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LAS VEGAS AREA CLUB MAGAZINE

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spring  
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**NEW**  
GROUP  
FITNESS  
SCHEDULE  
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**FIT  
FACTS**  
TIPS FOR  
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## Fit Facts

Tips to Improve your Health and Fitness

# 26

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Over 700 Weekly Class Choices



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# GOOD MORNING LAS VEGAS

4:30-7:00AM WEEKDAYS

**UP TO THE MINUTE  
THE MINUTE YOU GET UP!**



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# THE LEGACY CONTINUES...

Dear Friends,

May 7th will mark the 16th year that the Las Vegas Athletic Clubs have been a sponsor for the Susan G. Komen Race for the Cure®, at the Fremont Street Experience. Every year, hundreds of our members walk and run in support of this very worthy cause. As we have done in years past, every member who registers for the race will receive a free LVAC Team T-shirt for their effort. We always have several cameras on the route, so we encourage you to pick up your team shirt ahead of time, and wear it to the Race. When you see a camera, show us a brilliant smile.

LVAC had already been a proud sponsor of the Race long before this cause hit close to home, when we lost my mother, Virginia Smith, to breast cancer 10 years ago. There have been so many individuals and families that have been personally touched by this horrible disease, and we have never been more passionate in support of finding a cure.

By popular demand, we now offer free WIFI in all of our clubs. This service was a long time in the making, as we had to find an affordable vendor who could handle our future needs as the demand for streaming continues to grow. Being that Las Vegas is nicknamed 'The Entertainment Capital of the World', LVAC wants to keep up with that entertainment reputation. We know that entertainment makes exercise more enjoyable and takes your mind off of the effort, especially when using some of the more mundane types of cardio machines. Please be courteous and respectful of others with what you are viewing, to make sure that something on your screen that may be visible to others is not offensive. We would also ask that if you are using WIFI and sitting on a machine, that you of course also be using the machine and not just resting on it.

In the last issue you may have read about some of the changes with our accountability program called LVAC Transform. Our LVAC Transform platform is now integrated with two more fitness trackers, the Nike+Fuel Band and the Microsoft Band, which join the Fitbit and Jawbone UP, as well as the myfitnesspal app. So you can keep track of your exercise and your calories consumed using any one of these, or a combination, and it syncs with your LVAC Transform dashboard so you can see exactly where you stand on a real-time basis. LVAC Transform is a free accountability program that utilizes technology to help you achieve your fitness goals. Please ask any Coach to schedule an appointment for an introduction. You will see posters in the club announcing some of the changes and features of the LVAC Transform program, to help motivate and encourage you to try it out!

This issue features an article on the Smith Machine, which I am very familiar with, or so I thought. As some of you may know, the Smith Machine is named after my father, Rudy Smith. The late Jack LaLanne is actually recognized as the inventor, who had a rudimentary, or shall I say "rudimentary" apparatus rigged up at his studio that caught the attention of my father. My father asked his friend, Jack LaLanne, if he could take the concept to an equipment engineer to design a multi-purpose machine. In the early 50's my father installed the redesigned machine in a Vic Tanny gym that he was managing, and it became one of the first machines to combine the barbell with a controlled movement. By the late 50's, when my father was an executive with the Vic Tanny chain, the Smith Machine was in many of the Tanny gyms coast-to-coast. As some of you may also know, my father, with his operating partner Andy Palluck, acquired four Las Vegas Athletic Clubs in 1991. Rudy Smith was the Chairman and CEO of LVAC all the way up to his passing in 2010.

The original version of the Smith Machine had a barbell that slid up and down a pair of steel posts or rails, and the posts were perpendicular to the ground. In other words, the barbell went straight up and down in a vertical movement. Ten or twenty years ago, equipment companies started manufacturing an angled version of the machine. About a year ago I was at a health club convention and noticed a couple of trainers from the Cooper Institute demonstrating the proper body positioning and bio-mechanical movement on an angled Smith Machine. I guess I never thought about it before, but I was sure glad I stopped to watch the demonstration to understand that the angle of the machine and the direction you are facing is important. The couple explained that with the lower body movements like squats and lunges you should be facing in the same direction as the angle of the posts. The opposite holds true for most of the upper body movements such as the incline press and overhead press, where you should be facing in the opposite direction compared to the angle of the posts. I believe, with no proof other than my own observations, that the Smith Machine is having a resurgence, especially with the millennials (18-34 years old). I also notice more and more women using the machine, as they combine the barbell with a controlled movement. Most of the younger generation are so athletic they may not even notice the difference in the body positioning, but it sure can't hurt to follow the safest and most effective movement. So, if you are a Smith Machine user or are interested in using the Smith Machine we encourage you to read the article. We will also be posting signs near the Smith Machines that show the proper use, and tutorials on LVAC.com.

On behalf of the entire LVAC Team, let's strive to always keep an open mind for learning, even on the subjects we are most familiar.

Yours in health, fitness and a passion for learning,

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



*Rudy Smith- Developer of the Smith Machine, circa 1950's.*



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# Meet Our cover girl

Tianna Tuamoheloa

**M**et our cover girl, LVAC member Tianna Tuamoheloa, who was born 23 years ago in Ft. Riley, Kansas. She and her family lived in four different states throughout her childhood, ending up in Nevada in 2005.

Tianna comes from a “huge Samoan family” and with three very athletic brothers (she is the only girl), she says that training and athletics have always been a part of her life. When we asked her which sports she enjoys, she said, “I’m a volleyball girl! Volleyball was my life throughout high school where I always played on varsity teams. I also played basketball and ran track.”

What is Tianna’s favorite thing about LVAC? “My favorite thing has to be the women’s gym. It’s such a great amenity to have. It assures that every person is comfortable while at the gym. And, I know where I can get some ‘girl talk’ when I work out.”

Tianna attends UNLV where she is majoring in music performance and voice, and currently works at the Marquee Dayclub and Nightclub. Her passion is music, both singing and songwriting. She hopes to begin her music career by performing soon, right here in Las Vegas.



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LVAC personal trainer Cyndee Platko, getting in a track workout at Arbor View High with members Frank Endellente and Terri Waggoner.

## MIXXEDFIT®



LVAC group fitness instructors, (L-R) Belinda Alicea, Sean Williams, Kristlelani Flores and Deborah Halbert are very forthcoming about their addiction to MIXXEDFIT®. MIXXEDFIT® is a people-inspired dance fitness program that is a mix of explosive dance movement and boot camp toning. If you've reached a plateau in your traditional dance fitness class, MIXXEDFIT® might be the answer to your prayers. Find a class that fits your schedule beginning on page 37.



Pictured are LVAC members and group fitness instructors at a Les Mills Body Pump certification held in December at the Northwest Club where Joe Dewees (who was featured in the Fall 2015 issue of LVAC Magazine) received his certification to become a Body Pump instructor. Way to go, Joe! (Top Row): L-R Jackie, Alicia, Joe, Jessica, Karen, Amelia, (Bottom Row): LVAC Group Fitness Director Patricia Norman, Hayley, Ingrid and Mike.



Member Dawn Pavuk snow shoeing during the holidays at Cedar Breaks, Utah





# Bottiglia

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GREEN VALLEY RANCH





LVAC member Patricia Grubbs with husband George and son, Anthony, hiked the Hoover Dam Lodge Trailhead in January. It's a two-mile course along old railroad tracks. Part of the trail narrows with 100-foot drop-offs on either side. Patricia said it was "a little scary in places, but it was a lot of fun! The views of the lake are awesome."



Instructor Teena Gurtner gracefully teaching a Les Mills BODYFLOW class. Check out the group fitness class descriptions starting on page 32 to learn more about this class and many others.



LVAC personal trainer Cyndee Platko competing in the August Toughman Half-Ironman, held in Provo, Utah. Cyndee took first place in her age division. Congrats!



Member Dawn Sellers at the top of the Red Cliff hike this past October in St. George, Utah.



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Cara Brotman  
Age 47 LVAC member

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

Once you have registered for the race, 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.

Tuesday	April 19: Green Valley	4-8 PM
Wednesday	April 20: Rainbow	4-8 PM
Thursday	April 21: West Sahara	10 AM to 8 PM
Tuesday	April 26: Flamingo/215	4-8 PM
Wednesday	April 27: North Decatur	4-8 PM
Thursday	April 28: Central	10 AM to 8 PM
Friday	April 29: Flamingo/Sandhill	10 AM to 8 PM

2. Shirts are also available at the LVAC Corporate Office, Beginning April 4 - May 6, on weekdays (Monday-Friday) from 8 AM to 6 PM. 2655 S. Maryland Pkwy (Back of Building, second floor)
3. 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.

**Lake Mead Pavillion, 7311 W. Lake Mead Blvd., Suite 150  
SW corner of Lake Mead and Tenaya (Next to Michael's)  
Wednesday & Thursday, May 4-5, 12 PM to 7 PM  
and Friday, May 6, from 11 AM to 4 PM**

4. 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 Sunday, April 17, **Komen will mail your race packet directly to your home address for a \$5 fee.** If you register after April 17, you will need to attend the Race Expo to pick up your race packet.



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# success story

# CARLOS ALVARADO



*before* 180LBS  
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Carlos Alvarado works as a project manager for a Las Vegas architectural firm, and is a husband and the father of two beautiful little boys, ages two and four. In addition to working out, he has a passion for salsa dancing and enjoys working as a DJ.

### LVAC: What was the catalyst, or ‘last straw’ that motivated you to change your diet and lifestyle?

Carlos: “I finally became tired of looking at my rear love handles. I had lost weight before, but never enough to get rid of them completely. I always thought that was just my body type. The other motivational factor were two of my friends who had recently begun bodybuilding. I was amazed at the results and instead of wishing I could be like them, I decided to go all out this time, exceeding the limits of my previous efforts.”

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

Carlos: “This time I decided to take a different approach to weight lifting, and started by researching the most effective way to lift weights. Rather than emphasizing the amount of weight I was lifting, I concentrated more on the feel of the motion and my muscles as I lifted. I was not lifting as much

*“I decided to go all out this time, exceeding the limits of my previous efforts.”*

weight as I had before, but my workouts became more intense and to my surprise, more enjoyable. I continued with this for 6 months. I also increased my cardio workouts (primarily the stair climber) by five extra minutes each session to burn more calories. I added cycling to my Friday routine by cycling six miles to and from work.”

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

Carlos: “Before I began this process I was eating a lot of breads, pastas, white rice, and cereals. All of these have refined flour and sugars. I omitted these completely from my diet and reduced my daily caloric intake by 500-800 calories. Now that I am at a desired weight, I still stay away from these foods but I have raised my caloric intake to maintain my current weight. I eat a lot of greens, nuts, sweet potatoes, and of course proteins from many sources such as legumes, chicken, turkey, beef, fish, and even pork. I keep everything in check by using the myfitnesspal app on my phone.”

### LVAC: What types of results have you experienced because of your lifestyle changes?

Carlos: “Due to the changes in my diet, and learning to maintain my weight, I do feel more energetic. It took some time for my energy levels to rise. I think it had to do with all of the refined and processed foods I was eating. Eating a clean diet has made a huge difference in the way I feel. I was surprised when I noticed that my craving for sweets had vanished.

### LVAC: What are some your favorite things about LVAC?

Carlos: “There are so many things I enjoy about being an LVAC member. First of all, I love all the perks and discounts we can get throughout Las Vegas from participating businesses. I love the fact that I can bring my kids and still be able to watch them from any area in the gym via the TV’s. And of course, I love that there is a great variety of equipment. This is very crucial in keeping one motivated. Last but not least, I love that LVAC cares about keeping their members happy by providing clean facilities and keeping all equipment in great working condition. I used to go to a gym where it would take weeks if not months to get something fixed. You can’t beat the LVAC staff, they are always friendly and courteous.”



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# don't be **THAT GUY**



Illustration by Celina Garcia

## GROUP FITNESS ETIQUETTE

We asked our group fitness instructors what their top 3 suggestions were for members, which would help to make everyone's group fitness experience awesome. Here's their consensus:

- 1. Always put your equipment back in its proper place.** This includes properly stacking benches and putting weights away in an orderly fashion.
- 2. Do your best to arrive on time or early if the class is a full one.** Contain your enthusiasm and give the previous class room to exit before entering the room. Don't forget, there's no saving spots. Classes are on a first come, first serve basis.
- 3. Please do not use your cell phone during class.** If you receive a call that you must take, please do so outside of the room. Respect others' privacy by not including other class members in your photos unless they have agreed upon it.

By doing these three things, you will never be accused of being 'that guy' (or gal). Our group fitness loving members make LVAC a special place and we will always do our best to make LVAC group fitness the best in town. See you in class.





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# berries

## BIG PUNCH IN A LITTLE PACKAGE

By Crystal Petrello

There's an old adage in the world of dieticians to "eat the colors of the rainbow" for optimal nutrition. Basically, the more variety of color in your diet (from produce of course), the more health boosting properties you'll consume. Berries can help you check off numerous colors from your daily food color palette. Berries pack a big nutrient punch in a little package. The more variety of colors in the berries you consume, the more health benefits you will reap. The gold at the end of this rainbow is both long and short term disease prevention.

Plant chemicals, known as phytochemicals, make up the colors of your produce. The rich color of berries are evidence of the tightly-packed phytochemicals in a very small bite. Berries are also a good source of fiber, water, and nutrients.

Hundreds of different phytochemicals have been researched for their disease preventing power. Researchers are seeing that most chronic diseases are diseases of inflammation. Phytochemicals aid in decreasing inflammation in our bodies. Berries have been shown to be helpful in the prevention of cancer and in preventing mental decline. They also help to improve heart health.

Adding new berries to your diet is a great way to add variety to your nutrient rainbow. Let's take a look at some of the berries we are used to seeing in the marketplace and some new varieties that are becoming available.

**Blueberries and Strawberries**  
Now considered a staple in most grocery stores, blueberries and strawberries have been shown to decrease the symptoms associated with mental decline as well as aid in the prevention of heart disease.

**Goji Berries (a.k.a.) Chinese Wolfberry**  
This red berry is rich in the phytochemical beta-carotene. This fruit has been shown to help with improving vision and is a great source of vitamin C.

**Acai**  
This dark purple berry is packed with antioxidants, known to help fight inflammation.

**Tart Cherry**  
Consumed in juice form, it may help with joint pain and post-workout recovery. (See our Fit Facts, pg. 26 for additional information on the benefits of using tart cherry in your diet).

**Black Chokeberry/Aronia Berry**  
This black berry is very astringent, so add it to a fruit smoothie to balance the very tart taste. (See the recipe below for a delicious way to add this berry to your diet).The aronia berry has been shown to be helpful in liver function and in maintaining good cholesterol levels. Due to price and availability, I recommend purchasing these berries from the frozen food aisle.


**Maqui Berry**  
Berries with deep purple pigments, like the maqui berry has been shown to aid in the prevention of high cholesterol.

**Noni Berry**  
Noni berries come from the canary wood tree, which is grown in tropical regions of the world. Research shows that the noni berry has tumor fighting properties.

### Aronia Berry Smoothie

- 1 handful of frozen aronia berries (about 1/4 cup)
- 1 cup diced fruit of your choice (such as mango)
- 1 cup plain Greek yogurt
- 1/2 cup fruit juice (such as pomegranite or orange juice)

Add juice, yogurt and then fruit and berries into a blender. Blend just until ingredients are combined. Add a handful of ice and continue to blend until smoothie reaches your desired consistency.



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**Sources:**  
Airc.org - Reduce Your Cancer  
Nutritionfacts.org - How to Slow Brain Aging  
Todaysdietician.com  
Huffingtonpost.com - Goji Berry Benefits  
Nccih.nih.gov - Health and Acai

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Foxnews.com - Marvulous Maui Berry  
Journals.lww.com - Gogi Berry Effects on Macular Characteristics



# BODY REVISION BY CLAUDIA

PRESENTS  
6-WEEKS

# ULTIMATE

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## WEIGHT LOSS

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Website: [www.bodyrevisionbyclaudia.com](http://www.bodyrevisionbyclaudia.com)



# not all

## SMITH MACHINES ARE CREATED EQUAL: ANGLE OR NO ANGLE?



LVAC member Julia Jones faces the mirror while doing her squats to properly take advantage of the 11 percent angle of the Smith Machine.



Julia Jones faces away from the mirror to take advantage of the 11 percent angle while performing a chest press.

By Bret Fitzgerald

**T**he Smith Machine is a versatile piece of equipment. Because of the fixed bar path, it allows you to push as much weight as possible without having to worry about stabilizing the load. It also allows you to rack the bar at just about any place along your range of motion, which means you can do partial-rep training and strengthen your weak points.

Yes, many lifters are aware of these advantages, and they rightfully make the Smith an important part of their training program. What some people may not know, however, is that not all Smith machines are created equal. Some Smiths are completely vertical, where the weight-bearing posts run straight up and down, while others actually have slightly angled posts. While the difference here seems minimal, it's actually rather critical in terms of exercise safety and effectiveness.

Most free-weight exercises have a natural bar path. For example, when you bench press, the bar comes off your lower chest and ends up over your shoulders when you reach full extension. You naturally press the bar up and back, not down toward your

belly button. But what happens when you bench on the Smith machine?

Well, if your Smith machine is the straight-up-and-down type, your orientation toward the bar doesn't matter. Whether you're doing bench presses, squats, or overhead presses, you can face either way in the machine since you push the bar in a 180-degree vertical path. In other words, there's no "wrong" way to face.

But with an angled Smith Machine, depending on which way you orient your body to the bar, you can either bench press up from your lower chest and back toward your head, or with your body facing the other direction relative to the angled posts, up and away from your face. Precor Smiths are angled at 11 degrees, whereas Life Fitness designs their Smith with a 7 degree angle of motion. Either way, they both create a more natural feeling motion throughout the repetition.

Clearly, how you're oriented to the bar on an angled Smith machine is important—not just for bench presses, but for incline bench presses, overhead presses, close-grip bench presses, decline presses, squats, lunges and other exercises.

When most people set up an exercise inside a Smith Machine, they usually try to face the mirror. They don't necessarily think about the movement path. So if there are two angled Smith Machines you will notice that we have one angled towards the mirror, and the other angled away from the mirror.

When using an angled Smith Machine, you always want to consider the natural path of the bar on a given movement. If you're not sure, start with an empty bar, which allows you to test your body position in relation to the bar and its path. Adjust your bench, or even reverse direction, to ensure you're in the right spot in both the bottom and top positions of your exercise. The bar path should always mimic the free-weight version of that movement as closely as possible. Assuming you are facing the mirror, when using an angled Smith machine for squats and lunges (lower body movements) it is best to use the Smith that is angled towards the mirror. Assuming you are facing the mirror, for upper body movements like the bench press, and overhead press, it is best to use the Smith that is angled away from the mirror. Therefore, the angle of the posts on the Smith Machine should follow the body's natural movement path.



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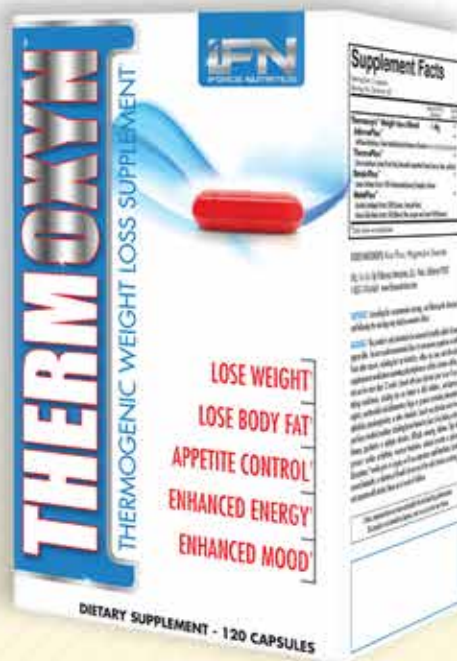
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# FIT facts

A new mom should not underestimate the value of taking her child out for a stroll or the necessity of taking care of her own health and fitness. "Stroller walking is a great activity that will allow mothers to get in shape while bonding with their child and perhaps meeting other women who are dealing with the same challenges in terms of caring for a newborn."

Researchers found that exercise intensity and calorie burn were approximately 18 percent and 20 percent higher when walking with a stroller at 3 mph and 3.5 mph (respectively) than when walking without a stroller."

ACE FitnessMatters • November/December 2007



*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.... Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.*

*-Melody Beattie, The Language of Letting Go: Daily Meditations on Codependency*



## Don't Drink Sugar Calories.

Sugary drinks are the most fattening things you can put into your body. This is because the brain does not register liquid sugar calories in the same way as calories from solid foods. For this reason, when you drink soda, you end up eating more total calories. Sugary drinks are strongly associated with obesity, type 2 diabetes, heart disease and all sorts of health problems. Keep in mind that some fruit juices are almost as bad as soda in this regard. They contain just as much sugar, and the small amounts of antioxidants do NOT negate the harmful effects of the sugar.



## New Super Recovery Drink?

Emerging research suggests tart cherry juice has a unique blend of powerful anti-inflammatory and antioxidant agents that help athletes and exercise enthusiasts recover faster from exhaustive exercise, and may help to reduce pain after extreme exercise. The mechanisms appear to be related to the anti-inflammatory and antioxidant chemical properties in tart cherries.

IDEA Fitness Journal • Oct 15, Len Kravitz, PhD



## Nutrition Tip—Use the 10:1 rule.

For every 10 grams of carbohydrate listed on the label, look for at least one gram of fiber. Why 10:1? That's the ratio of carbohydrate to fiber in a genuine, unprocessed whole grain. The recommendation comes from a study published in the Journal of Public Health Nutrition that evaluated hundreds of grain products; foods that met the 10:1 ratio had less sugar, sodium, and trans fats than those that didn't. Getting your fiber-rich whole grains is a way to blast belly fat.



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*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.*



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# SALMON CAKES

## Ingredients

- 1 6 oz. can of boneless, skinless salmon
- ½ medium onion, fine diced
- 1 rib celery, fine diced
- ½ sweet red pepper, fine diced
- 1½ Tablespoons coconut flour
- 1 Tablespoon dried dill
- 1 teaspoon lemon pepper
- ¾ teaspoon sea salt
- 2 large eggs, beaten
- 3 Tablespoons coconut oil
- 1 lemon, cut into wedges

## Directions

- Place the salmon in a bowl and flake the fish with a fork. Add the diced onions, celery, red pepper and spices.
- Gently mix in the coconut flour and combine thoroughly.
- Beat the eggs in a separate bowl, then gently fold the eggs into the fish mixture until the eggs are absorbed and the mixture becomes moist and somewhat sticky.
- Shape the salmon mixture into five patties, roughly 2" wide.
- Place a heavy skillet onto medium high heat and add the coconut oil.
- When the coconut oil shimmers, add the salmon patties, cooking until the sides are golden brown, roughly 4 minutes on each side.
- Serve warm with a wedge of lemon.

## editor's note:

We like to use the canned, wild salmon found at Costco.





# KEEP UP WITH LVAC IN AND OUT OF THE GYM



@LVACGRAM



# choose AND use SAFER PLASTICS

**B**ecause plastics are pervasive today, choose them carefully to minimize your exposures. Avoiding them altogether isn't practical, so we suggest you focus on those that are likely to come into contact with your mouth – the most common way chemicals in plastic consumer products enter the body. Plastic chemicals touch your mouth in a number of ways: from your hands and your food and drink. This is especially important for young children, who frequently put hands and objects in their mouths.

- Stay away from toys marked with a "3" or "PVC" (PVC stands for polyvinyl chloride, commonly called vinyl).

**PVC is often mixed with phthalates, a toxic additive that makes plastic more flexible. While phthalates were recently banned in new children's toys, they may be in toys made before February 2009 when the ban went into effect, as well as in shower curtains, inflatable beach toys, raincoats and toys for children older than 12.**

- Avoid polycarbonate containers (sometimes marked with a #7 or "PC"). These plastics are rigid and transparent, like plastic food storage containers and water bottles, among

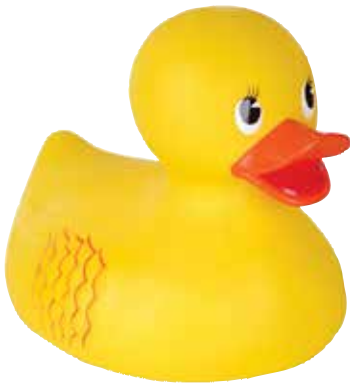
**other things. Trace amounts of BPA can migrate from these containers, particularly if used for hot food or liquids. Soft or cloudy-colored plastic does not contain BPA.**

A recent study from Harvard University found that college students drinking their cold drinks from polycarbonate bottles had 93% more BPA in their bodies than during the weeks that they drank liquids from other containers.

We recommend the use of glass and ceramic instead of plastics. When you have no choice, plastics marked with a #1, 2, 4, or 5 don't contain BPA and may be better choices.

## Safer Alternatives

Where mouth contact is likely, stay away from plastics. There are a wide variety of safer alternatives available to meet your family's needs. Some safer ideas are:



### For the kids

- When bottle feeding infants, choose glass or BPA-free baby bottles with a clear silicone nipple
- Give your baby natural teethingers like frozen washcloths or natural, uncoated wood. Plastic teethingers could have harmful additives that leach when chewed.
- Look for toys made of natural materials, like wool, cotton, and uncoated wood.

### In the kitchen

- Ceramic or glass food containers (like Pyrex) are better to store and heat your food and drink.
- When using an electric mixer, choose glass or Pyrex instead of plastic to avoid chipping bits of plastic into your food.
- Lay natural flooring instead of vinyl.
- Use wooden cutting boards – but care for them properly to minimize bacteria.
- Cover food in the microwave with a paper towel instead of plastic wrap.

### In the bathroom

- Pick a cotton shower curtain instead of vinyl.
- In the bath, play with cotton washcloths, finger puppets, wooden toy boats and lightweight aluminum cups instead of soft plastic bath toys and books.



Source: For more information on plastics and safety, go to the Environmental Working Group at EWG.org





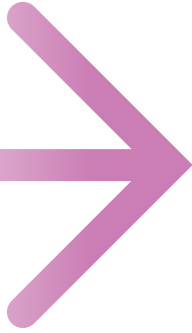
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# Class Descriptions



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

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

## HIGH INTENSITY/CARDIO CLASSES

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

### CLASS/DESCRIPTION

### DURATION

### AREAS WORKED

### AVG. CAL. BURNED

### EQUIPMENT

#### **BODYATTACK™ BY LES MILLS**

This sports-inspired cardio workout builds strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

**55**  
Minutes

Cardio

**735**

Body Weight

#### **BODYCOMBAT™ BY LES MILLS**

Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Maui Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.

**55**  
Minutes

Cardio

**740**

Body Weight

#### **BODYSTEP™ BY LES MILLS**

The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**55**  
Minutes

Cardio

**620**

Height Adjustable Step

#### **BOOT CAMP**

Both cardio and strength, this high intensity class practices drills for strength, power, endurance and speed. You'll be doing lots of relays, sprints, small hurdle running, lunging, push-ups, plyometric exercises, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.

**60**  
Minutes

Total Body Workout

**550**

Various types of equipment

#### **CYCLE**

Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. This is an effective lower body, cardio workout that will tone your lower extremities and core for a long, lean body. Cycling can enhance your heart and lung capacity and is great for any age group.

**60**  
Minutes

Lower Body & Core

**500**

Bike/Body Weight

#### **8STRIKES™**

This class is unique from the heart pounding music that is custom made to the 8Strikes combinations that involve 8 points of contact used by kick boxers around the world. Use your fists, knees, elbows and feet to kick inches off your waist line. Squats, pushups and plyometric moves that will reshape your body. 8Strikes™ will challenge and improve your endurance, reaction time and reflexes.

**60**  
Minutes

Total Body Workout

**700**

Body

#### **H.E.A.T.**

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

**60**  
Minutes

Total Body Workout

**600+**

Battle Ropes, Kettlebells & more



# Class Descriptions

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



## HIGH INTENSITY/CARDIO CLASSES CONTINUED

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

## DANCE CLASSES

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

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





# Class Descriptions

## DANCE CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<b>MIXEDFIT</b> Is a Dance fitness program that is a mix of explosive dancing, hip hop and boot camp toning. Dance to Latin, Hip Hop, Bollywood and African inspired rhythms. The class incorporates boot camp inspired drills and works on developing lean muscle through toning and dancing.	<b>60</b> Minutes	Total Body Workout	<b>400</b>	Body Weight
<b>SH'BAM™ BY LES MILLS</b> This class features simple but seriously hot dance moves that will shape you up and let out your inner star. The soundtrack is made up of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics and modernized LATIN Beats.	<b>45</b> Minutes	Total Body Workout	<b>510</b>	Body Weight
<b>U-JAM</b> 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.	<b>60</b> Minutes	Total Body Workout	<b>400</b>	Body Weight
<b>ZUMBA®</b> This is a cardio based class using international rhythms. Zumba is a great cardio workout! 70% Latin based rhythms with 30% from genres such as Bollywood, Hip Hop, African, and many other genres that will keep you moving. This high energy, aerobic class allows you to burn calories and body sculpt while enjoying the "fitness party".	<b>60-90</b> Minutes	Total Body Workout	<b>650</b>	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
<b>BODYPUMP™ BY LES MILLS</b> 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.	<b>60</b> Minutes	Strength Endurance	<b>560</b>	Barbell, Plates & Height adjustable Step
<b>KETTLE BELL POWER</b> These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.	<b>70</b> Minutes	Total Body Workout	<b>600</b>	Kettlebells
<b>M.R.T. (MUSCLE RESISTANCE TRAINING)</b> 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.	<b>60</b> Minutes	Total Body Workout	<b>300</b>	Bands, Resistance Balls, Weights, Body
<b>T.B.C. (TOTAL BODY CONDITIONING)</b> An all over functional strength training workout that utilizes different tools to enhance strength and endurance.	<b>60</b> Minutes	Total Body Workout	<b>250</b>	Body Weight, Bands, Balls



# Class Descriptions

## MIND/BODY CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>ASHTANGA (INTRO/PREP) YOGA</b></p> <p>Ashtanga moves through a set series of poses always done in the same order, moving through sun salutations and performing each pose individually to build flexibility and stamina. To help you learn the series safely and effectively, LVAC currently offers these classes in shorter versions, moving slower in "Prep" to help you learn the series.</p>	60-70 Minutes	Mind/ Body	150	Yoga Mat, Body Weight
<p><b>BEGINNING YOGA</b></p> <p>For those looking for a slower practice or looking to begin your yoga practice journey, this class offers the most basic postures and sun salutations to introduce you to the benefits of the Yoga. Beginning Yoga focuses on alignment and is a great place to learn the basics of this gentle format.</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p><b>BODYFLOW™ BY LES MILLS</b></p> <p>This Yoga, Tai Chi and Pilates workout will leave you feeling long, strong, centered and calm. The 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.</p>	55 Minutes	Joint Flexibil- ity & Tight Muscles	390	Barbell, Plates & Height Adjustable Step
<p><b>BODYVIVE™ BY LES MILLS</b></p> <p>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.</p>	55 Minutes	Cardio/ Mobility/ Core	420	Resistance Tube & Ball
<p><b>GENTLE YOGA</b></p> <p>A slower approach to a traditional Yoga class, keeping joint limitations in mind for the practice of poses. This gentle approach isn't always easy and yet its simplicity may take you places you didn't know you could go!</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p><b>GENTLE YOGA MIX</b></p> <p>The yoga postures or asanas exercise every part of the body, keeping all the systems in radiant health. It combines all the movements needed for physical health with the breathing and meditation techniques that develop a state of inner peace and tranquility. Postures are held and performed slowly and meditatively, combined with deep abdominal breathing. These asanas work on all the various systems of the body, creating suppleness in the spine and flexibility. Each series of asanas is followed by one that provides the opposite stretch and any asana that works primarily on one side is always repeated on the other for balance and unity.</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p><b>IYENGAR YOGA</b></p> <p>Named after &amp; developed by B.K.S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision &amp; alignment in the performance of asana and breath control. The development of strength, mobility and stability is gained through the asanas.</p>	60-70 Minutes	Mind/ Body	150	Yoga Mat, Body Weight
<p><b>PIYO</b></p> <p>PIYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This is a fast moving class that delivers a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.</p>				
<p><b>TAI CHI</b></p> <p>The traditional slow, focused, moving meditation health exercise. Tai Chi has been associated with reduced stress, anxiety, depression, and enhanced mood in both healthy people and those with chronic conditions. It has been shown to improve aerobic capacity, increase energy, and build muscle strength.</p>	60 Minutes	Mind/ Body	150	Body Weight
<p><b>VINYASA FLOW YOGA</b></p> <p>Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated from Sanskrit as meaning "connection". In terms of yoga asana, we can interpret this as a connection between movement and breath.</p>	60-70 Minutes	Mind/ Body	250	Yoga Mat, Body Weight
<p><b>YOGA BLEND</b></p> <p>Here you will discover how traditional Yoga and modern Fitness principles can be blended into an effective workout. You may find elements from Pilates and Functional Training incorporated in these classes.</p>	60 Minutes	Mind/ Body	200	Yoga Mat, Body Weight





# 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
<b>AI CHI</b> A slow, focused, moving meditation water exercise that will help improve wellness and balance.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
<b>AQUAAEROBICS</b> This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training. This cardio based aqua class will give you a higher calorie burn while strengthening and sculpting the entire body.	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
<b>AQUABOOTCAMP</b> With the combination of resistance bands, medicine balls, and other equipment, you will get an amazing workout that will challenge your perception about Aqua training. With the focus on strength and endurance conditioning, everyone in this AquaBootCamp class will reap the benefits of their hard work. This class accommodates all level of fitness and challenges everyone individually. Let AquaBootCamp be the motivation you need to become a better "you".	60 Minutes	Total Body Workout	450	Body Weight, Paddles, Med Balls, Noodles, Tubes
<b>AQUAFIT</b> This class combines segments of cardio and strength training using training intervals and water approved weight resistance tools. Changing the dynamics of traditional aqua classes through energetic use of force and resistance. AquaFit is designed for all fitness levels using equipment that helps drive a quality aqua experience resulting in a toned and functional body covering strength, cardio, and mobility, well enough to wear you out!	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
<b>AQUAKICKBOX</b> This vigorous workout combines punches and kicks in the water and use the natural resistance of the water to help you increase your stamina, core strength and flexibility. No boxing gloves needed!	60 Minutes	Total Body Workout	300	Body Weight, Paddles
<b>AQUASCULPT</b> This class uses buoyant aquatic equipment to help tone your upper and lower body, as well as improve your core muscle to stabilize your body in water.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
<b>AQUA RECOVERY</b> Aqua Recovery addresses general flexibility improvement, daily life functional mobility, athletic training recovery and also incorporates yoga and mind/body practice. This class uses deliberate and effective movement patterns to help you enjoy a functionally healthy existence.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
<b>H2O CORE + MORE</b> Postural core training to increase mobility, flexibility, strength and muscular endurance based on Pilates and Yoga exercises in the water. (Offered at our Sandhill location only.)	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
<b>HYDROFIT</b> A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
<b>RAPID LIQUID CARDIO</b> 60 minutes of non-stop cardio challenges. Combinations of aqua sprints, punches and kicks will leave you sweating in the water! Varying aqua tools are used, from kettle bells to Dumbbells. This class is challenging and exciting – working in this liquid room will keep you inspired and wanting more!	60 Minutes	Total Body Workout	450	Body Weight, Paddles, Noodles, Water Weights
<b>WATER JOGGING</b> A simple cardio class in the water, using the natural resistance to increase strength and cardiovascular health.	60 Minutes	Total Body Workout	350	Body Weight, Paddles, Noodles



# Class Schedules

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

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

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

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

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

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

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# Class Schedules

## GREEN VALLEY - AQUA CLASSES

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

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

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

## WEST SAHARA - ROOM 2

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

## WEST SAHARA - AQUA CLASSES

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

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**WHEN YOU WAKE UP...**



**Wake Up**  
with the  
*Wagners*

**WEEKDAYS 4:30-7AM**

**...AND BEFORE YOU GO TO BED.**



**3**  
**NEWS**

**WEEKNIGHTS AT 11:00**





# Class Schedules

## SOUTHWEST - ROOM 1 (798-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODYPUMP		BODYPUMP			
6:00	BODYPUMP		BODYPUMP	ZUMBA		BODYPUMP	
7:00	ZUMBA			CxWORX		CxWORX	
8:00	BOOT CAMP	HIIT	HIIT		BOOT CAMP		
8:30							MIXXEDFIT
8:45		CxWORX					
9:00			BODYCOMBAT		BODYCOMBAT	ZUMBA	
9:30	ZUMBA	BODYATTACK		BODYATTACK			BODYPUMP
10:00			BODYPUMP		BODYPUMP	STEP 1	
10:30	BODYPUMP	H.E.A.T.		H.E.A.T.			
10:45							KICKBOX
11:30		KETTLEBELL POWER*		BODYPUMP		KETTLEBELL POWER*	
11:45	H.E.A.T.		H.E.A.T.		HIIT		
<b>PM</b>							
12:30		BODYPUMP		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	BODYPUMP			BODYPUMP			
4:30		BODYPUMP	BOOTCAMP			BODYPUMP/ CxWORX	
5:30	H.E.A.T.		BODYPUMP	CORE	BODYPUMP		
6:00		ZUMBA		BODYCOMBAT			
6:45			BODYCOMBAT		ZUMBA		
7:00	ZUMBA	BODYPUMP		BODYPUMP			
7:45			ZUMBA				
8:00	MIXXEDFIT			MIXXEDFIT			
8:15		HIP HOP DANCE					
9:15		ZUMBA					

## SOUTHWEST - ROOM 2

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

## SOUTHWEST - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30			HYDRO-TONE		HYDROFIT		
9:00	AQUAFIT	AQUAEROBICS		AQUAFIT		AQUAFIT	
9:30					AI CHI		
10:00		AQUAFIT		AQUA ZUMBA		AQUA ZUMBA	
<b>PM</b>							
4:30		POSEIDON'S FURY**		POSEIDON'S FURY**			
6:30	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO				

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# TIMELESS BEAUTY COME TO THOSE WHO ~~WAIT~~

## Take A Stand!

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- Myers' Cocktail IV Vitamin Infusion

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- Derma Roller™
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- Cutera Laser Treatments
  - Laser Genesis
  - excel HR Hair Removal
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New Image Signature Facial (\$600 Value) Exp. 6/30/16





# Class Schedules

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

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

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

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

## 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	RPM CYCLE		
7:30						CYCLE	
8:30							CYCLE
9:00						CYCLE - 45 min	
9:15	CYCLE				CYCLE		
9:30		CYCLE	CYCLE	CYCLE			RPM CYCLE
10:00						CYCLE	
10:30	CYCLE		RPM CYCLE		CYCLE		

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# Class Schedules

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

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

## NORTHWEST RAINBOW - AQUA CLASSES

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

## EAST FLAMINGO (898-5822)

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

## EAST FLAMINGO CLUB - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	RAPID LIQUID CARDIO	AQUAFIT	POSEIDON'S FURY	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO		
9:00					AQUAZUMBA	AQUAEROBICS	
10:00						H <sub>2</sub> O CORE	
PM							
6:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			



Visit [LVAC.com](http://LVAC.com) or download the **LVAC App** on your mobile device for the most up-to-date info!







# Class Schedules

## NORTH DECATUR - ROOM 1 (647-5822)

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

## NORTH DECATUR - ROOM 2

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

## NORTH DECATUR - AQUA CLASSES

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

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

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

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

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



# Class Schedules

## CENTRAL CLUB AT KAREN (734-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODYPUMP	CYCLE	BODYPUMP	CYCLE			
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE		
9:30							
10:00	LITE WORKOUT	MRT	LITE WORKOUT	BODYPUMP	LITE WORKOUT		YOGA-VINYASA FLOW*
10:30						LITE WORKOUT	
11:00					TAI CHI		
11:15		FLEXIBILITY		FLEXIBILITY			ZUMBA
11:30						ZUMBA	
PM							
12:00	ZUMBA	CYCLE	ZUMBA	CYCLE			
12:30						BELLYDANCE*	BOOT CAMP**
1:00		CORE		CORE			
1:15							
1:30		YOGA-VINYASA FLOW*		YOGA-VINYASA FLOW*			
2:30							
4:30	ZUMBA		BODYCOMBAT	MIXXEDFIT			
5:00							
5:30	BODYPUMP	ARMY RANGER BOOT CAMP†	BODYPUMP	BOOT CAMP			
5:45		CYCLE					
6:00					ZUMBA		
6:30	8STRIKES*						
6:45			H.E.A.T.	KICKBOX			
7:00		STEP & TONE					
7:45	KETTLEBELL POWER			CORE			
8:00		ZUMBA	ZUMBA	ZUMBA			

## CENTRAL CLUB AT KAREN - AQUA

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

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



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





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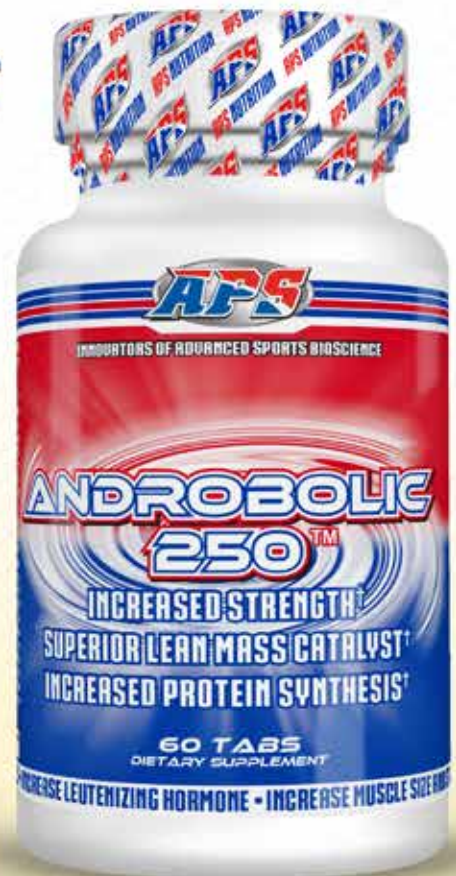
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