a good addition to puddings, desserts, or thick shakes. If you are looking for ways to add calories, casein can be added to virtually any food. I usually recommend adding to oatmeal. Protein plus fiber helps to have a full belly!

BEEF (HYDROLYZED BEEF PROTEIN ISOLATE, BPI)

This is certainly one of those times I would recommend eating it and not drinking it. This is an expensive protein no matter how you cut it (pun intended). There is nothing special about the amino acid profile of beef compared to any other protein mentioned here. If you want beef, at these prices, I know of a few great steak houses in town!

EGG

Essentially this is powdered egg whites. Your body absorbs it well but when making a choice on protein consider taste and cost (and additives if this is important to you).

PLANT BASED

SOY

Soy protein comes from the soy bean. You can get this protein in a variety of forms but the most common is tofu and soy protein powder. To create variety in protein profile and my meal plan I add tofu to my shakes instead of Greek yogurt. The issue that some people have with using protein powders, hence too much soy, is the thyroid and general hormone disruption. If you want a plant-based protein I recommend any other of the plant proteins mentioned here.

PEA/RICE

Often these are mixed together to create an amino acid profile that is complete and comparable to whey. This is a good choice for vegans and/or people that have a difficult time with milk-based proteins.

HEMP, CRANBERRY, QUINOA, MILLET, AMARANTH, GARBANZO, BUCKWHEAT, AND ALFALFA

These plant-derived proteins offer variety for those looking for an alternative to animal proteins. They are derived from whole grains and beans. Eating the whole food itself will also help get some healthy carbohydrates and fiber into your day. A word to the wise-watch for the fat content in these mixes. Hemp can add some great omegas, but they are a fat.



ADDING FLAVOR TO WHAT YOU HAVE

My personal preference is not to have my cupboard cluttered with bags and tubs of powders. I purchase 1 or 2 base flavors and add variety in the following ways:

- 1. SweetLeaf Flavor Drops**- This is stevia in liquid form with flavor added. This is a calorie-free way to add flavor and some sweetness without adding chemicals. You don't need to add much. A drop goes a long way!
- 2. Barlean's Swirls**- These flavored, liquid omega supplements are a great way to add flavor (Key Lime added to vanilla protein is my favorite) and get your heart healthy supplement. They now have Omega-7's that aid in joint health.
- 3. Fruit and Vegetables** - Create a smoothie and add your protein. No one says you have to mix protein with milk or water. This is a great idea if you are using protein powder as a meal replacement drink.

Crystal Petrello MS, RDN, LD

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SOURCES:

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PROTEIN POWDERS 101

WHEY PROTEIN

Pros:

- Quick Absorbing (great for post-workout)
- Inexpensive
- Many flavors Available

Cons:

- Contains lactose
- Some brands may contain artificial ingredients

EGG WHITE PROTEIN

Pros:

- Rich in vitamins and minerals
- slow absorbing (great for any time of the day)

Cons:

- Common allergen (eggs)
- One of the most expensive

CASEIN PROTEIN

Pros:

- Similar to whey, but is slow absorbing (perfect before bed or anytime of day)

Cons:

- More expensive than whey
- Allergen (milk)
- Not good for post-workout due to slow absorption
- May clog respiratory system

SOY PROTEIN

Pros:

- May improve immune system
- May promote bone health
- May prevent cardiovascular diseases and reduce the risk of certain cancers

Cons:

- Often genetically modified
- May have an effect on hormone levels

RICE PROTEIN

Pros:

- Good source of complex carbs, vitamin B, and fiber
- Hypoallergenic

Cons:

- deficient in some amino acids

HEMP PROTEIN

Pros:

- Superfood
- contains 21 amino acids
- Hypoallergenic

Cons:

- Often the most expensive

PEA PROTEIN

Pros:

- Hypoallergenic
- Easily digestible
- Few additives or artificial ingredients

Cons:

- Deficient in certain amino acids

10 WORKOUT TIPS for BUSY MOMS



Any busy mom can tell you that finding time to workout is always a challenge. From a demanding job to housework and homework, some days it's all a mom can do to grab a peanut butter sandwich on her way out the

door. The key to making sure your own health doesn't get pushed to the back burner is using time management, multi-tasking and creativity to fit exercise into your day. Here are some tips we think will help.

- 1 You really have to want to.** There will always be one million reasons that you can't, so you have to have a passion and true desire to make it work. It will be challenging, and it will take hard work and consistent effort. But you can do hard things. Being a mom proves that.
- 2 Focus on a workout that is convenient.** When time is of the essence, waiting for a workout partner or trying to match someone else's schedule to yours can create added stress. Being free to grab pockets of time when it is convenient for you will increase the odds of your being successful.

- 3 Invest in a good jogging stroller.** One mom shared that she timed her walk/run to coincide with her baby's naptime. She got her workout, baby got a nap; everyone was happy. Another mom told us that she takes her kids to the park. They all know the rules; no talking once they start (because mom can't run and talk at the same time), and no fighting in the stroller! Once they get to the park she does lunges off of a park bench and push-ups on the grass while the kids play on the slides and swings. When they are done, she runs the stroller full of kids back home. This has alleviated all guilt of leaving them in order to workout, and they really love the time they spend together. In addition, they are learning that being active is fun.

- 4 Find a gym with childcare.** At LVAC we are proud of the childcare facilities available to our members. Drop the kids off and enjoy your workout while knowing your children are in great hands.
- 5 Get your sleep.** Getting enough sleep can make a huge difference in your energy levels and your ability to handle the many responsibilities you have. It also means you will be more likely to have the energy necessary to get your workout in, and all of that makes for a much happier mom.
- 6 Get up early.** Missing your favorite nighttime episode on T.V. can be tough, but being able to get up early to fit your workout in is worth the sacrifice. Working out early means there's no need to coordinate a baby sitter, the phone doesn't ring and there are no interruptions because everybody is still asleep. It's a win-win.
- 7 Make good use of your lunch hour.** One mom shared that she took the first 20 minutes of her lunch hour to eat, then went outside and walked down the street and around her building for 30 minutes and ended by taking the stairs instead of the elevator. When you pack your lunch, pack your Nikes as well.

- 8 Work out in spurts.** If it's impossible to carve out a 30-45 minute block of time, try doing 10-15 minutes three times a day. It all adds up. Remember, if you don't get in the 'ideal' workout, any movement that you can fit into your schedule has benefit.
- 9 Explore exercises that include your baby.** An example would be to lay your baby on the floor, and do pushups, giving him a little kiss on the forehead every time you lower your weight. Or do squats while you hold your baby against your chest. Play peek-a-boo as you lift your baby over your head and lower him, which is as good as doing overhead presses with a 10-15 lb weight! Be creative. There are so many things you can do to stay active that can include your baby.
- 10 Enjoy every minute you have with your children.** People will tell you that it goes by quickly, and in the throes of raising a family you have a hard time believing that you will ever have time for yourself again. Until one day when they are grown. It will take your breath away how fast it went by. So, notice their little hands and feet. Memorize their laughter. Love the time you can spend with them and look for every opportunity to teach them how important fitness is, both by your own example and by having them experience the fun of an active lifestyle with you.



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Fit Facts

Wear a pedometer

New research suggests that routinely wearing a pedometer encourages people to walk about an extra mile each day, lose weight, and lower their blood pressure. Aim for at least 30 minutes of brisk walking and a total of 10,000 steps per day.

Dr. JoAnn Manson, chief of the division of preventive medicine at Brigham and Women's Hospital and professor of Medicine at Harvard Medical School

Sleep Can Affect Children's Weight

Does your child get enough sleep? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being overweight. Sleep shortfalls may increase hunger hormones, so kids eat more. Also, kids are less likely to get exercise (and burn off calories) when they're tired.

To help kids and teens get a good night's sleep:

- Remove TVs, computers, and gadgets from kids' bedroom.
- Avoid large meals before bedtime.
- Develop a regular bedtime routine.
- Set firm bedtimes and wake times.
- Make sure the bedroom is quiet, dark, relaxing -- and not too hot or cold.
- Help kids quiet down a few hours before bedtime.
- Heavy studying, text messaging, or video games should end in early evening.

How much sleep do school kids need? It depends on the child. But here are some general guidelines from the National Sleep Foundation:

- Ages 3-5: 11-13 hours
- Ages 5-12: 10-11 hours
- Ages 11-17: 9.25-9.50 hours

Source:
Nancy L. Kondracki, MS, RD, LDN
Today's Dietitian
Vol. 14 No. 6 P. 48



Boost Your Immune System

As part of an operation called, "Operation Stop Cough," military recruits were told to wash their hands at least five times a day. After 2 years, the HAND-WASHING team reported 45% FEWER CASES of respiratory ailments than recruits from the year before, who did not participate in the program.



DIY Hair Mask

Winter can be very drying to your hair. Revive and your locks this spring with a simple do-it-yourself conditioner that you can make in your blender. One of the main ingredients for this hair mask is avocado, which is rich in fatty acids and very moisturizing for your hair.

Ingredients:

½ avocado
¼ cup mayonnaise
1-tablespoon coconut oil
1-tablespoon olive oil
1-tablespoon honey
2 ounces water

Mix all ingredients in a blender until smooth and well combined. Wet your hair with warm water, which helps to open up hair follicles and allow for maximum absorption of the mask. Apply mask to wet hair strands, and comb through for even application. Cover your hair with a shower cap or plastic wrap to allow hair time to absorb the nutrients. Leave on between 15-20 minutes. Rinse with cool water to close the cuticle and lock in the moisture.



Ladies: Flavonoid-Up Your Diet for Healthy Aging

Women in midlife can raise their chances of staying healthy past 70 by increasing their intake of foods rich in flavonoids, says new research from the Harvard School of Public Health.

Flavonoids are plant-based compounds with powerful antioxidant properties and are found in many fruits and vegetables (berries, grapes, oranges, onions and celery to name just a few). Dietary flavonoids have been linked to lower risk of various chronic diseases, but prior to this study, researchers were unclear whether flavonoid intake in midlife could help maintain good health and well-being in later years.

Specifically, women with the highest intakes of flavones had greater odds of healthy aging than those with the lowest intakes, according to the study. In a separate analysis of each component of healthy aging, higher flavanone intakes were significantly associated with better mental health and physical function.

IDEA Fitness Journal, February 2015

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BEFORE



AFTER

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



BEFORE



AFTER

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

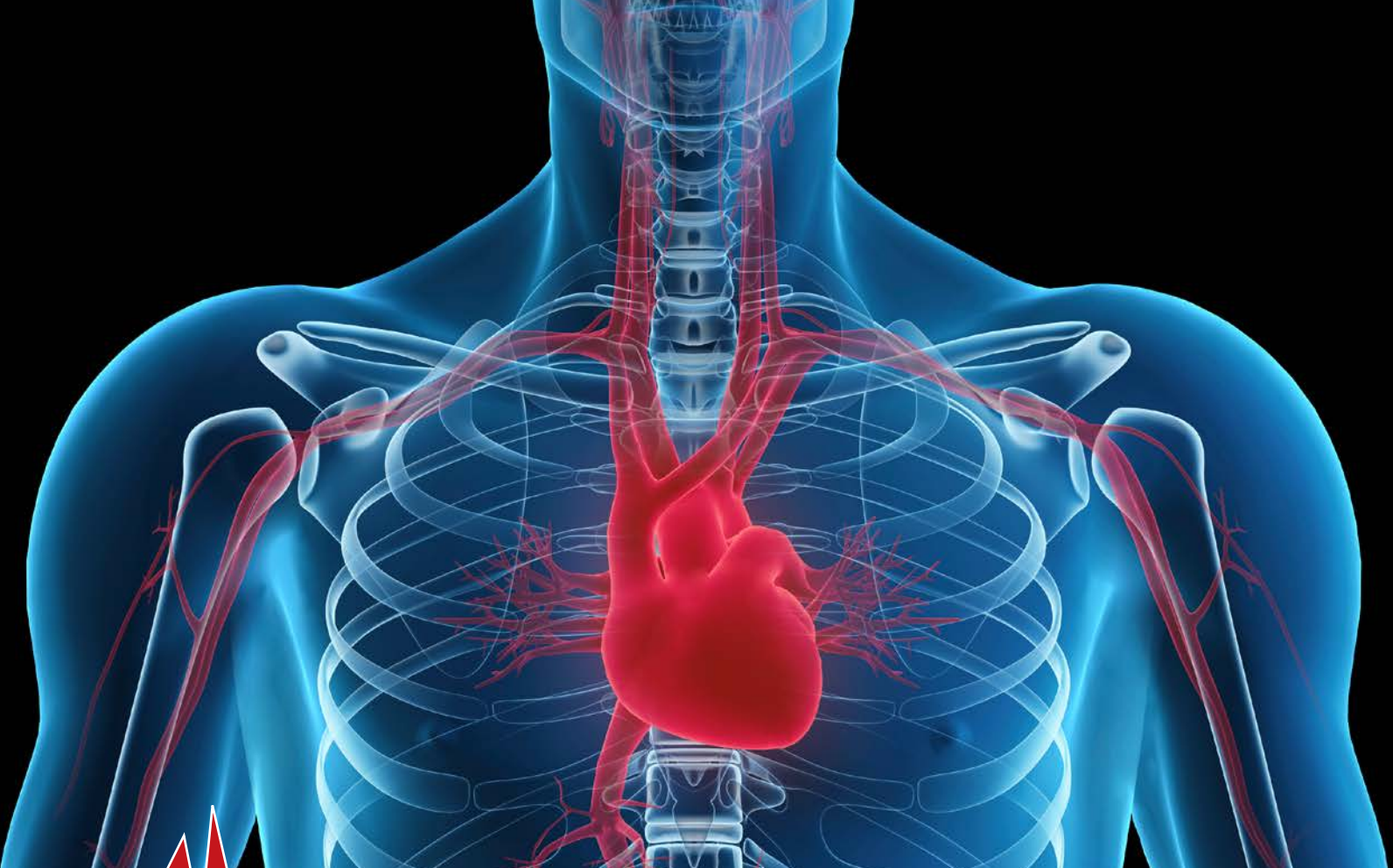


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A Healthy Heart

How to avoid this life-changer... a heart attack

By Bret FitzGerald

While every organ in your body is important (to one degree or another) the heart is the de facto essence of life. With every one of its life sustaining contractions (about 2 billion in an average lifetime), the heart pumps oxygen and nutrient enriched blood to all of the cells in your body.

Keeping your heart healthy should be a constant goal. A healthy heart is one that beats at a regular rhythm (between 60 and 80 beats a minute at rest), is free of arterial plaque and is free of any congenital defects.

I know a sizeable percentage of health club members, myself included, workout to improve their "Mirror

Muscles". You know the abs, biceps, glutes and chest. The ones you see every day in the mirror. By the way, the mirror provides excellent feedback with regard to how you are doing with your exercise program. But statistics don't lie when it comes to your cardiovascular system and any potential problems.

Sadly, nearly 25%, or 610,000, of all deaths in the US are caused by heart disease. Many of these deaths are preventable. I know you have heard this before...probably 1,000 times. I get it. So did I. But I want to reiterate to you the importance of initiating a regimen of heart healthy habits and monitoring one's heart health. First of all, it is only one person's responsibility, YOURS.

I know this, because on December 7, 2014, at the youthful age of 56, I had a heart attack. The doctors called it a myocardial infarction, or MI of the right coronary artery.

I survived the heart attack because of a few important reasons. First and foremost, I went to the hospital after noticing some undeniable symptoms. Largely, a constant and unyielding discomfort in my upper chest. It is only at a hospital that you can get the proper tests done that conclude you're having a heart attack.

In addition, I have never been a smoker. Smoking cigarettes is a prime culprit for those who suffer heart attacks. Quitting



is hard. I watched both of my parents do it and they struggled, but they succeeded.

I have always been an avid exerciser. I actively raced in road races, mountain bike races, triathlons or obstacle course races for the better part of 32 years. Plus, I have consistently exercised at gyms since 1977. As a matter of fact, one day before my heart attack I was signed up and had been training for the Malibu Spartan Race.

While I enjoyed most things on most menus, I often chose healthy options like salmon, veggies and salads with olive oil based dressings. I even took Omega 3 fatty acid supplements and had a regular diet of oatmeal with the sole purpose of avoiding the build-up of arterial plaque.

I have no known family history of heart disease either. Mom, dad and older brother have never suffered a cardiac event.

Needless to say, my heart attack surprised a lot of people, especially me. But let me emphasize to you, if you are a person over 40 you should get a cardiac work up.

A cardiac work up includes a

background interview which is used to gather family history and uncover any complaints or symptoms. Once the interview is complete, the physician performs cardiac tests, including an electrocardiogram, an echocardiogram, a chest X-ray and a round of blood tests.

"... my heart attack surprised a lot of people, especially me. But let me emphasize to you, if you are a person over 40 you should get a cardiac work up."

This informs the physician to make a differential diagnosis. Based on the differential diagnosis, the physician runs other tests to confirm the heart problem, if one exists, or better yet, to tell you that your heart is in great shape.

If there is a finding that could become a problem, a cardiologist has many tools and interventions that drastically reduce your chance of having a heart attack.

When I first met my cardiologist, Carlos

Fonte, MD, I was in dire straits. My angioplasty (stent placement) did not go well, but because of Dr. Fonte's years of experience and knowledge of "all things heart", I am writing this article on March 12, 2015. I sat down with Dr. Fonte to get to the heart of the matter regarding heart health strategies.

When should a person get their first cardiac work-up?

For patients that are asymptomatic (no overt symptoms) men over 40 and women over 50 should seek the expertise of a cardiologist. Especially if they are planning to start a rigorous exercise program. Also, those who are involved in occupations in which impairment might negatively impact public safety such as pilots, bus drivers, firefighters and law enforcement personnel. And certainly, people with significant comorbidities like chronic renal disease, diabetes, severe dyslipidemia (elevated cholesterol) or family history. Additionally, any patient having suspicious symptoms like chest pressure, decreased exercise tolerance, dyspnea (shortness of breath) on exertion, "indigestion" predominantly during exercise.

*By the way, Las Vegas Athletic Club members who participate in endurance events and obstacle races should have some cardiovascular evaluation prior to pushing the limits of their fitness.

What are some of the signs and symptoms of potential heart problems?

Most cardiovascular symptoms constitute a syndrome of "chest pressure" which generally occurs during exertion. Patients do not typically have pain, but more than likely a pressure sensation which is oppressive. It is a burning, heavy sensation in the center of the chest, typically radiating to the neck, jaw and then to the back. It may just occur in the neck and throat area. When patients are having these symptoms at rest, this is an ominous sign and may represent very advanced disease.



What are your tips for a person in their 30's or 40's, with no family history, to avoid heart problems?

In general, those patients should be screened for cardiovascular risk factors which include a lipid profile, c-reactive protein, hemoglobin a1c (3-month average of glucose content in the red blood cells). Individuals should be evaluated on their health habits and their interest in life goals and aspirations. Therefore, before hiking Mount Kilimanjaro or testing oneself in a triathlon, I recommend they be evaluated and see what their cardiovascular testing demonstrates. This too is a way to uncover any unknown congenital issues with the heart before it becomes a problem. Depending on the results, you may not need to be screened for another ten years. However, if there is evidence of early disease, one may need an annual screening.

Are there any new interventions on the horizon?

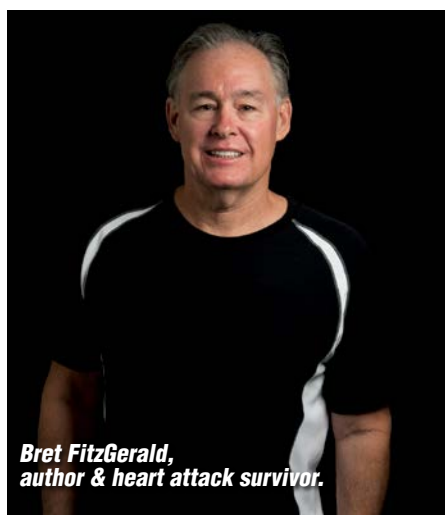
There are, in fact, numerous new treatments on the forefront. This includes medications to improve coronary blood flow, as well as medications and lifestyle modifications to help prevent the progression of atherosclerosis. There are numerous interventions undergoing studies at this time on valvular replacement from a percutaneous (less invasive) approach as opposed to having open-heart surgery.

From an endovascular (skin puncture into artery) perspective, the development of drug-eluting stents has pioneered the current standard of therapy for coronary artery disease revascularization.

Finally, the endovascular procedures have revolutionized the revascularization of patients with peripheral vascular disease (non-heart).

Stents are now used as an intervention when treating the renal arteries, arteries in the legs, upper extremities, as well as the carotid artery. And you get to go home within a few hours of having the procedure.

As far as cost, most screenings are covered by insurance. However, always check with your insurance company to be sure.



Bret Fitzgerald,
author & heart attack survivor.

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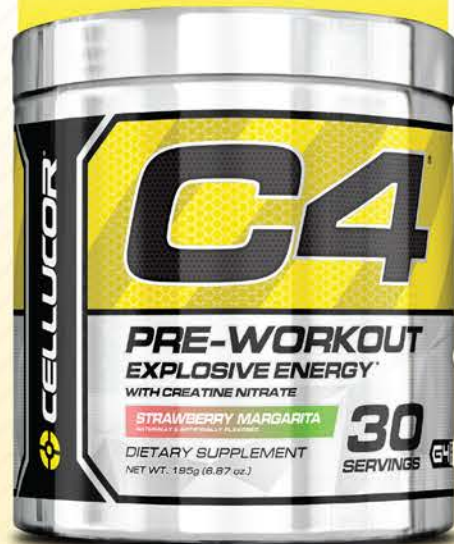
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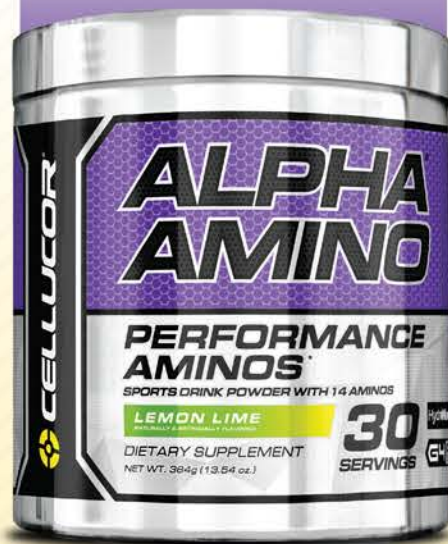
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Breast Cancer Self-Awareness

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screening reminder at
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Breast cancer is the most common cancer among women worldwide and the second-most common cancer overall. In 2015, an estimated 232,030 cases of invasive breast cancer will be diagnosed in the U.S. alone. So no matter who you are or where you live, understanding breast cancer is important. But the most important thing to know is this: a diagnosis is not a death sentence. Breast cancer can be treated.

The key to successful treatment is early detection. Screening tests can find cancer early, when chances for survival are highest. The following guidelines will help you become more informed about your risks as well as become proactive in reducing your risk of getting it.

1. Know your risk

- Talk to both sides of your family to learn about your family health history.
- Talk to your provider about your personal risk of breast cancer.

2. Get screened

- Talk with your doctor about which screening tests are right for you if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- Sign up for your screening reminder at www.komen.org/reminder

3. Know what is normal for you

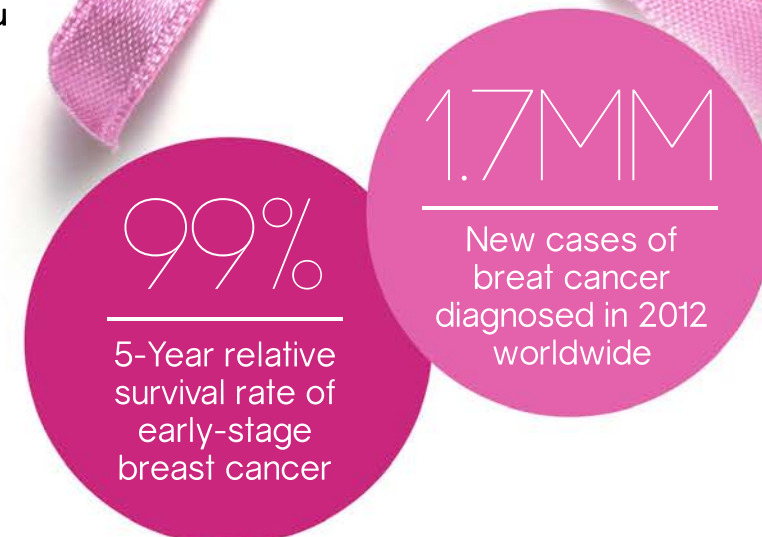
See your health care provider if you notice any of these breast changes:

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

4. Make healthy lifestyle choices

Breast cancer is a complex disease. We still don't fully understand it. And while there's no foolproof way to prevent it, there are things you can do that may reduce your risk of getting it.

- Maintain a healthy weight.
- Add exercise into your routine.
- Limit alcohol intake.
- Limit menopausal hormone use.
- Breastfeed, if you can.



The Bridge Blast Workout

Rapid, Intense, Effective

By Bret A. FitzGerald, M.Ed.

Most days your workout takes between 40 minutes to two hours depending on how much chatting you do, what time you workout and what your workout consists of on a specific day. As they say, "time is money" and some days you just need to get in and out while still getting a great workout. If that's the case, then the Bridge Blast Workout (BBW) is perfect for you. The "Bridge" refers to the fact that this workout is only a bridge to your next regular workout; and the "Blast" means it is off the chart high intensity.

The Bridge Blast Workout is not for beginners, but you don't have to be an advanced exerciser either. The ideal consumer of this workout is a busy person with a couple of months of weight training under their belt, who has less than a half hour to train.

Besides saving your valuable time, another nice thing about the BBW is that it requires only 1 set of dumbbells (between 15 – 40 lb.), one adjustable bench and a stopwatch. I use 20 lb. dumbbells because they are light enough to complete the relatively high number of repetitions required for this workout.

The entire workout takes about 15 minutes, and the only break you get is when you are doing planks between the sets of your weight training. Each exercise requires 15 reps, so pick your weight based on doing a relatively high number of repetitions. Don't forget that a 5-10 minute warm-up is a good idea before starting the BBW.

Exercises demonstrated by personal trainer Sal Capano. For more information contact Sal at 702-300-6173.



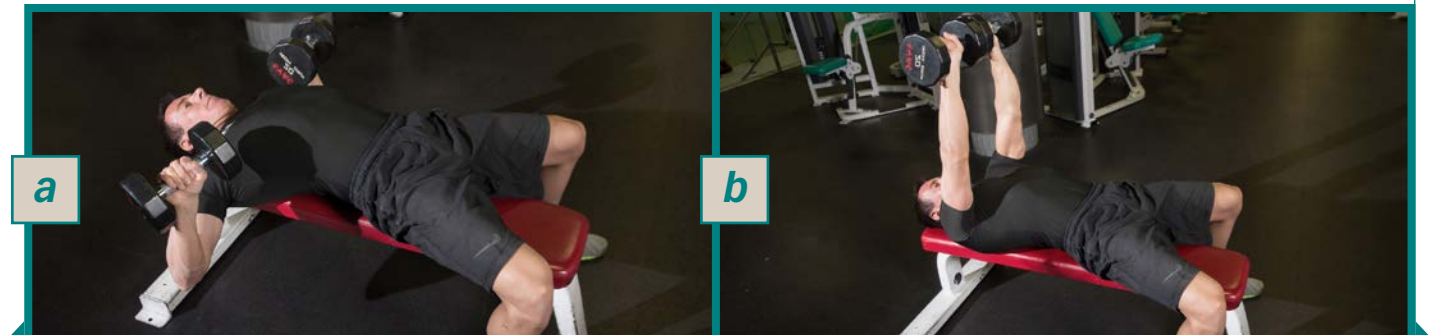
Bicep Curls Do both arms at the same time.



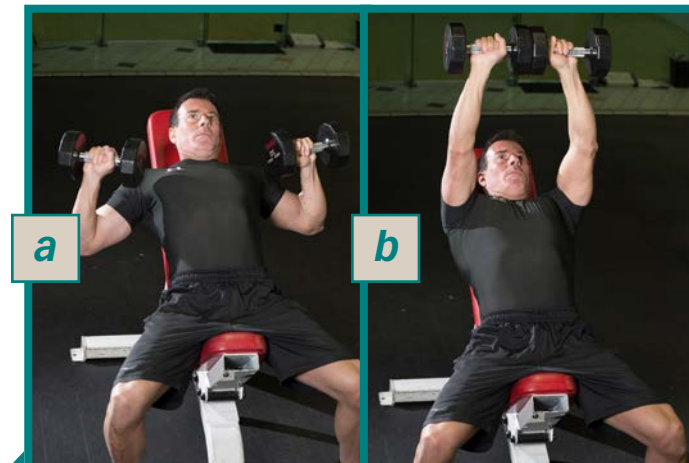
Bent over rows Keep your back flat.



Planks Keep your body straight.



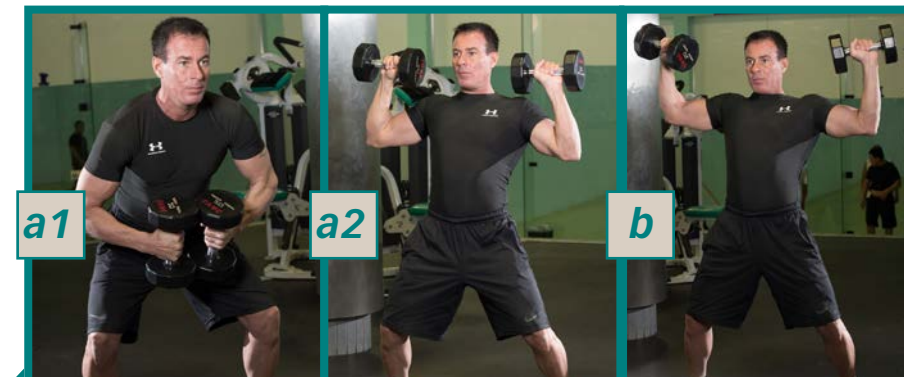
Chest Press Bring weights down to your chest.



Incline press Do not raise your back off of the bench.



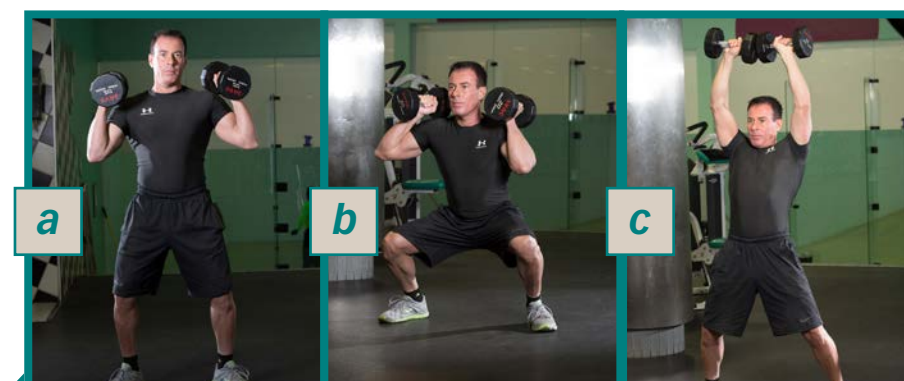
Squats The deeper the better, and keep your feet slightly pointed out.



Shoulder laterals/Press Keep your back as straight as possible.



Tricep extensions Try to keep your upper arm as parallel to the floor as possible.



Thrusters Keep feet about the same width as your shoulders.

H.E.A.T.

B Y L V A C

NEW TO LVAC!

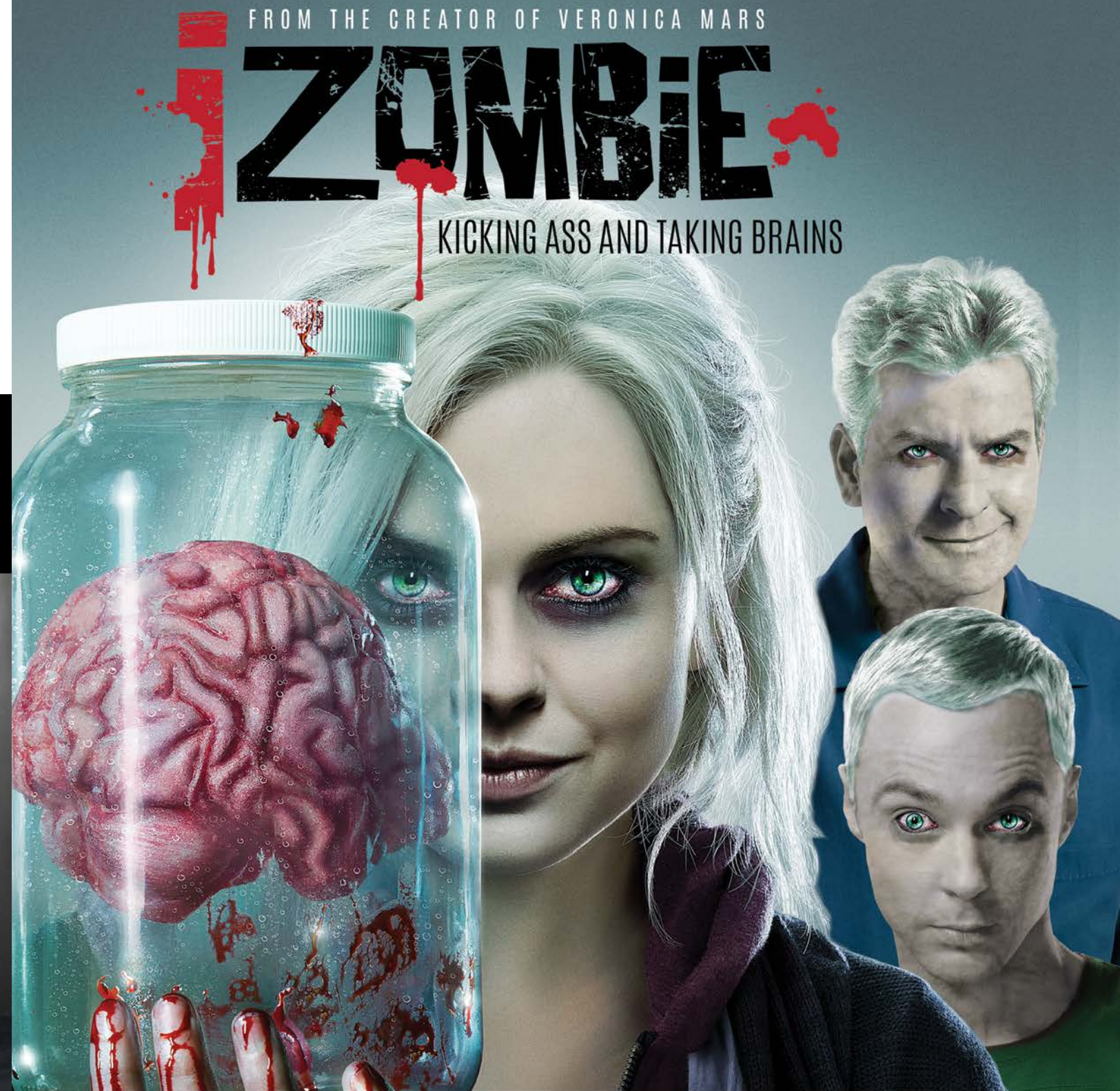
Introducing H.E.A.T. by LVAC,
an exciting new group fitness class that defines athletic training.

H.E.A.T. (high energy athletic training) is an enriched form of athletic training utilizing interval workstations, such as battle ropes, free weights, kettlebells, jump ropes, gliders and more, to create short but intense anaerobic exercises with brief less intense recovery periods.

This type of training provides enhanced athletic capacity and conditioning, improved glucose metabolism and improved fat burning. No matter what condition you are in when you enter class, you will leave the room an athlete.



Check out the new group fitness schedule on page 55,
or go to lvac.com for the times and locations H.E.A.T. is offered.



TUESDAYS

iZOMBIE
9PM

WEEKNIGHTS

the BIG BANG THEORY
6 & 7

TWO and a half MEN
6:30 & 7:30

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CLUB *Life*



LVAC trainer and group fitness instructor Brittany Herlean (center) with members of her Boot Camp class.



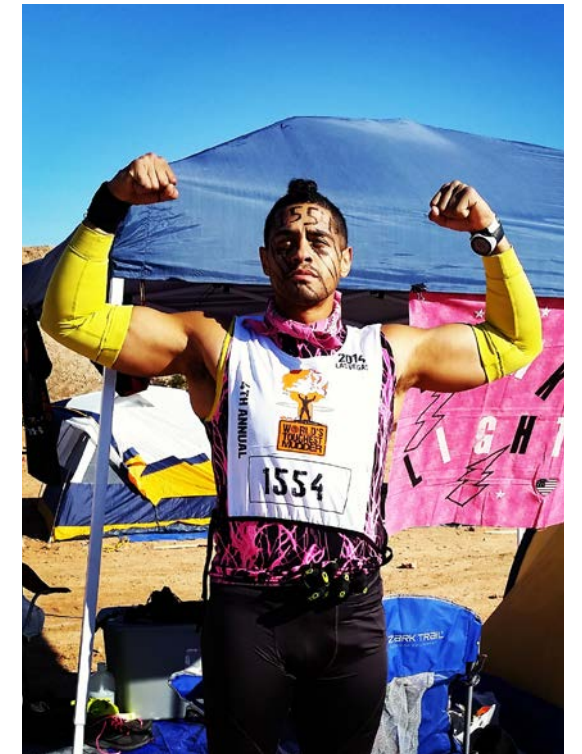
The inaugural LVAC Ride took place on March 21st, sponsored by McGhie's Ski, Bike and Board shop. For more information on future rides, call 702-252-8077 and ask for Chris.



Megan Hebert, Brooke Lederman, group fitness instructor Brian Catanio and Hailey Dropkin before beginning a P.I.T. class. LVAC instructor Brian Catanio and his family are moving to Europe. LVAC and our members will miss him! We wish Brian the best and hope he finds his way back to Vegas in the future.



Larissa Gilford, LVAC trainer Brittany Herlean and Erin Ray just planking around at our Southwest LVAC.



LVAC member Eric Kidd competing in the 2014 Worlds Toughest Mudder-24 hour endurance competition at Lake Las Vegas on November 15th. Eric has been a member since 2007 and has lost over 100 lbs. Competing helps his motivation to maintain his weight loss and stay fit.



Member Terri Waggoner completed her first Ironman in Texas with the help of LVAC trainer Cyndee Platko. Congratulations Terri!



LVAC Head Coach and Personal Trainer Judi Poss, age 61, competing at the Silver State Open in the technical/freestyle portion of her program. Judi began skating at age 6 but left the sport in her teens after a serious injury. When she turned 44, she decided that skating was her passion and returned to training. Since then she has accrued several Pacific Coast titles and one national title, giving her the #8 ranking in the United States in adult figure skating. Judi said, "To this day, the night before I skate I still get butterflies and I cannot wait to walk into the rink in the morning!"



Member Dawn Marie Pavik hiking Lake Tahoe with her dad Alan and stepmother, Jean. Dawn has been a member of LVAC since May of 2013 and has recently lost 92 pounds!



Mother and daughter Pam and Lucille Cherney have been LVAC members for nearly 20 years! Pam trains with LVAC trainer Cyndee Platko.



Balsamic Chicken Salad

Homemade salad dressings are delicious and do not contain the unnecessary preservatives and sugar that most store-bought types have. This balsamic vinaigrette dressing will store in the fridge for weeks.

Ingredients for Dressing

- 1-cup balsamic vinegar
- 1-cup extra virgin olive oil
- 1-tablespoon brown sugar (optional)
- 1 clove garlic
- ¼ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- 2 tablespoons minced red onion

Ingredients for Salad

- Fresh greens of your choice
- Sliced tomato
- Feta cheese
- Kalamata olives
- Diced hard boiled eggs
- Rotisserie chicken, shredded or diced (store-bought if in a pinch or homemade)

Assemble the ingredients and drizzle the salad with the balsamic dressing to taste.



Summer Chicken Kabobs

Recipe courtesy of Adam Marshall

One of the best parts of summer is firing up the grill. For some quick and easy weeknight grilling action, these chicken kabobs hit the spot. Pair the kabobs with couscous or brown rice pilaf, grilled veggies or a crisp, green salad and they become the perfect summer meal.

Ingredients

- ¾-cup olive oil (or lemon infused olive oil)
- ½-cup reduced fat Ranch dressing
- ½-cup nonfat plain Greek yogurt
- 2 tablespoons Worcestershire sauce
- 1-tablespoon fresh rosemary, finely minced
- 1-teaspoon fresh lemon or limejuice
- 1½ tablespoons distilled white vinegar
- 1-teaspoon salt
- ½-teaspoon fresh ground black pepper
- 2 boneless chicken breasts cut into 1-inch cubes
- Rough chopped fresh cilantro or parsley
- Wooden skewers

Directions: Set oven to 375F.

In a medium bowl stir together ingredients, let stand for a few minutes. Add chicken to the marinade. Stir to coat, and then cover and refrigerate for a minimum of one hour, preferably overnight.

Soak the wooden skewers in warm water for one hour before using. Remove the chicken cubes from

the marinade and pat lightly with a paper towel. Place the skewer through the center of the chicken cube, and continue to lace the chicken onto the skewer, leaving one to two inches at the bottom for handling. Discard the marinade.

Place the skewers onto a greased, hot grill, leaving them on one side

until seared. Carefully rotate until all sides of the chicken become seared and browned. Turn the heat down to medium and continue to cook, turning every few minutes, until chicken is no longer pink in the center and the juices run clear, about 3 minutes on each side. Sprinkle with fresh parsley or cilantro to taste.



Fresh Berries with White Chocolate Sauce

Spring is the perfect time to serve this dessert. Berries are coming into season and are full of flavor. The white chocolate sauce is the added touch that makes it a perfect dessert-fast, nutritious, elegant and delicious.

Ingredients

- 12 ounces good quality white chocolate, chopped
- 1 ½-cups heavy cream
- 1-teaspoon pure vanilla extract
- 3 pints fresh berries (blueberries, strawberries, blackberries, raspberries) rinsed and dried

Note:

The white chocolate sauce goes a long way. You will have leftovers. Refrigerate and gently reheat before using.

Directions: Set oven to 375F.

Place the cream into a heavy saucepan. Over medium heat, bring the cream to a simmer. Slowly add the chocolate, whisking constantly until the chocolate is melted and the mixture is smooth. Remove from the

heat and gently whisk in the vanilla extract.

Place the berries into serving bowls, and drizzle with the hot white chocolate sauce. Serve immediately.

LVAC CLASS DESCRIPTIONS

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

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

HIGH INTENSITY/CARDIO CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
BodyAttack™ by Les Mills This sports-inspired cardio workout builds strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!	55 Minutes	Cardio	735	Body Weight
BodyCombat™ by Les Mills Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Maui Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.	55 Minutes	Cardio	740	Body Weight
BodyStep™ by Les Mills The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.	55 Minutes	Cardio	620	Height Adjustable Step
Boot Camp Both cardio and strength, this high intensity class practices drills for strength, power, endurance and speed. You'll be doing lots of relays, sprints, small hurdle running, lunging, push-ups, plyometric exercises, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.	60 Minutes	Total Body Workout	550	Various types of equipment
Cycle Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. This is an effective lower body, cardio workout that will tone your lower extremities and core for a long, lean body. Cycling can enhance your heart and lung capacity and is great for any age group.	60 Minutes	Lower Body & Core	500	Bike/Body Weight
8Strikes™ This class is unique from the heart pounding music that is custom made to the 8Strikes combinations that involve 8 points of contact used by kick boxers around the world. Use your fists, knees, elbows and feet to kick inches off your waist line. Squats, pushups and plyometric moves that will reshape your body. 8Strikes™ will challenge and improve your endurance, reaction time and reflexes.	60 Minutes	Total Body Workout	400	Body
Endurance Cycle+Run From intensity intervals to long endurance climbs, this 90 minute class combines cycling as well as track work. If you're looking to build endurance or prepare for upcoming races, this is the format you are looking for. The combination of cycling and running will enhance cardiovascular endurance, increase muscular strength and burn mega calories. Motivating music will take you through race based cycling and running challenges that are sure to prepare you for your next competition.	90 Minutes	Total Body Workout	700+	Bike/Body Weight
H.E.A.T. H.E.A.T. (High Energy Athletic Training) is an enriched form of athletic training utilizing interval workstations, such as battle ropes, free weights, kettlebells, jump ropes, gliders and more, to create short but intense anaerobic exercises with brief less intense recovery periods. The goal of this class is to provide the participant with enhanced athletic capacity and conditioning.	60 Minutes	Total Body Workout	600+	Battle Ropes, Kettlebells & more

LVAC CLASS DESCRIPTIONS

HIGH INTENSITY/CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
KETTLEBELL POWER These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.	70 Minutes	Total Body Workout	600	Kettlebells
Kick Boxing Non-contact boxing will increase your heart rate and help burn fat and calories. This class also helps with coordination with kicking and punching moves that help improve balance and reflexes. Punches made with precision and power help to build upper and lower body muscles as well as abdominal muscle strength from the various positions required to perform many of the kickboxing moves	60 Minutes	Total Body Workout	400	Body
Lite Step/Lite Workout A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.	60 Minutes	Lower Body	250	Step/Bench
Navy SEAL This two and a half hour long workout integrates swimming, with calisthenics and running, not in sequence, but mixed up in drills. This is NOT a class you can show up for late. This is probably going to be the hardest 2.5 hour workout you have ever taken!	60/90 Minutes	Total Body Workout	550	Various Types of Equipment
Piloxing™ Piloxing is a creative mix between Pilates and boxing, with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. This low-impact workout is done barefoot and incorporates movements from dance, punches inspired by boxing and core work based on Pilates. It is fun, a perfect fat burning workout.	60 Minutes	Total Body Workout	250 to 300	Body Weight
P.I.T. Pure Intensity Training 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!	60 Minutes	Total Body Workout	600	Various Types of Equipment
RPM™ Cycle by Les Mills RPM is the indoor cycling workout based on outdoor riding, where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.	45 Minutes	Cardio	675	Indoor Stationary Bike
Step 1, 2, 3 Classes performing moves on and off a step platform will provide both cardiovascular and muscular endurance. Incorporating both upper and lower body movements together will improve your coordination and agility; and the constant push up onto the step will increase leg strength. This intense cardiovascular workout will make your heart and lungs work more efficiently and the calorie burning aspect of the exercise will help you maintain a healthy weight.	60 Minutes	Lower Body & Core	600	Step Bench

MIND/BODY CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
Ashtanga (Intro/Prep) Yoga Ashtanga moves through a set series of poses always done in the same order, moving through sun salutations and performing each pose individually to build flexibility and stamina. To help you learn the series safely and effectively, LVAC currently offers these classes in shorter versions, moving slower in "Prep" to help you learn the series.	60-70 Minutes	Mind/Body	150	Yoga Matt Body Weight
Beginning Yoga For those looking for a slower practice or looking to begin your yoga practice journey, this class offers the most basic postures and sun salutations to introduce you to the benefits of the Yoga. Beginning Yoga focuses on alignment and is a great place to learn the basics of this gentle format.	60-70 Minutes	Mind/Body	120	Yoga Matt Body Weight

LVAC CLASS DESCRIPTIONS

BodyFlow™ by Les Mills This Yoga, Tai Chi and Pilates workout will leave you feeling long, strong, centered and calm. The 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.	55 Minutes	Joint Flexibility & Tight Muscles	390	Barbell, Plates & Height Adjustable Step
BodyVive™ by Les Mills Les Mills is the low-impact, whole body group fitness workout that uses tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left feeling invigorated, rejuvenated and energized.	55 Minutes	Cardio/Mobility/Core	420	Resistance Tube & Ball
Gentle Yoga A slower approach to a traditional Yoga class, keeping joint limitations in mind for the practice of poses. This gentle approach isn't always easy and yet its simplicity may take you places you didn't know you could go!	60-70 Minutes	Mind/Body	120	Yoga Matt Body Weight
Gentle Yoga Mix The yoga postures or asanas exercise every part of the body, keeping all the systems in radiant health. It combines all the movements needed for physical health with the breathing and meditation techniques that develop a state of inner peace and tranquility. Postures are held and performed slowly and meditatively, combined with deep abdominal breathing. These asanas work on all the various systems of the body, creating suppleness in the spine and flexibility. Each series of asanas is followed by one that provides the opposite stretch and any asana that works primarily on one side is always repeated on the other for balance and unity.	60-70 Minutes	Mind/Body	120	Yoga Matt Body Weight
Integrative Yoga Breath, awareness and movement come together to enhance the well-being of body, mind, spirit. Different styles of hatha yoga blend into an intuitive practice, including mindfulness practice, deep relaxation and quiet contemplation.	60-70 Minutes	Mind/Body	150	Yoga Matt Body Weight
Iyengar Yoga Named after & developed by B.K.S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision & alignment in the performance of asana and breath control. The development of strength, mobility and stability is gained through the asanas.	60-70 Minutes	Mind/Body	150	Yoga Matt Body Weight
Tai Chi The traditional slow, focused, moving meditation health exercise. Tai Chi has been associated with reduced stress, anxiety, depression, and enhanced mood in both healthy people and those with chronic conditions. It has been shown to improve aerobic capacity, increase energy, and build muscle strength.	60 Minutes	Mind/Body	150	Body Weight
Vinyasa Flow Yoga Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated from Sanskrit as meaning "connection". In terms of yoga asana, we can interpret this as a connection between movement and breath.	60-70 Minutes	Mind/Body	250	Yoga Matt Body Weight
Yoga Blend Here you will discover how traditional Yoga and modern Fitness principles can be blended into an effective workout. You may find elements from Pilates and Functional Training incorporated in these classes.	60 Minutes	Mind/Body	200	Yoga Matt Body Weight

DANCE CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
Belly Dance Learn traditional belly dance moves that firm and tone the waist and hips. No experience necessary.	75 Minutes	Total Body Workout	350	Body Weight Yoga Mat
Dance it Out™ This is a total body, high energy, cardio dance workout that is infused with 20 plus styles of dance including Hip Hop, Bollywood, Line Dancing, Ballroom, 80's, Broadway, and much more. This is a non-judgmental supportive environment, where students of all fitness levels, ages, shapes and sizes have the time of their lives while getting fit.	60 Minutes	Total Body Workout	250	Body Weight
Hip Hop Dance – (Previously listed as Street Jam) From R&B and House to Club, Hip Hop Dance utilizes upbeat music from a variety of genres. The results – an energetic class that not only teaches you Hip Hop movements and technique, but instills rhythm and precision in your muscle memory.	60 Minutes	Total Body Workout	400	Body Weight

LVAC CLASS DESCRIPTIONS

DANCE CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
HotHulaFitness® Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HotHulaFitness® isolates your larger muscle groups, increasing strength and definition to your core gluteus, quads and arms.	60 Minutes	Total Body Workout	350	Body Weight
Hot Fusion A fun and unique workout, HOT FUSION combines strength, flexibility and balance training with Old School dance. This class tones your upper and lower body as it throws you back in time with dance moves from the 80's, 90's, retro to current beats.	60 Minutes	Total Body Workout	400	Body Weight
MixedFit Is a Dance fitness program that is a mix of explosive dancing, hip hop and boot camp toning. Dance to Latin, Hip Hop, Bollywood and African inspired rhythms. The class incorporates boot camp inspired drills and works on developing lean muscle through toning and dancing.	60 Minutes	Total Body Workout	400	Body Weight
Sh'Bam™ by Les Mills This class features simple but seriously hot dance moves that will shape you up and let out your inner star. The soundtrack is made up of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics and modernized LATIN Beats.	45 Minutes	Total Body Workout	510	Body Weight
U-Jam A fun and unique workout, HOT FUSION combines strength, flexibility and balance training with Old School dance. This class tones your upper and lower body as it throws you back in time with dance moves from the 80's, 90's, retro to current beats.	60 Minutes	Total Body Workout	400	Body Weight
Zumba® This is a cardio based class using international rhythms. Zumba is a great cardio workout! 70% Latin based rhythms with 30% from genres such as Bollywood, Hip Hop, African, and many other genres that will keep you moving. This high energy, aerobic class allows you to burn calories and body sculpt while enjoying the "fitness party".	60-90 Minutes	Total Body Workout	650	Body Weight

STRENGTH CLASSES

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

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

LVAC CLASS DESCRIPTIONS

AQUA CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
Ai Chi A slow, focused, moving meditation water exercise that will help improve wellness and balance.	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
AquaAerobics This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training. Class consists of a warm-up to increase the heart rate, a cardio section, with some vigorous activity that can be easily modified. Class ends with abdominal work, body toning and a stretch.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
AquaBootCamp With the combination of resistance bands, medicine balls, and other equipment, you will get an amazing workout that will challenge your perception about Aqua training. With the focus on strength and endurance conditioning, everyone in this AquaBootCamp class will reap the benefits of their hard work. This class accommodates all level of fitness and challenges everyone individually. Let AquaBootCamp be the motivation you need to become a better "you".	60 Minutes	Total Body Workout	450	Body Weight Paddles Med Balls Noodles Tubes
Aquafit This class combines segments of cardio and strength training using training intervals and water approved weight resistance tools.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
Aquakickbox This vigorous workout combines punches and kicks in the water and use the natural resistance of the water to help you increase your stamina, core strength and flexibility. No boxing gloves needed!	60 Minutes	Total Body Workout	300	Body Weight Paddles
Aquasculpt This class uses buoyant aquatic equipment to help tone your upper and lower body, as well as improve your core muscle to stabilize your body in water.	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
H₂O Core + More Postural core training to increase mobility, flexibility, strength and muscular endurance based on Pilates and Yoga exercises in the water. (Offered at our Sandhill location only.)	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
Hydrofit A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
Mobility Plus An aqua class for those with arthritis and other uncomfortable, chronic orthopedic conditions and those who are returning to exercise after injury or illness. A good recommended class for pregnant or post-pregnancy exercise.	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
Water Jogging A simple cardio class in the water, using the natural resistance to increase strength and cardiovascular health.	60 Minutes	Total Body Workout	350	Body Weight Paddles Noodles

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

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP	BODY PUMP		ZUMBA		
6:00	BODYATTACK	BODY PUMP	BODYSTEP	BODY PUMP	BOOTCAMP	BODY PUMP	
7:00						BODYSTEP	
8:00	HEALTHY BACK	YOGA BLEND	TAI CHI*	HEALTHY BACK	TAI CHI*	BODYCOMBAT	BODY ATTACK
9:00	BEAT-IT-OUT					CxWORX	
9:15			TURBO KICK	MRT/BEAT-IT-OUT	STEP 2		BODY PUMP
9:30		BOOTCAMP				STEP 3	
10:15	BODY PUMP				BODY PUMP		
10:30		BODYSTEP	MRT	POWER GLIDE + SCULPT		ZUMBA	KICKBOX
11:15	CxWORX				CORE		
11:30		ZUMBA	PILATES	BOOTCAMP		BEGINNING YOGA	CORE - 30 min.
PM							
12:00	ZUMBA				ZUMBA**		BEAT-IT-OUT
12:30		BODY PUMP	H.E.A.T.	KICKBOX			
12:45						BODY PUMP	
1:00	KETTLEBELL*						
1:30		KETTLEBELL*	KICKBOX		KICKBOX		ZUMBA
1:45						BODYCOMBAT	
2:45					BODY PUMP		
3:30	MRT						
4:00		BODY PUMP		BODY PUMP			BODY PUMP
4:30	ZUMBA		ZUMBA				
5:00		BODYSTEP		CxWORX			
5:15							BELLYDANCE*
5:30	BODYSTEP		BODYFLOW	8STRIKES*	H.E.A.T.		
6:00		BEAT-IT-OUT					
6:30	BODY PUMP		BODY PUMP		BODY PUMP		BODYCOMBAT
6:45				KETTLEBELL*			
7:00		STEP 2					
7:45	ZUMBA		ZUMBA		ZUMBA		
8:00		BODYCOMBAT		BODY PUMP			
9:00	BODYPUMP	ZUMBA	BODY PUMP				
9:15				ZUMBA			

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE		RPM CYCLE			
5:30							
6:00	RPM CYCLE	PILATES	RPM CYCLE	CYCLE			
7:00							
8:15	CYCLE		CYCLE		RPM CYCLE	CYCLE	
8:30							
9:00		CORE		ZUMBA			CYCLE
9:15						MRT	
9:30	CYCLE	TURBO KICK	CYCLE		CYCLE		
10:15				BODYFLOW			YOGA* - Vinyasa Flow
10:30	PILATES	BODYFLOW			PILATES	BODY ATTACK	
10:45			YOGA* - Ashanga Intro				
11:30						CYCLE	SH'BAM DANCE
PM							
12:00	CYCLE - 45 min.	RPM CYCLE		RPM CYCLE			
12:30			ZUMBA		YOGA* - Vinyasa Flow		BODYFLOW
1:00	YOGA BLEND	YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow			
1:30						YOGA* - Vinyasa Flow	RPM Cycle
2:30							CxWORX
3:15		BODYFLOW					
4:00							GENTLE YOGA
4:15			YOGA* - Vinyasa Flow				
4:30		BOOTY BLAST B.A.R.		BOOTY BLAST B.A.R.			
5:30	YOGA* - Vinyasa Flow	CYCLE	RPM CYCLE	CYCLE	RPM CYCLE		
6:30	BODYCOMBAT	HOT HULA FITNESS	PILATES	YOGA* - Vinyasa Flow			
7:00							
7:30	CYCLE		BODYSTEP	RPM CYCLE			

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FOR AN UP-TO-DATE CLASS SCHEDULE VISIT



OR DOWNLOAD THE LVAC APP



LVAC CLASS SCHEDULES

GREEN VALLEY ANTHEM - AQUA CLASSES

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

WEST SAHARA CLUB - ROOM 1 (364-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODY PUMP		BODY PUMP/CxWORX*			
8:00	STEP 2					BODYSTEP	
9:00						BODY PUMP	BODY PUMP
9:30	ZUMBA	ZUMBA	BODYCOMBAT	ZUMBA	ZUMBA		
10:00							CxWORX
10:15						BOOTY BLAST B.A.R.	
10:30	BODY PUMP	CxWORX	BODY PUMP	MRT	MRT		
11:15						CxWORX	
11:30					CxWORX		
PM							
12:00	PILATES		BOOTY BLAST			ZUMBA	ZUMBA
12:15					PILATES		
12:30		BELLYDANCE**					
1:00	ZUMBA						KICKBOX
1:15					ZUMBA		
3:00				BALLET BARRE			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM	ZUMBA	BODY PUMP		
5:00		CxWORX					
5:30	BODYSTEP	ZUMBA	CxWORX	BODY COMBAT	ZUMBA - 90min		
6:00			BODYATTACK				
6:30		BODYPUMP		BODY PUMP			
6:45	ZUMBA		BODYPUMP				
7:30		HOT FUSION		MIXXEDFIT			
7:45			8STRIKES*				

WEST SAHARA CLUB - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30					FRIDAY CYCLE		
6:00			CYCLE				
9:00		CYCLE*		RPM CYCLE*		YOGA* - Ashtanga	
9:15					CYCLE		
9:30	RPM CYCLE		YOGA BLEND*				
10:00							YOGA* - Iyengar
10:15						RPM CYCLE	
10:30	LITE STEP				LITE STEP		
11:30	FLEXIBILITY				FLEXIBILITY		
PM							
4:00				PILATES			
5:30	RPM CYCLE	RPM CYCLE	CYCLE	BODY FLOW	RPM CYCLE		
6:30		YOGA* - Vinyasa Flow	YOGA* - Iyengar	BODYSTEP			

WEST SAHARA - AQUA CLASSES

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

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Eastern & 215
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Must present member ID at register. Valid only at locations listed.

LVAC CLASS SCHEDULES

EAST FLAMINGO CLUB (898-5822)

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

EAST FLAMINGO CLUB - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30					POSEIDON'S FURY		
8:00	AQUAEROBICS	AQUAFIT	POSEIDON'S FURY	AQUAFIT			
9:00	AQUAFIT - 30 min					AQUAEROBICS H ₂ O CORE + MORE	
10:00							
PM							
6:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			

CENTRAL CLUB AT KAREN (734-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODY PUMP	CYCLE	BODY PUMP	CYCLE			
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE	CYCLE	
9:30						NAVY SEAL BOOT CAMP	
10:00	LITE WORKOUT	MRT	LITE WORKOUT	BODY PUMP	LITE WORKOUT		GENTLE YOGA
11:15		FLEXIBILITY		FLEXIBILITY			ZUMBA
11:30						ZUMBA	
PM							
12:00	ZUMBA	CYCLE	ZUMBA	RPM CYCLE	ZUMBA		
12:30						BELLYDANCE*	BOOT CAMP**
1:00		CxWORX		CxWORX	MRT		
1:15							
1:30		YOGA* - Integrative		YOGA* - Integrative			
4:30	ZUMBA		BODY COMBAT	ZUMBA			
5:00							
5:30	BODY PUMP	ARMY RANGER BOOT CAMP	BODY PUMP	BOOT CAMP			
5:45		CYCLE					
6:00					ZUMBA		
6:30	8STRIKES*						
6:45			BOOT CAMP*	KICKBOX			
7:00		STEP & TONE					
7:45				CORE			
8:00	ZUMBA	ZUMBA		ZUMBA			

CENTRAL CLUB AT KAREN - AQUA

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00		AQUAEROBICS					
9:30	AQUAFIT		POSEIDON'S FURY	AQUAFIT	AQUAFIT		
PM							
5:30	AQUAFIT	AQUA ZUMBA	AQUAFIT		AQUAFIT		

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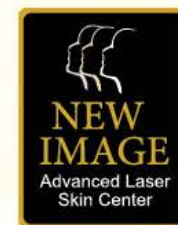
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LVAC CLASS SCHEDULES

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP			
6:00	BODY PUMP		BODY PUMP	ZUMBA		BODY PUMP	
7:00	ZUMBA			CxWORX		CxWORX	
8:00	BOOT CAMP	HIIT	HIIT		BOOT CAMP*		BODYSTEP
8:45		CxWORX					CxWORX
9:00	ZUMBA		BODYCOMBAT		BODYCOMBAT	ZUMBA	
9:30		BODYATTACK		BODYATTACK			BODY PUMP
10:00	BODY PUMP		BODY PUMP		BODY PUMP	STEP 1	
10:30		MRT		H.E.A.T.			KICKBOX
11:00							
11:30		BODY COMBAT		BODY PUMP		SH'BAM	
11:45	P.I.T. Pure Intensity Training		P.I.T. Pure Intensity Training		P.I.T. Pure Intensity Training		
PM							
12:30		BODY PUMP		ZUMBA			ZUMBA
1:00			ZUMBA		PILATES		
1:30	CxWORX					CxWORX	SH'BAM
1:45		8STRIKES*					
2:00	ZUMBA				ZUMBA	ZUMBA	
3:30						SH'BAM	
4:15		BODY PUMP		BODY PUMP			
4:30	BOOT CAMP		BOOT CAMP		BOOT CAMP	BODY PUMP/ CxWORX	
5:30	BODY PUMP	P.I.T. Pure Intensity Training	BODY PUMP	CORE	BODY PUMP		
6:00				BODYCOMBAT			
6:30							
6:45			BODYCOMBAT		ZUMBA		
7:00	BODYATTACK	BODY PUMP		BODY PUMP/ CxWORX*			
7:45	ZUMBA		ZUMBA				
8:15		HIP HOP DANCE					
9:15		ZUMBA					

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE		CYCLE & MRT		CYCLE		
6:00	RPM CYCLE	CYCLE	CYCLE	CYCLE	CYCLE		
7:00		YOGA* - Vinyasa Flow	GENTLE YOGA MIX	YOGA* - Vinyasa Flow			
7:45	YOGA BLEND					CYCLE	
8:00					ZUMBA		
8:15			BODYVIVE				
8:30		CYCLE		CYCLE			
9:00						YOGA BLEND	
9:15	CYCLE		PILATES		CYCLE		CYCLE
9:45		YOGA BLEND*		YOGA BLEND*			
10:00						HotHulaFitness	
10:30	BODY FLOW		CYCLE		YOGA BLEND		BODY FLOW
11:15		KETTLEBELL*		BOOTY BLAST BAR		CYCLE	
11:30			MRT				
PM							
12:00							PILATES
12:15						KETTLEBELL*	
12:30	CYCLE	YOGA BLEND	CYCLE	BODYCOMBAT	GENTLE YOGA*		
1:30		ZUMBA	YOGA BLEND				YOGA* - Vinyasa Flow
2:00	BEGINNING YOGA			PILATES			
2:30						YOGA* - Vinyasa Flow	
4:15	RPM CYCLE	BODY FLOW	RPM CYCLE	BODY FLOW	RPM CYCLE		
5:30	YOGA* - Vinyasa Flow	RPM CYCLE	PILATES	CYCLE			
5:45					HotHulaFitness		
6:30		BODY FLOW		BODY FLOW			
6:45	CYCLE		CYCLE		BOOTY BLAST B.A.R.		
7:30				BELLYDANCE			
7:45		BODY COMBAT	YOGA* - Vinyasa Flow				
8:00	PILATES						
8:30				HotHulaFitness			

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

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

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WEEKNIGHTS

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LVAC CLASS SCHEDULES

LVAC CLASS SCHEDULES

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

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE		CYCLE		CYCLE		
6:00		CYCLE	CYCLE	RPM CYCLE	CYCLE		
7:30						CYCLE	
8:30							CYCLE
9:00						CYCLE - 45 min	
9:15	RPM CYCLE		CYCLE		RPM CYCLE		
9:30		RPM CYCLE		CYCLE			RPM CYCLE
10:00						CYCLE	
10:30	CYCLE		RPM CYCLE		CYCLE		
11:30						CYCLE+RUN - 90 min	
PM							
12:30		CYCLE		CYCLE	CYCLE		
1:30						RPM CYCLE	CYCLE
4:15		CYCLE					
4:30			CYCLE	CYCLE			
5:15	CYCLE						
5:30					CYCLE		
5:45		RPM CYCLE	CYCLE	CYCLE			
6:30	CYCLE						
7:00		RPM CYCLE	CYCLE	RPM CYCLE			
8:30			CYCLE				

NORTHWEST RAINBOW - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		AQUAEROBICS		AQUAEROBICS			
8:00	AQUAEROBICS		AQUAEROBICS				
9:00	AQUAFIT	WATERJOGGING	AQUAFIT	WATERJOGGING		AQUAEROBICS	
9:30					AQUAFIT		
10:00	MOBILITY PLUS	AI CHI	MOBILITY PLUS	AI CHI		AQUAEROBICS	
10:30					AQUAFIT		
PM							
12:30			AQUAFIT				
4:30	AQUAFIT						
5:30	AQUAFIT			AQUASCULPT			
6:00			AQUAFIT				
6:15				AQUAEROBICS			
6:30	AQUAEROBICS	AQUAFIT					

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

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

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



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CLASS SCHEDULE



MEMBERSHIP PERKS

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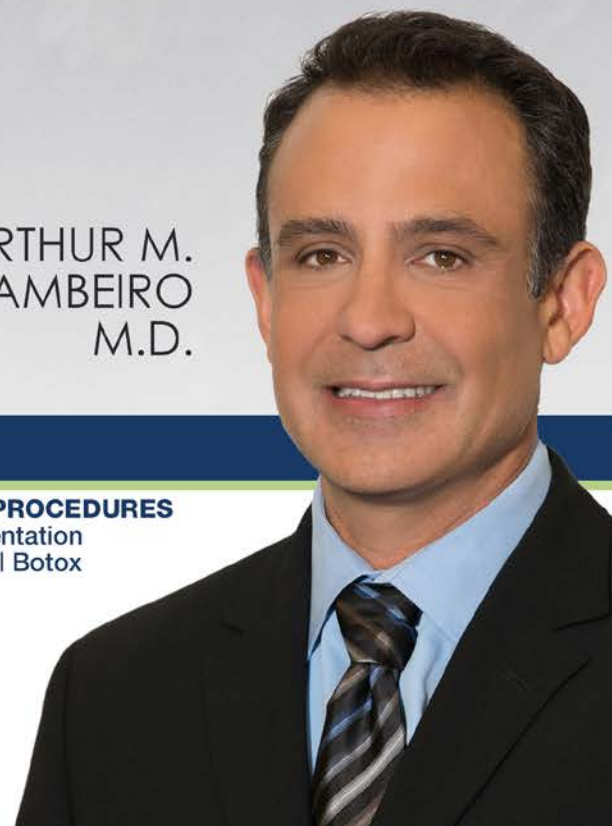
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