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BONDED BY A

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Summer
READY

HEART HEALTHY SALAD

Spinach + Walnuts =
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Susan G. Komen Race for the Cure®

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RIVERDALE
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DINER



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NEWS AT TEN

with Marie Mortera

WEEKNIGHTS AT 10

Channel 33 Cable 6



Dear Friends,

On Saturday, May 5th, LVAC will again serve as a proud sponsor of the Susan G. Komen Race for the Cure for the 18th year running (pun intended). We hope you will join us by walking or running to honor all the courageous people who have battled breast cancer. The Race honors both survivors and those who have lost their battle with this disease. As in years past, each LVAC member who registers for the Race can receive a free Team LVAC T-shirt. Just go to lvac.com and click on the Komen Race banner where you will be directed to our team page. You can register and get all information needed about where and when to get your Team LVAC T-shirt. Wear your team shirt to the Race, because we will have cameras on course and photographs at the finish line, then you can access your free photos at lvac.com. You can find more information on page 14 of this LVAC magazine issue.



Team LVAC at Augie's Bash with Augie and Lynne Nieto on March 23, 2018.

There has been exciting news this year related to the fight against breast cancer and the 23andMe Company, a leader in personal genetics. Several years ago, I wrote about my personal experience with 23andMe to better understand how my family ancestry and genetics play a part in my overall health. As part of the 23andMe services, a health report is provided linking family history to your overall health. The FDA recently authorized the first-ever consumer genetic test for cancer risk to 23andMe. This allows 23andMe to provide its customers' personal information on the three variants found in the BRCA1 and BRCA2 genes associated with breast, ovarian, and prostate cancer. About 12% of women in the general population will develop breast cancer during their lifetimes. A recent study estimated that approximately 70% of women who inherit a harmful BRCA1 or BRCA2 mutation will develop breast cancer by age 80. We will never know whether my mother, Virginia "Lady" Smith, had the BRCA1 or BRCA2 gene mutation, since she passed away in 2006 at the age of 80 from breast cancer. That information would have certainly been of interest to my two sisters and my brother and me, since breast cancer runs in the family and impacts both men and women.

With the slow unraveling of the Affordable Care Act, and with the average health insurance premiums doubling since 2013, it should be apparent that we will not be able to rely on the government or anyone else for our health care. This responsibility is each of ours to manage, both for our personal and our family's health. Companies like 23andMe will help us gain greater access to health information by promoting a consumer driven, preventative approach to health. Consumer driven means that there is no prescription by a medical doctor, and it is based on a proactive approach to health care.

On March 23rd, I celebrated my birthday while also celebrating another birthday of Augie Nieto at Augie's Bash in San Diego. For the last 13 years we have celebrated the life of Augie Nieto, the co-founder of Augie's Quest with his wife Lynne. Augie Nieto has been a leader in the fitness industry for almost four decades, as co-founder and past CEO of the Life Fitness company. In 2005, Augie was diagnosed with ALS (Lou Gehrig's disease) and started Augie's Quest. Augie's Bash is a fundraising event that has helped raise over \$60 million to find a cure for ALS. Those donations have also contributed to a major breakthrough drug treatment called AT-1501. With a little more help from all of us in the form of donations, AT-1501 is set to start human clinical trials later this year. Assuming the human clinical trials are a success, AT-1501 should help slow the progression of the disease and hopefully lead to a cure someday.

Last year we told you about a new documentary called Augie, highlighting the life and courageous struggle of our friend. You may have received an email, seen it in the club or on social media, on March 20th they released Augie on Amazon and iTunes. It is being billed as a love story, because an integral part of the story is the love affair of Augie and Lynne. Prior to Valentine's Day, Augie's Quest publicized many other love stories of other spouses and families afflicted by ALS on social media. The Valentine's Day campaign which raised awareness about ALS was called "ALS: A Love Story", and described the unconditional love and support given by spouses and family members. This unconditional love seems to be a common denominator for survival with this horrible disease. Another mutual friend, Steve Smith, an NFL football player, was also diagnosed with ALS in 2002. We used to work with Steve Smith's wife, Chie Smith, many years ago at another health club in Southern California before she became an NFL cheerleader. Steve Smith has survived with ALS for over 15 years. The unconditional love of these spouses and their families seem to be one likely reason, for their longevity. We invite you to purchase the Augie movie to help bring awareness of the cruel nature of this disease, while being inspired by a true love story. We will also provide a link on our website to order the movie and/or donate to Augie's Quest.

In the last issue of the magazine, we discussed some of the new equipment in the clubs this year, including the Freemotion Incline Trainer and the Octane Zero Runner. Both machines are state-of-the-art alternatives to the standard treadmill. The Incline Trainer elevates its ramp to 30 degrees, which is twice the maximum slope of a regular treadmill, making it ideal for HIIT workouts. This additional elevation also allows for more activation in areas of the body like the glutes and hamstrings. In fact, at 27% incline, the Incline Trainer activates 100% of the glutes, 90% of the calves and 73% of the hamstrings. Similarly, the Zero Runner has qualities that the standard treadmill does not. Running on a standard treadmill with a moving belt does not ideally simulate how your muscles perform while running outdoors. Running on a standard treadmill does not sufficiently engage the hamstrings and glutes, because the runner's form changes to accommodate the belt. The Zero Runner more closely simulates the true action of running outdoors. Another great feature of the Zero Runner is that unlike running outdoors or on a treadmill, the person running does not have to deal with stressful, repetitive impact. They call it the Zero Runner because it matches the stride of the runner on a treadmill, but with zero impact. Matching the stride of the treadmill on a Zero Runner does take some patience and practice, but once you get the hang of it you will truly appreciate this machine. It should be noted that Augie Nieto was the Chairman of Octane Fitness until just recently. We plan to add tutorial videos on our website demonstrating these hybrid machines.

We hope you will be inspired to join us in participating or donating to the Susan G. Komen Race for the Cure® on Saturday, May 5th. We also encourage you to become engaged in Augie's Quest and the fight against ALS. We care about the people in our community and strive to maintain the goal of "Making Lives Better" through promoting health and fitness.

Yours in health, fitness and LVACares,

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

Victoria White has always been active, including participating for many years in sports and dance. Growing up in Las Vegas, she played competitive soccer until she turned 18, and was on her high school's cheer and dance teams. By her own description she was a huge tomboy, and loved to skateboard and play video games.

Her career has taken her into real estate, where she has recently become a licensed realtor. She has also made her mark by competing in four NPC bikini competitions, and would someday love to become an IFBB Pro. When she does have spare time, she enjoys traveling, snowboarding, and hiking.

Victoria states, "LVAC has really changed me for the better. Every day I step foot into the gym, I know that I will walk out a better version of me. It takes hard work and consistency, but with the 24-hour accessibility of such an incredible facility, I am able to come to work out each and every day. That makes finding the time to work out so much easier. Because of the equipment and all of the amenities LVAC offers, I feel like I have the support I need to reach my goals."

*Photography by Omar Martinez
Makeup by Jen Rose*



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Success story

PATRICIA GILLIANO



Sometimes our path in life stems from talents or passions we discover early in our youth. That is the case with Patricia Gilliano, who grew up in Philadelphia where she was drawn to the medical field and to fitness. From serving as a volunteer candy-striper at a hospital during high school to training as a fitness instructor in college, then pursuing a college degree in nursing, she has always been motivated to help people improve their lives through education and adopting a healthy lifestyle. She has been an advocate for balancing traditional medicine and homeopathic care. Today she holds a Masters of Nursing Administration and an MBA. The mother of three grown sons, she is currently working as the Chief Nursing Officer of Spring Valley Medical Center. Her story of dealing with an injury and the challenges that it brings-both physical and mental-is as informative as it is inspirational.

LVAC: You have dealt with two serious shoulder injuries. How did they happen?

Patricia: “In 2012 I had begun to try Cross Fit in Florida to stay healthy and deal with major stress I was experiencing in my life. When I arrived at home after a workout, I felt a twinge in my right shoulder. I didn’t pay much attention to it, thought it might have been a pulled muscle. The stiffness I was noticing began to turn into pain and I sought out medical help to figure out what was happening to my shoulder. Within three months a twinge had turned into chronic pain and the range of motion in my shoulder was diminishing drastically. An MRI was ordered, which showed a 20% full thickness tear of the rotator cuff. By then the pain was unbearable, combined with sleepless nights and virtually no mobility left in my shoulder, I had to find answers. A handshake was excruciating - a hug? Forget it. I was totally baffled as to how this could have happened so quickly.”

LVAC: What did you do?

Patricia: “During a flight I found an article for a procedure being done in Miami, Florida, which included using stem cell treatment for joint injuries! Desperate-especially since I couldn’t get into a surgeon for another 5 weeks- I made a call. They seemed to understand my shoulder issue, so I went to Florida for treatment. This is how I learned of my actual diagnosis, ‘adhesive capsulitis’, which simply put, is a frozen shoulder. At this point I was ready to cut my arm off, that’s how much pain I was in.”

LVAC: Did the stem cell treatment help?

Patricia: “It did! I was not able to complete the entire recommended regimen because of work and family obligations, but I had two separate injections from the stem cells spun down from my own blood, right into my shoulder joint. Within the first few days I had dramatic pain relief and within four to six weeks of the injections, I had improved enough to begin lifting light weights. I also had massage therapy two to three times a week. From the time I began to feel that first twinge in my shoulder until I felt like I had reached a full recovery was about nine months. I felt like I had survived an amazing journey. I was so happy to be able to get back to work and my fitness routine. I was able to see two sons off to college, and became involved in my youngest son’s high school ice hockey career.”

LVAC: We’re guessing that this is not the end of the story.

Patricia: “In December 2016 my work required that I relocate, so my youngest son, my fiancé and I settled in Las Vegas. That’s when we joined LVAC. One month after arriving in Las Vegas, my other shoulder started to get sore. I said to my fiancé, ‘There’s no way this could be happening again! I have been so careful to do everything right.’ I remembered a small piece of information I had come across during my research. I didn’t want to believe it. I knew that frozen shoulder syndrome occurs most frequently in women ages 40-60. It also has a hormonal component and affects diabetics more often than non-diabetics. It is less common in men, but can

occur in men as well. The research stated that if adhesive capsulitis were found in one shoulder, it would hit the other shoulder as well. I didn’t want to believe it. I just couldn’t bear the thought of having to go through that all over again. But I knew I was more informed and prepared this time, so I began again doing everything I needed to do to get through it. The hardest part of FS is the daunting pain. It is worse at night and it takes you on an emotional roller coaster as you try to figure out what it is, how it happened, and how to heal it. Being active and suddenly having something that inhibits how you live your life was really difficult as well. I found that I had to determine what I could do with the limitation the shoulder presented, and stay active. LVAC was instrumental because I could workout anywhere or anytime. I did cardio and some light weights and worked up to taking my favorite group fitness classes, like cycling, that allowed me to participate without putting stress on my shoulder. I know that some people with this condition opt for surgical intervention, but for me, knowing the risks and possible complications, I felt the holistic and wellness approach was a far better solution for my recovery.”

LVAC: We are very happy to see you recovered and enjoying your life again. What wisdom would you share with someone who is working to overcome an injury or a serious illness?

Patricia: “No matter what you are enduring, you can be better tomorrow than you are today. Life’s challenges do not mean it is okay to give up or quit. Get over the sadness and get on a bike, or treadmill, or walk the track, but do something. I was not about to become a

statistic or grow older sooner than I was ready. At LVAC, everyone is welcome and can do something, and no one judges you. We come together and we all leave a little better than when we walked in. I would also tell people to build a support team around them. My husband Steve was a rock and came to the gym, training alongside of me to encourage me and keep me positive. I am very grateful for his love and support.

I believe that everyone has something to offer that can make this world a better place. This year my focus is to be a better wife, mom, nurse and friend. I hope I can help make life better for others who are facing their own challenges.”



Patricia with her three sons, Brendan, Dillon and Dalton (L-R)

Life’s challenges do not mean it is okay to give up or quit. Get over the sadness and get on a bike, or treadmill, or walk the track, but do something. I was not about to become a statistic or grow older sooner than I was ready.



Sources: ACE Expert Articles, Passive vs. Active recovery, Johnathon Ross, 6/2015
Men's Fitness, Tips for Coming Back Strong After a Sports Injury, Jennifer Cohen

7

TIPS FOR RECOVERING FROM INJURY

Getting physically injured is tough, especially for active people and athletes. Injuries mean lost time at the gym, sitting out of competition, changing the way you live your life and feeling depressed and isolated. Believe it or not, the challenges that come from recovery can actually inspire improvement. Incorporating these tips into your recovery will help you return to your workouts physically and mentally strong.

1. GET DIAGNOSED. Know the difference between being hurt and suffering an injury. “You know you are injured when the pain you sustained has not gone away or perhaps has gotten worse,” says Aaron Wexler, NASM CPT. “Pain is the first sign that something in your body’s kinetic chain is not right. You can walk off being sore, but you should not walk off real pain.” See your doctor so that you can know exactly what you are dealing with, and know that you have a correct, recommended course of action.

2. UNDERSTAND WHAT HAPPENED. How did you get injured? Understanding what happened will be key to your rehab plan so you can avoid further injury. Knowing what went wrong will also help you mentally, as getting injured can really impact your confidence level.

3. SEEK SUPERVISION. Work with your doctor on an exercise-based rehab program. A physical therapist or personal trainer can also help correct bad movement patterns and muscle imbalances in order to prevent further injuries and help you work through the injury.

4. FUEL YOUR BODY. A nutrient-packed diet and adequate hydration are

key during recovery. Adding a supplement like glutamine or MSM and chondroitin may also help rebuild joints. Getting the right nutrition can have a powerful effect on reducing pain, minimizing inflammation and promoting fast healing. Stay away from alcohol, sugar, and white flour.

5. EAT MORE PROTEIN. Don’t make the mistake of thinking that since you are not training at the same level, that you don’t need as much protein. Consuming high protein foods like lean meats, fish, eggs, whey protein and dairy will activate protein synthesis pathways in the body, which will help avoid muscle loss and promote tissue remodeling for a faster recovery.

6. FOCUS ON AN ACTIVE RECOVERY. For many years it was prescribed that someone rest to recover from an injury. Now the focus has shifted to incorporating an active recovery. The most important type of active recovery is general light physical activity. Continue to move, even if it is at a modified level. Walking, working out in the water, or gentle yoga are all ways to stay active while you recover from an injury. Continue your prescribed rehab plan for a few weeks after you feel back to normal. This will help you continue to build strength. Focus on stabilization, core, and flexibility exercises after rehab.

7. HAVE A SUPPORT SYSTEM. Some injuries can require that you have extra help with household chores, driving, etc. Serious injuries can also be depressing and isolating. Be sure to have people around you that you can talk to about your discouragement, who make you leave your house and go to lunch! Being around positive, uplifting people and getting out of your head can go a long way in promoting a healthy recovery.

Success story

SHARON MATTHEWS

LVAC member Sharon Matthews and her amazing family live by the motto "Faith, Family, Food and Football!" She says that her husband Geoff is her best friend and biggest supporter. They are the proud parents of a 20-year-old son and 19-year-old daughter. Sharon has worked for University Medical Center for 19 years and is also a Weight Watchers leader.

LVAC: Many people hit a point in their lives where they know they need to make changes to live a healthy, happy life. Tell us what happened in your life to bring you to that decision.

Sharon: "That point for me was 2014. I was at the heaviest weight of my life and felt that my weight had spiraled out of control. Then my dad was diagnosed with stage four throat cancer and shortly after that the clinic I had worked at for 15 years closed, and the transition to a new department was difficult. To make things even worse, I have a sister who has struggled with a meth addiction for years. Due to the addiction, she abandoned her family, which broke all our hearts. So, in 2014 I felt as though my life was out of control. I realized that while there were many things I could not control, I could control what I decided to put into my mouth and how I would treat my body."

LVAC: What were some of the steps you took to get started?

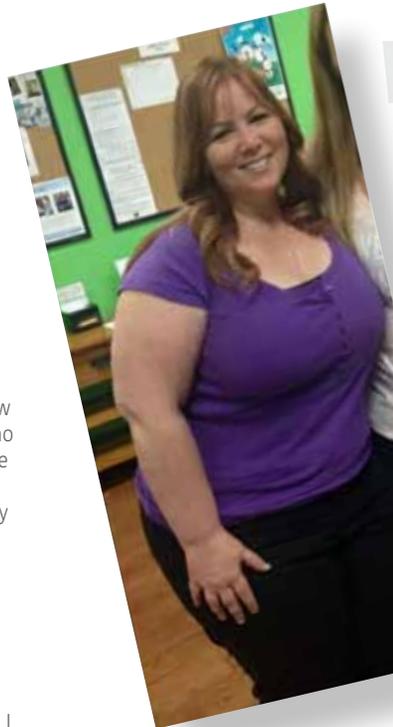
Sharon: "First, I rejoined Weight Watchers for the 3rd (and final) time. This time I joined for the right reason, not to fit into a dress or for a vacation or a special occasion, but for me. I really wanted to change so I could be my best, for the rest of my life. I added exercise and started out with simply walking, either on the treadmill or on the track. As I became more comfortable and confident I began taking group fitness classes. I love trying a variety of classes, and a few of my favorites are Edwin's Zumba, Billie and Pam's cycling and water aerobics. I also began working out with LVAC personal trainer, Tyrone, to help me with weight training."

LVAC: We love that you love group fitness! Tell us about the changes you have made to your diet that helped you lose weight and be healthier.

Sharon: "Before I began my journey I ate everything I wanted, preferably fried foods! My diet consisted of large portions of processed carbohydrates and starchy foods. Weight Watchers helped me by teaching me to make better food choices and to understand portion control. I still struggle a bit with my love of bread! I have my treats but they're just that, treats, not items I consume daily. Now that I don't eat the "junk food" on a regular basis, I don't crave or miss it at all. I have found that when I do overeat, I actually feel miserable. Not because I feel guilty, like I used to do, but I feel physically ill and sluggish. It hinders my activity for the remainder of the day."

LVAC: How has your life changed from where you were in 2014?

Sharon: "Besides the physical changes, (I have lost about 104 pounds), I have an energy and a confidence that allows me to try anything! I am amazed at what my body can do; I didn't give it the credit it deserved. I have participated in several 5k's. I ran my very first one on May 6th of 2017 in honor of my Dad's birthday. Last Year I participated in 'Scale the Strat',



I am amazed at what my body can do; I didn't give it the credit it deserved.



Starting weight: 258.8 lbs
Current weight: 155-160 lbs

Before: Pant size 22
Currently: Pant size 8

Before: Body fat 45.8%
Currently: Body fat 28.3%

climbing 108 floors (1,455 steps) in 20 minutes and 11 seconds. This past February, as team captain of The Weight Watchers Warriors I completed this event again. I stayed to the back of my team making sure every member stayed encouraged and together we pushed our physical limits past our mental limitations!"

LVAC: What do you love about LVAC?

Sharon: "What's not to love? I love the staff and all the smiles I get, from Anthony at the front desk to my favorite smoothie maker, Julio. Most of all I love the way everyone encourages each other. No one ever minds showing you how to use the equipment or acts too busy to answer your questions. I am very grateful for my group fitness instructors and my personal trainer for supporting me and encouraging me through my journey. They always make me feel like they care about me and are invested in my success."



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1. You may pick up your t-shirt at the **managers office** inside of LVAC on the following dates.

Tuesday, April 17	Green Valley	8 AM - 8 PM
Wednesday, April 18	Rainbow	8 AM - 8 PM
Thursday, April 19	North Decatur	8 AM - 8 PM
Friday, April 20	West Sahara	8 AM - 8 PM
Monday, April 23	Southwest	8 AM - 8 PM
Tuesday, April 24	Central	8 AM - 8 PM
Wednesday, April 25	Flamingo/Sandhill	8 AM - 8 PM

2. Shirts are also available at the **LVAC Corporate Office**, beginning Monday, April 9 - Thursday, May 3, on weekdays (Monday-Friday) from 8 AM to 7 PM, at 2655 S. Maryland Parkway, at the 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. Package Pickup will be at the North Premium Outlets (875 Grand Central Pkwy, Las Vegas, NV 89106) on May 2 and May 3rd, from 3:00-7:00 PM. On Friday, May 4, pickup will be open from 11:00 AM-4:00 PM.

4. You can pick up your T-Shirt the morning of the race, just look for our **LVAC Sponsorship Table**, which will be located in the Llama Lot at the Downtown Container Park, and show us your LVAC membership card.

Remember, if you register online before Tuesday, 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.

Register early; we want Team LVAC to be the LARGEST team in this year's Race!
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member spotlight

JIM KOEHLER AND SUSAN MCDOW



Pictured are LVAC Coach Susan McDow and member Jim Koehler, who now share a lifelong bond.

In June of 2017, Jim Koehler was at LVAC Central playing handball when he suddenly began to feel ill but felt as if he needed to finish playing. After the game, he sat down and quickly began to feel much worse. At that point his friend went for help, bringing back LVAC Coach Susan McDow. Sue then began to assess his condition, monitored his pulse and made the prompt and ultimately life-saving decision to call 911. When the paramedics arrived, they began an EKG, and then quickly transferred him to Sunrise Hospital. Upon arrival, a medical team was waiting and began to immediately work on him. He was to find out later that he had 100% blockage of the right coronary artery and was informed by the cardiologist that there had been a 90-minute window where if he had not received treatment, he would not have survived. What was surprising to everyone who knew Jim, who has been an LVAC member for 15 years, is an avid handball competitor, who is not overweight and is disciplined about his diet (he hadn't eaten red meat in over 30 years), was that he would have a heart attack.

Jim credits his survival to Susan for her decisive action in securing the life sustaining medical help he desperately needed. Because of her training and quick response, Jim made a great recovery, and was playing handball two months later. LVAC commends Coach Susan McDow for her excellent response to the situation and is truly grateful that Jim's outcome was so positive.

In speaking of the event, Susan said, "Not only was it my job, but it was my honor and privilege to be able to help Jim. I was so pleased and relieved to hear that he had recovered. I continually keep an eye on him. I am very proud to be a part of the LVAC team."

club life



Pictured on the left is the progress on LVAC's new project at Union Village in Henderson as of March 2018. Pictured on the right is a projected rendering of the finished club. The 90,000 square foot facility will provide jobs for in excess of 200 people and will accommodate several thousand residents each day. Next time you drive south on the 95, look for progress on our new LVAC location.



LVAC Group Fitness Instructor and Personal Trainer, Ulli Brokate has competed in Dragon Boat races all over the world!

Dragon boats are the basis of the team paddling sport of dragon boat racing, a water sport which has its roots in an ancient folk ritual of contending villagers, and has been held for over 2000 years throughout southern China. Shown here, Ulli paddled with team Sun Dragons at the International Dragon Boat Festival in Keelung, Taiwan, which is the largest scale dragon boat competition in Asia. Last year she also competed in the Phillipines, Switzerland and Germany.



LVAC personal trainer Cyndee Platko (2nd from L) with LVAC members (L-R) Kathy Williams, Robert Rombrowski and Francie Stocking after running an indoor triathlon last January. The triathlon was Kathy's first time competing!



LVAC personal trainer Cyndee Platko competing at the Las Vegas Rerun Marathon. The Rerun Marathon took place near the Flamingo 215 LVAC on the beltway trail. Cyndee, a great lover of all things animal and a volunteer with the Nevada SPCA said, "Since it was 4 loops, I ran 3 of the 4 with my dog Pacer, a total of 18.5 miles and I ran the last loop with my other dog, Lilly. Not only was it a lot of fun, we were the first females to finish!"

Continued on page 18

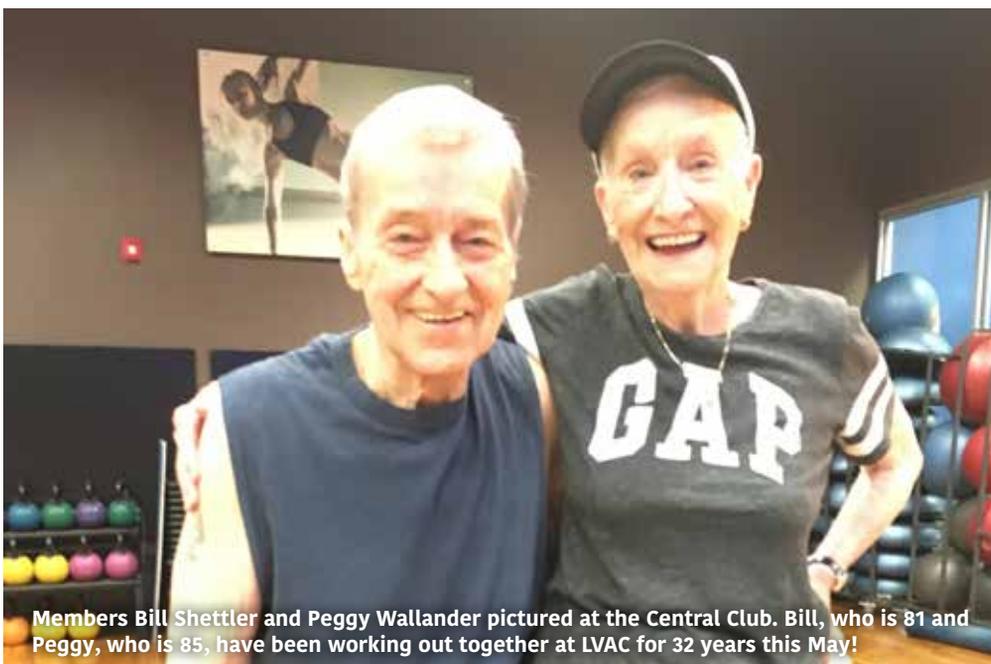
club life



Pictured with The CW host Kim Wagner, LVAC Group Fitness instructors (L-R) Nancy Quintana, Danielle Kalkas, Kaitlyn Milligan, Jee Wong, Nining Kliewer are shown volunteering at the Villalobos Rescue Center Event.

The Villalobos Rescue Center is a non-profit organization located in New Orleans. With more than 300 dogs in its care, it may be the largest pit bull rescue in the United States (if not the entire world). Founded by Pit Bulls and Parolees star Tia Torres, Villalobos runs on a foundation of volunteers and donations to cover the costs of food, vet care and more.

You can watch them on the Animal Planet, the rescue work they do is absolutely amazing. Go to Animalplanet.com for information on how you can adopt or donate.



Members Bill Shettler and Peggy Wallander pictured at the Central Club. Bill, who is 81 and Peggy, who is 85, have been working out together at LVAC for 32 years this May!

Bill moved to Las Vegas in 1980. He enjoyed a career in the Navy and with the Department of Veterans Affairs. A passionate traveler, he is also involved in many volunteer activities including his work at the Smith Center. Peggy has lived in Las Vegas since 1959 and raised 5 children with her husband, Robert. She has 8 grandchildren, 15 great grandchildren and 2 great, great grandchildren. Peggy's hobbies include sewing and baking. Her cookies are her trademark, just ask anyone who has been lucky enough to try them. The twosome has participated in a wide variety of group exercise classes, including step aerobics, body pump, and cycling. Together they have completed two Susan G. Komen Race for the Cure runs. Today, Bill and Peggy share 6 a.m. cycle classes together (they rarely, if ever, miss a class) and are an inspiration to not only all who cycle with them, but to everyone who knows them.

FIT FACTS

AMAZING HEALTH BENEFITS OF *berries*



- Berries are high in antioxidants such as anthocyanins, which may protect cells from free radical damage.
- Berries may help improve blood sugar and insulin response.
- Berries are high in fiber, which may help decrease appetite, increase feelings of fullness and reduce the number of calories your body absorbs from mixed meals.
- Berries can help to reduce inflammation and decrease the risk of heart disease and other health problems.
- Berries can help lower cholesterol levels.
- Berries have been found to keep your arteries healthy. In several studies, eating berries improved arterial function in healthy people, those with metabolic syndrome and even in smokers.
- They are delicious, and can be used in almost any type of diet.

Source: *Healthline.org*

ARE YOU READY TO QUIT SMOKING?

- More than 8 out of 10 Clark County residents do not smoke.
- One out of every two smokers will die from smoking related diseases.
- The average smoker spends over \$2,000 each year on cigarettes.
- Quitting reduces your risk of premature death by 50% within 5 years.
- After 15 years, the risk is the same as if you'd never smoked at all.

The Nevada Tobacco Quitline is a free phone-based service available to Nevada residents 13 years or older. The program provides one-on-one coaching and nicotine replacement therapy (patches, gum, or lozenges) for qualified individuals. Coaches will determine if you're eligible to receive the nicotine replacement therapy.

The Quitline is also available online. Sign up to receive free access to special tools, a supportive team of quit coaches, and a community of others trying to become tobacco-free. Expert coaches help you overcome common barriers such as dealing with stress, fighting cravings, coping with irritability, and controlling weight gain.

Call 1-800-QUIT NOW from a Nevada area code phone or (1-800-784-8669) to start your quit journey today.
Hours: Monday through Sunday, 4am-10pm (PST)
www.nevadatobaccoquitline.com

More Education May Mean a Longer, Healthier Life.

Federal statistics show that on average, 25-year-olds with a bachelor's degree live about nine years longer than those who did not graduate from high school.

College graduates are also healthier, with lower rates of obesity and smoking compared to high school dropouts, according to the Centers for Disease Control and Prevention.

“Education is a big factor behind the choices people make, including lifestyle choices”, said Yashuhiko Kuboto, M.D., who led a recent study that found the more education a person has, the less likely they are to develop heart disease or have a stroke.

“Education shapes health and mortality”, said Jennifer Karas Montes Ph.D., an assistant professor of sociology at Syracuse University. “The best treatment in the world is not going to be effective if the person doesn't understand it and if their life circumstances prevent them from following through on it. Education shapes health and mortality. If I had to pick three pieces of information about somebody to predict their life expectancy, I would want to know age, sex and their level of education. It's that important.”

Source: American Heart Association, *Heart Insight*, Winter Issue 2017

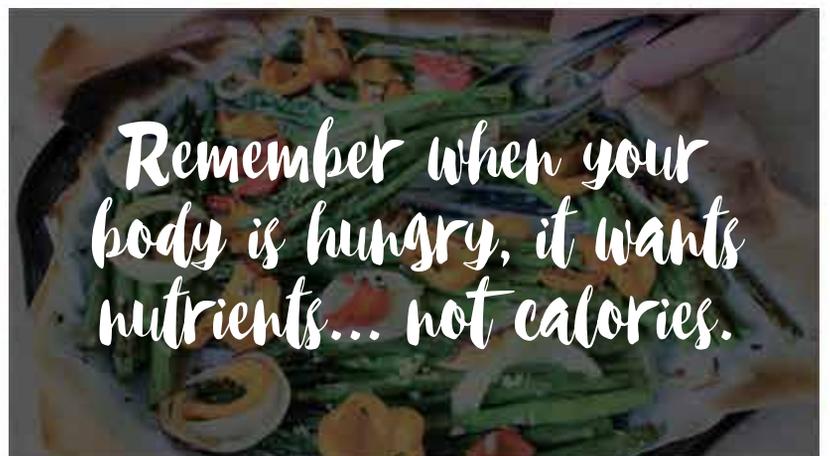


GO FOR *WILD* SALMON

The rising tide of aquaculture is making salmon a cheaper, ubiquitous addition to seafood counters. Rich in protein, omegas, B vitamins and antioxidants, salmon has one of the best Omega-3-to-mercury ratios of all seafood options. Depending on the country of origin, concerns about farm-raised salmon—such as chemical use, escapes into the wild, the spread of diseases in cramped pens and the use of high amounts of wild feed—still persists. This is why most farmed salmon is still on the red ‘avoid’ list.

For sounder fishing practices, splurge on wild Alaskan salmon. Species like Chinook or King and Sockeye salmon labeled ‘Atlantic’ is farmed. Alaska’s salmon fishery is well managed with strict rules, including catch limits that maintain a healthy population.

Source: *ACE Fitness Journal*, January 2018



DO YOU...

Exercise or stay active?

Try to eat healthy?

STILL have stubborn fat?

Combined with healthy eating and regular LVAC workouts, you will dramatically boost your ability to burn fat and reduce inch loss in relaxing spa-like sessions. Guaranteed results in 45 days!

"I needed a jump start to lose some stubborn pounds. I am impressed with how quickly I was able to reach my goal. If you feel like nothing works, I can say Fast Fit works!"-Mike



In his first 37 days using Total Body MD technology, Mike is down 14.7 overall inches, 17.2 pounds of PURE FAT and 4 points of visceral fat. Impressive!



Three Locations: S. Eastern - W. Sahara - W. Flamingo



Total Body M.D. is great for men and women of any age and shape!

LVAC Members:

Call to schedule a free mini-trial session, body composition analysis and educational consultation. That's a \$200 value!

Bring in this ad for a special new client enrollment offer when you show your LVAC Membership!

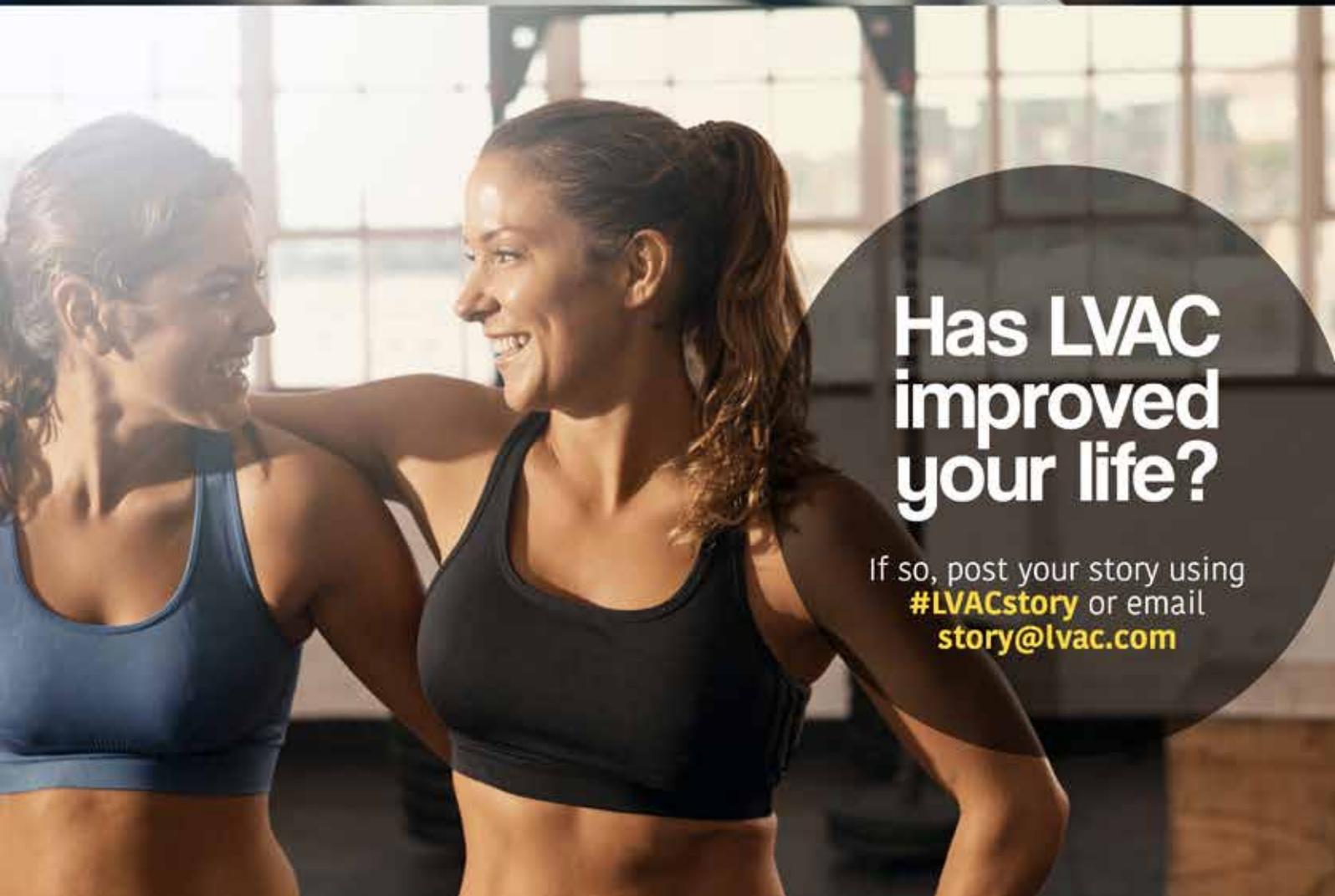
FIT FACTS



10 WAYS TO ENCOURAGE YOUR FAMILY TO EAT HEALTHY

- 1. Educate your family.** Explain all the benefits of healthy eating – better digestion, lower body weight, increased stamina, clearer skin (especially important to teens), and healthy brain function for optimal academic performance. Teach them how to read labels so they can see for themselves how many chemicals and preservatives are actually found in packaged foods.
- 2. Eat breakfast.** It's a fact that children who eat breakfast do better in school. Set the alarm a few minutes early and prepare a simple, yet wholesome breakfast of oatmeal, fruit and whole grain toast.
- 3. Don't bring junk food into the house.** If it's not there, you can't eat it. Keep plenty of healthy snacks on hand like nuts, fruit, celery sticks, granola bars, whole grain crackers, low-fat cheese and yogurt.
- 4. Eat fruit or veggies at every meal.** Include at least one serving of a fruit or vegetable at each meal. Allow your child to select which fruits they want so they feel involved. You can also sneak in more vegetables by adding them to your child's favorite foods. For example, add broccoli to pizza or zucchini to lasagna.
- 5. Have dinner as a family.** With all the extracurricular activities it can be challenging to eat as a family. Several times a week carve out at least 30 minutes for the family to sit together without TV, cell phones or other distractions.
- 6. Lead by example.** If you're eating chocolate cake while insisting your children eat carrot sticks, you're sending the wrong message. Children learn by example. When you eat the foods that you want them to eat, your example will have a powerful impact on their choices. Keep a healthy diet of low sodium and no added sugars, cholesterol or saturated fats.
- 7. Give kids a choice.** Involve them in the process of planning the meals, purchasing the ingredients, and preparing the meal. Children are often more willing to try foods they've helped select.
- 8. Don't use food as a reward.** Using sweets or junk food as a reward for good behavior or as a mood pick-me-up starts a bad habit that can lead to emotional eating as an adult. Emotional eating is a leading cause of obesity.
- 9. Pack school lunches.** Home-prepared foods are typically healthier than those prepared by institutions. Focus on low-fat options like turkey sandwiches on whole grain bread with lettuce and tomato and sides of fresh fruit. So that they don't feel completely deprived, allow them one day each week to buy school lunch.
- 10. Plan and prep ahead.** If you stay on top of grocery shopping, and wash and prep the fruit and veggies when you bring groceries home, you will have healthy and readily available snacks, which helps to avoid fast food drive-throughs and vending machines. Let your kids help to choose the healthy foods that they like best by including them in your shopping.

KEEP UP WITH LVAC IN AND OUT OF THE GYM



Has LVAC improved your life?

If so, post your story using **#LVACstory** or email **story@lvac.com**

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**8 CONVENIENT
LOCATIONS!**

**3 NEW LOCATIONS
ATTACHED TO LVAC!**

**S MARYLAND - NOW OPEN
N RAINBOW - OPENING MARCH
N DECATUR - OPENING APRIL**



banana muffins

We like to prepare these muffins ahead of time and freeze them so that we have a quick grab-and-go breakfast before our morning workouts.

Ingredients

- 2 cups Kodiak Power Cakes mix (we purchase this at Costco)
- 1 cup unsweetened almond milk
- 1 egg, lightly whipped
- 1/3-cup coconut sugar or brown sugar
- 2 ripe bananas, mashed (the riper the better)
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1/2 cup chocolate chips and/or nuts

Directions

Heat oven to 350 degrees. Grease a muffin tin (12 muffins), or use cupcake liners. Add the power cake mix, cinnamon and sugar in a mixing bowl and stir gently until combined. In a separate bowl, mix together almond milk, egg, vanilla and bananas. Slowly add the banana mixture to the dry ingredients. Fold in gently until combined. Fill the muffin tins evenly (you will have enough batter to fill 12 muffin cups). Bake for 25 minutes until the muffin springs back when lightly touched in the middle.

Cooks note: If freezing for later use, be sure to let the muffins cool completely before placing in Ziploc bags to freeze.

Recipe and photo courtesy of Polly and Jane
[Instagram.com/PollyandJane](https://www.instagram.com/PollyandJane)

LVAC
LAS VEGAS ATHLETIC CLUBS

MEMBER PERKS



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John Clevenger

Director: LVAC Member Perks

702-429-0629

spinach walnut pasta salad

Ingredients

- 1 pound whole-wheat fusilli (or another spiral shaped pasta)
- 1 cup walnuts
- 1 cup crumbled feta cheese
- 1 cup finely diced red onion
- 3 cups chopped baby spinach leaves
- 5 tablespoons walnut oil
- 2 tablespoons olive oil
- 4 tablespoons red wine vinegar
- 2 cloves of garlic, finely minced (about 1 teaspoon)
- 1 teaspoon Dijon mustard
- Salt
- Freshly ground black pepper

Directions

Cook the pasta according to the directions on the package. Drain the pasta, rinse it under cold water, and put it in the refrigerator to chill.

In a dry sauté pan toast the walnuts over medium-high heat until they are fragrant, about 2-3 minutes. Set the walnuts aside to cool, and then chop them coarsely.

In a large bowl, toss together the chilled pasta, walnuts, feta, onion, and spinach. In a small bowl whisk together the oil, vinegar, garlic and mustard. Pour the dressing over the pasta salad and toss to combine. Season with salt and pepper to taste.

Based on a recipe by Ellie Krieger R.D., M.S. To see more of Ellie's healthy recipes, go to Elliekrieger.com



GROUP FITNESS

NO-NO'S



Thousands of members take group fitness classes each week and they love it. What they don't love is when people come in and start texting during a class, have their own class off to the side, or strike up a loud and lively conversation while the teacher is instructing. You never know, you may be standing right next to a new member that needs to concentrate on instructions from the teacher. Suggestion: try a completely new class, one you've never taken before. You never know how fun a new class might be!

DON'T BE **THAT** GUY.



RATE YOUR ENVIRONMENTAL wellness

By Crystal Petrello



CES (Consumer Electronics Show) is the world's gathering place for all who thrive on the business of consumer technologies. It has served as the proving ground for innovators and breakthrough technologies for 50 years – the global stage where next-generation innovations are introduced to the marketplace. The 2018 CES convention in Las Vegas brought amazing new technologies designed to make our lives better. Where technology innovations in the past focused on improving healthy lifestyles, such as the rise in the use of tracking foods and activity on apps and the use of wearables, this year the newest technology focused on creating wellness environments.

Research is showing that people who live in environments that promote wellness are more likely to succeed in sustaining consistent, healthy behaviors. These environments include of course, our homes, but extend to our neighborhoods, communities and workplace.

We may not think much about environmental wellness as part of an overall wellness plan, but

our environment and how we feel about it can have a huge impact on the way we feel overall. Environmental well-being includes trying to live in harmony with the earth by understanding the impact of your interaction with nature and your personal environment, and taking action to protect the world around you.

Many of the wellness environment technologies introduced this year focused on the home. With innovations such as home security systems regulated from your smart phone, devices to enhance sleep and relaxation, voice commands that access entertainment systems to intelligent personal assistant devices, capable of voice interaction, music playback, making to-do lists, setting alarms, streaming podcasts, playing audiobooks, and providing weather, traffic, and other real-time information, such as news are examples of the newest technologies designed to enhance the quality of our home life.

Two companies featured at this year's CES have products that may be of interest to you.

OPCOM FARM

Living in Las Vegas, it can be challenging to grow your own food. The at-home hydroponic gardens I have seen are either messy or too small. With an indoor garden you can decrease food waste because if you don't pick the tomato it will keep growing. That means less food spoilage and more nutrition. OPCOM Farm was designed to create products that enable everyone to enjoy delicious, pesticide-free sustainably-grown produce. OPCOM Farm saves you time, money while providing fresh air for your environment and fresh vegetables for your dinner table. Beginners to OPCOM indoor farming can start with auto-mode, while more advanced users will benefit from cloud based "anywhere, anytime" control using their mobile App. Find more information at <http://www.opcomfarm.com>.

HYDRATION

LifeFuels received a CES Innovation Award in the Sports, Fitness and Biotech Category this



Crystal Petrello

MS, RDN, LD, ACE Certified Health Coach

Find Crystal on  Instagram [@PartyRight_Life](https://www.instagram.com/PartyRight_Life) and check out her weekly videos!

SOURCES:

- Journal of Food and Science Tech
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4554650/>
- <http://www.opcomfarm.com/>
- University of California, Riverside,
www.wellness.ucr.edu/environmental

year. LifeFuels allows users to use the LifeFuels bottle and Fuel Pods to create personalized beverages. The uniquely designed Fuel Pods are used to create personalized beverages and track hydration with an app. Fuel pods are a concentrate of various supplement blends such as vitamins, super fruits, electrolytes and BCAAs. The pods are free of artificial sweeteners and preservatives along with being soy and gluten free. Pods are placed in the BPA-Free LifeFuel Bottle and the supplements in the pods are released into your water. The App considers your preferences and nutritional needs and makes Fuel Pod blend recommendations. See lifefuels.co for more information.

Leading a lifestyle that is respectful to our environment and minimizes any harm done to it is a critical part of environmental wellness. While new technologies are exciting and have proven valuable, many things can contribute to creating a wellness environment in our homes that are simple and accessible for everyone. Here are a few tips that you can implement immediately.

ENVIRONMENTAL WELLNESS IDEAS

- Ride your bike, walk or take public transportation instead of driving.
- Recycle whenever possible and compost.
- Plant and tend a garden.
- Use natural cleaning products.
- Choose a new, healthy habit to incorporate into your family.
- Remove clutter from your home. Start with just one room, or even one space.
- Use re-useable water bottles, mugs and grocery bags.
- Be mindful about your personal noise production. Turning off the TV if no one is watching can increase the peace inside your home.
- Let the sun in. Enhancing the natural light coming into your home can improve mood, enhance morale, lower fatigue and reduce eyestrain.
- Plant trees, especially evergreens, both as a noise screen and a way to bring the healing beauty of nature into your environment.
- Join a local environmental improvement group such as Get Outdoors Nevada, where you can discover, experience and connect with our beautiful desert environment through events, education and volunteering. Go to getoutdoorsnevada.org for more information.

Whether it is through the use of the newest technologies or through simple things we can do everyday, our environment contributes to our well-being by influencing our mood, impacting our behavior and motivation to act, facilitates or discourages interactions in our families and can create or reduce stress. Being mindful of our environment and working to improve it will only enhance the quality and enjoyment of our lives.



class DESCRIPTIONS

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

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

DANCE CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
BALLET BARRE TONING This is a comprehensive workout for the entire body (and mind): beginners will learn the essential ideas of the ballet movement process while advanced dancers will be reminded of the often-neglected basics that make the difference. This is a perfect barre workout for students of all levels. Become leaner, longer and stronger with this amazing class.	60 Minutes	Total Body	250	Barre Bar
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
BOOTY BLAST BAR Booty Blast B.A.R.® is a ballet inspired workout that utilizes a combination of ballet steps, aerobic movements, and resistance exercises to give you a fun cardio workout. Booty Blast B.A.R.® helps you increase your muscle flexibility, improve your balance and lengthen and tone your whole body - especially those hard to hit areas including your Booty, thighs, hips, core and arms. The workout is performed using your body weight and incorporating a hand held bar for balance and toning.	60 Minutes	Total Body Workout	400	Balance Bar, Body Weight
COMMIT DANCE FITNESS COMMIT Dance Fitness is a dynamic, fun-filled HIIT-style workout that focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving. This program will provide you with exciting dance fitness choreography designed to provide muscle confusion, stamina, and endurance building cardio frenzy. Want to be inspired by the latest dance style? Come join us for this exciting fitness dance class.	60 Minutes	Total Body	600	Body Weight
HOT HULA FITNESS Inspired by the dances of the Pacific Islands, HOTHULAFITNESS® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HotHulaFitness® isolates your larger muscle groups, increasing strength and definition to your core, glutes, quads and arms.	60 Minutes	Total Body	250	Body
MIXXEDFIT Is a Dance fitness program that is a mix of explosive dancing, hip hop and boot camp toning. Dance to Latin, Hip Hop, Bollywood and African inspired rhythms. The class incorporates boot camp inspired drills and works on developing lean muscle through toning and dancing.	60 Minutes	Total Body Workout	650	Body Weight
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	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

Your best mornings start here.



GOOD MORNING LAS VEGAS

weekdays from 4:30 - 7am



BREAKING NEWS
WEATHER
REAL TIME TRAFFIC



class DESCRIPTIONS

HIGH INTENSITY/CARDIO CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>BODYATTACK™ BY LES MILLS</p> <p>This sports-inspired cardio workout builds strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!</p>	55 Minutes	Cardio	535	Body Weight
<p>BODYCOMBAT™ BY LES MILLS</p> <p>Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Maui Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.</p>	55 Minutes	Cardio	540	Body Weight
<p>BODYSTEP™ BY LES MILLS</p> <p>The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.</p>	55 Minutes	Cardio	300	Height Adjustable Step
<p>BODYPUMP CLINIC: LEARN PROPER TECHNIQUE</p> <p>Whether you're new to BodyPump or consider yourself a BodyPump veteran, we have designed this clinic to help you learn the proper strength training techniques used in our BodyPump classes. Time under tension, dead rows, clean & presses ~ what does it all mean? Let us safely guide you to a better understanding of how to power through a BodyPump class with safe and amazing results. Check our schedule for this once a month club specific offering which will enhance your experience and move you towards a fitter you!</p>	60 Minutes	NA	NA	Barbell
<p>BOOT CAMP</p> <p>Both cardio and strength, this high intensity class practices drills for strength, power, endurance and speed. You'll be doing lots of relays, sprints, small hurdle running, lunging, push-ups, plyometric exercises, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.</p>	60 Minutes	Total Body Workout	550	Various
<p>CYCLE</p> <p>Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. This is an effective lower body, cardio workout that will tone your lower extremities and core for a long, lean body. Cycling can enhance your heart and lung capacity and is great for any age group.</p>	60 Minutes	Lower Body & Core	500	Bike/Body Weight
<p>CYCLE XPRESS</p> <p>30 minutes of high intensity Cycling. Get on the bike and go. This 30 minute cycle cardio blast will make you long, lean and a mean cycling machine. Hop off the bike and join another one of our Dirty30 classes to round out your workout or cycle hard for 30 minutes and you're done. See you on the bike.</p>	30 Minutes	Lower Body	300	Indoor Bike
<p>DIRTY30</p> <p>Dirty 30 classes are challenging, fun and fast, but the results to your health and fitness will be remarkable. You MUST warm up and cool down on your own, as these 30 minute classes start fast and don't let up until the very end. The Dirty30 are a series of high octane group fitness classes that will challenge you from the minute you walk into the room. From Sandbag, HEAT, Kettlebell, Body Combat, Tabata Training, Cycle, Kickboxing and more, our instructors will give you a variety of amazing workouts that will keep you coming back to redefine your body.</p>	30 Minutes	Total Body Workout	375	Various
<p>8STRIKES™</p> <p>This class is unique from the heart pounding music that is custom made to the 8Strikes combinations that involve 8 points of contact used by kick boxers around the world. Use your fists, knees, elbows and feet to kick inches off your waist line. Squats, pushups and plyometric moves that will reshape your body. 8Strikes™ will challenge and improve your endurance, reaction time and reflexes.</p>	60 Minutes	Total Body Workout	700	Body
<p>H.E.A.T.</p> <p>H.E.A.T. (High Energy Athletic Training) is an enriched form of athletic training utilizing interval workstations, such as battle ropes, free weights, kettlebells, jump ropes, gliders and more, to create short but intense anaerobic exercises with brief less intense recovery periods. The goal of this class is to provide the participant with enhanced athletic capacity and conditioning.</p>	60 Minutes	Total Body Workout	600+	Battle Ropes, Kettlebells & more
<p>HIIT</p> <p>HIIT, or High Intensity Interval Training is an exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods. Using equipment such as medicine balls, weight, body weight, etc., this muscle building and fat burning program will give you the fitness benefits you are looking for.</p>	60 Minutes	Total Body	550	Various

HIGH INTENSITY/CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>KICK BOXING</p> <p>Non-contact boxing will increase your heart rate and help burn fat and calories. This class also helps with coordination with kicking and punching moves that help improve balance and reflexes. Punches made with precision and power help to build upper and lower body muscles as well as abdominal muscle strength from the various positions required to perform many of the kickboxing moves</p>	60 Minutes	Total Body Workout	400	Body
<p>LITE STEP/LITE WORKOUT</p> <p>A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.</p>	60 Minutes	Lower Body	250	Step/Bench
<p>PILOXING™</p> <p>Piloxing is a creative mix between Pilates and boxing, with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. This low-impact workout is done barefoot and incorporates movements from dance, punches inspired by boxing and core work based on Pilates. It is fun, a perfect fat burning workout.</p>	60 Minutes	Total Body Workout	250	Body Weight
<p>RPM™ CYCLE BY LES MILLS</p> <p>RPM is the indoor cycling workout based on outdoor riding, where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.</p>	45 Minutes	Cardio	475	Indoor Stationary Bike
<p>STEP 1, 2, 3</p> <p>Classes performing moves on and off a step platform will provide both cardiovascular and muscular endurance. Incorporating both upper and lower body movements together will improve your coordination and agility; and the constant push up onto the step will increase leg strength. This intense cardiovascular workout will make your heart and lungs work more efficiently and the calorie burning aspect of the exercise will help you maintain a healthy weight.</p>	60 Minutes	Lower Body & Core	350	Step Bench

STRENGTH CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>ARMY RANGER BOOT CAMP</p> <p>This class mimics traditional boot camp with an added push to ignite the Army Ranger within you. You will use various equipment inside and outside of the gym to fire up muscles and pump up your agility skills. Take this class to take your workout to the next level. Taught at our Central location only.</p>	90 Minutes	Total Body Workout	500	Various
<p>BODYPUMP™ BY LES MILLS</p> <p>Les Mills is the original barbell class. Designed for all ages and fitness levels, BODYPUMP delivers real results, real fast. This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music and easy to follow moves, BODYPUMP strengthens, tones, and defines the body.</p>	60 Minutes	Strength Endur- ance	560	Barbell, Plates & Height adjustable Step
<p>KETTLE BELL POWER</p> <p>These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.</p>	70 Minutes	Total Body Workout	600	Kettlebells
<p>SANDBAG XPRESS</p> <p>Want to improve your overall strength and conditioning? Our Sandbag Xpress class will do just that. Sandbags provide an unstable load which constantly targets muscle groups and stabilizers making your body stronger in a functional way. Become the athlete you want to be by developing functional strength by taking LVAC's Sandbag Xpress training. This class will give you the challenge you have been looking for.</p>	45 Minutes	Total Body Workout	500+	Sandbag
<p>KETTLEBELL XPRESS</p> <p>45 minutes of intense work with these cannonball-shaped weights. Kettlebell Xpress training involves multiple muscle groups and energy systems all at once. Kettle Bell Xpress provides the ability to improve mobility and range of motion as well as enhancing performance for everyday functioning in a shorter amount of time. You will burn major calories while performing movements that work the entire body.</p>	45 Minutes	Total Body Workout	500	Kettlebells



class DESCRIPTIONS

MIND/BODY CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>ASHTANGA (INTRO/PREP) YOGA</p> <p>Ashtanga moves through a set series of poses always done in the same order, moving through sun salutations and performing each pose individually to build flexibility and stamina. To help you learn the series safely and effectively, LVAC currently offers these classes in shorter versions, moving slower in "Prep" to help you learn the series.</p>	60-70 Minutes	Mind/ Body	250	Yoga Mat, Body Weight
<p>BEGINNING YOGA</p> <p>For those looking for a slower practice or looking to begin your yoga practice journey, this class offers the most basic postures and sun salutations to introduce you to the benefits of the Yoga. Beginning Yoga focuses on alignment and is a great place to learn the basics of this gentle format.</p>	60-70 Minutes	Mind/ Body	200	Yoga Mat, Body Weight
<p>BODYFLOW™ BY LES MILLS</p> <p>This Yoga, Tai Chi and Pilates workout will leave you feeling long, strong, centered and calm. The 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.</p>	55 Minutes	Joint Flexibil- ity & Tight Muscles	300	Yoga Mat, Body Weight
<p>GENTLE YOGA</p> <p>A slower approach to a traditional Yoga class, keeping joint limitations in mind for the practice of poses. This gentle approach isn't always easy and yet its simplicity may take you places you didn't know you could go!</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p>GENTLE YOGA MIX</p> <p>The yoga postures or asanas exercise every part of the body, keeping all the systems in radiant health. It combines all the movements needed for physical health with the breathing and meditation techniques that develop a state of inner peace and tranquility. Postures are held and performed slowly and meditatively, combined with deep abdominal breathing. These asanas work on all the various systems of the body, creating suppleness in the spine and flexibility. Each series of asanas is followed by one that provides the opposite stretch and any asana that works primarily on one side is always repeated on the other for balance and unity.</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p>TAI CHI</p> <p>The traditional slow, focused, moving meditation health exercise. Tai Chi has been associated with reduced stress, anxiety, depression, and enhanced mood in both healthy people and those with chronic conditions. It has been shown to improve aerobic capacity, increase energy, and build muscle strength.</p>	60 Minutes	Mind/ Body	150	Body Weight
<p>VINYASA FLOW YOGA</p> <p>Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated from Sanskrit as meaning "connection". In terms of yoga asana, we can interpret this as a connection between movement and breath.</p>	60-70 Minutes	Mind/ Body	250	Yoga Mat, Body Weight
<p>YIN YOGA</p> <p>is a slow-paced style of yoga with asanas that are held for longer periods of time that may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more. Yin yoga poses apply moderate stress to the connective tissues of the body ~ the tendons, fascia, and ligaments. The aim is to increase circulation in the joints and improve flexibility. Yin yoga's meditative approach to yoga is to cultivate awareness of inner silence.</p>	60 Minutes	Total Body	150	Body Weight
<p>YOGA BLEND</p> <p>Here you will discover how traditional Yoga and modern Fitness principles can be blended into an effective workout. You may find elements from Pilates and Functional Training incorporated in these classes.</p>	60 Minutes	Mind/ Body	200	Yoga Mat, Body Weight

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



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Las Vegas, NV 89031

Centennial & Ann
5635 Centennial Center Blvd
Las Vegas, NV 89149

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

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



class 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	150	Body Weight
AQUAAEROBICS This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training. This cardio based aqua class will give you a higher calorie burn while strengthening and sculpting the entire body.	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
AQUABOOTCAMP With the combination of resistance bands, medicine balls, and other equipment, you will get an amazing workout that will challenge your perception about Aqua training. With the focus on strength and endurance conditioning, everyone in this AquaBootCamp class will reap the benefits of their hard work. This class accommodates all level of fitness and challenges everyone individually. Let AquaBootCamp be the motivation you need to become a better "you".	60 Minutes	Total Body Workout	450	Body Weight, Paddles, Med Balls, Noodles, Tubes
AQUAFIT This class combines segments of cardio and strength training using training intervals and water approved weight resistance tools. Changing the dynamics of traditional aqua classes through energetic use of force and resistance. AquaFit is designed for all fitness levels using equipment that helps drive a quality aqua experience resulting in a toned and functional body covering strength, cardio, and mobility, well enough to wear you out!	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
AQUA RECOVERY Aqua Recovery addresses general flexibility improvement, daily life functional mobility, athletic training recovery and also incorporates yoga and mind/body practice. This class uses deliberate and effective movement patterns to help you enjoy a functionally healthy existence.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
AQUA ZUMBA This class is for those looking to make a splash by adding a low-impact high-energy aquatic exercise to their fitness routine. Water resistance means less impact on your joints and you can really let loose and enjoy the Zumba party. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.	60 Minutes	Total Body Workout	200	Body Weight
H2O CORE + MORE Postural core training to increase mobility, flexibility, strength and muscular endurance based on Pilates and Yoga exercises in the water. (Offered at our Sandhill location only)	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
HYDROFIT A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
RAPID LIQUID CARDIO 60 minutes of non-stop cardio challenges. Combinations of aqua sprints, punches and kicks will leave you sweating in the water! Varying aqua tools are used, from kettle bells to Dumbbells. This class is challenging and exciting – working in this liquid room will keep you inspired and wanting more!	60 Minutes	Total Body Workout	450	Body Weight, Paddles, Noodles, Water Weights
WATER JOGGING A simple cardio class in the water, using the natural resistance to increase strength and cardiovascular health.	60 Minutes	Total Body Workout	350	Body Weight Paddles Noodles

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



class SCHEDULES

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

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE					
6:00	RPM CYCLE	PILATES	RPM CYCLE	CYCLE			
8:00		BODYFLOW					
8:15	CYCLE		CYCLE		RPM CYCLE	CYCLE	
8:30							CORE CYCLE
9:00							
9:15						M.R.T.	
9:30	CYCLE		CYCLE	CYCLE XPRESS	CYCLE		
10:15				BODYFLOW			YOGA VINYASSA FLOW
10:30	PILATES				PILATES	BODYATTACK	
10:45			BODYFLOW				
11:30	BEGINNING YOGA					BEGINNING YOGA	
PM							
12:00		RPM CYCLE		CYCLE			
12:30	YOGA BLEND		ZUMBA		YOGA VINYASSA FLOW		
1:00		YOGA VINYASSA FLOW		YOGA VINYASSA FLOW			
3:15		BODYFLOW					
5:00					CYCLE		
5:30	BODYFLOW	CYCLE	CYCLE				
6:00				CYCLE			
6:30	KICKBOX		PILATES				
7:30	CYCLE						

GREEN VALLEY - AQUA CLASSES

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

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

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

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class SCHEDULES

WEST SAHARA - ROOM 1 (364-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP	CYCLE	BODYPUMP			
8:00	STEP 2						
8:30				RPM CYCLE	CYCLE		
9:00		ZUMBA	BODYCOMBAT			BODYPUMP	BODYPUMP
9:30	ZUMBA			ZUMBA	ZUMBA		
10:00		CxWORX	BODYPUMP				
10:30	BODYPUMP	CYCLE		M.R.T.	BODYPUMP	ZUMBA	COMMIT DANCE FITNESS
PM							
12:30		BELLY DANCING					
1:00	ZUMBA						KICKBOX
3:00				M.R.T.			
4:00		BODYPUMP					
4:30	BODYCOMBAT			ZUMBA			
5:30	BODYSTEP	ZUMBA		CYCLE XPRESS	RPM CYCLE		
5:45			COMMIT DANCE FITNESS				
6:00				DIRTY30			
6:30	COMMIT DANCE FITNESS	BODYPUMP		DIRTY30	ZUMBA		
6:45			BODYPUMP				
7:00				COMMIT DANCE FITNESS			
7:30		COMMIT DANCE FITNESS					
7:45			8STRIKES				

WEST SAHARA - ROOM 2

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

WEST SAHARA - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS	RAPID LIQUID CARDIO		
PM							
12:00	AQUAEROBICS		AQUAEROBICS		AQUAEROBICS		
5:30		AQUAFIT	AQUAFIT	AQUAFIT			

SOUTHWEST - ROOM 1 (798-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODYPUMP		BODYPUMP			
6:00	BODYPUMP		BODYPUMP		H.E.A.T. by LVAC	BODYPUMP	
7:00						CxWORX	
7:15					SANDBAG XPRESS		
8:00	BOOTCAMP	HIIT	HIIT		BOOTCAMP	DIRTY30	
8:30						BODYPUMP	MIXXEDFIT
8:45		CxWORX					
9:00			ZUMBA		BODYCOMBAT		

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3 TODAY

WEEKDAYS 4:30-7am

TRAFFIC & WEATHER EVERY 10 MINUTES



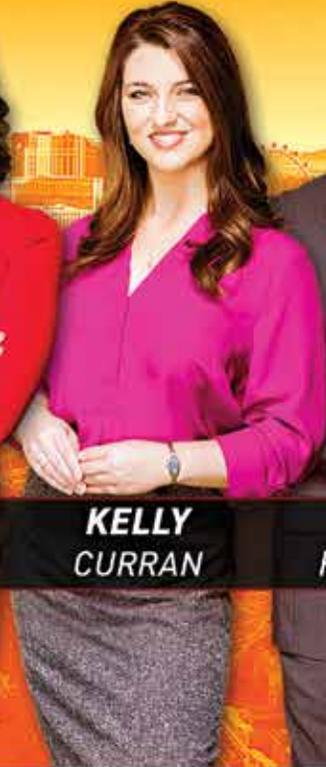
**KIM
WAGNER**



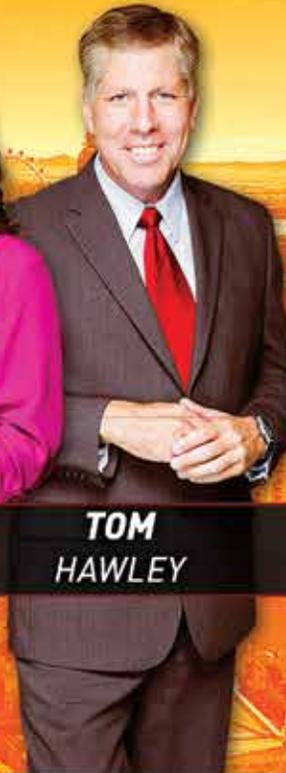
**DANA
WAGNER**



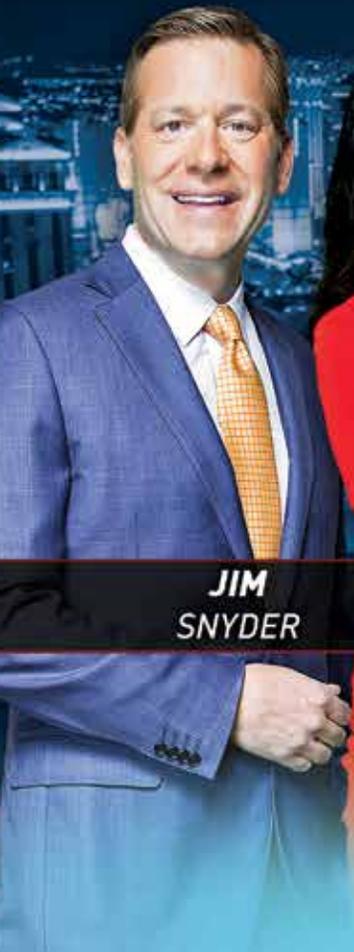
**KRYSTAL
ALLAN**



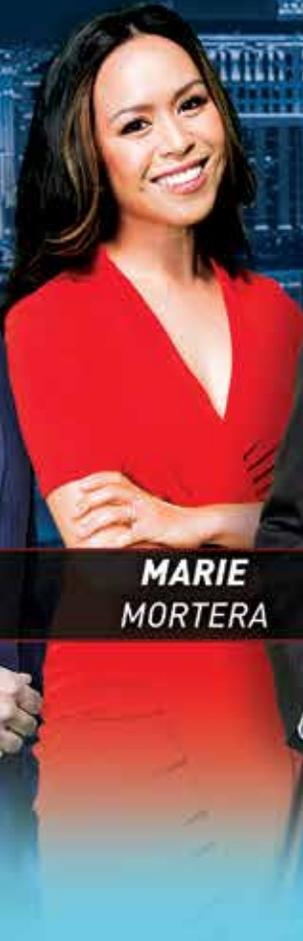
**KELLY
CURRAN**



**TOM
HAWLEY**



**JIM
SNYDER**



**MARIE
MORTERA**



**KEVIN
JANISON**

3



WEEKNIGHTS AT 11



class SCHEDULES

SOUTHWEST - ROOM 1 (CONT)							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00			ZUMBA		BODYCOMBAT		
9:15	ZUMBA						
9:30		BODYATTACK		BODYATTACK			BODYPUMP
10:00			HIIT		H.E.A.T. by LVAC	ZUMBA	
10:30	DIRTY30	H.E.A.T. by LVAC		H.E.A.T. by LVAC			
10:45							BODYFLOW
11:00	DIRTY30						
11:30		BODYCOMBAT	COMMIT DANCE FITNESS	BODYPUMP	MIXXEDFIT	BODY ATTACK	
PM							
12:00	BODYPUMP						ZUMBA
12:30		BODYPUMP			BODYPUMP		
12:45				ZUMBA			
1:00			ZUMBA				
1:30	CxWORX					CxWORX	
1:45		8STRIKES					
2:00	ZUMBA				ZUMBA	ZUMBA	
4:15	BODYPUMP			BODYPUMP			
4:30		BODYPUMP	BOOTCAMP				
5:30	BODYATTACK		BODYPUMP		BODYPUMP		
6:00		COMMIT DANCE FITNESS		BODYCOMBAT			
6:30	COMMIT DANCE FITNESS						
6:45			BODYCOMBAT		COMMIT DANCE FITNESS		
7:00		BODYPUMP		BODYPUMP			
7:45			ZUMBA				
8:00				MIXXEDFIT			

SOUTHWEST - ROOM 2							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE				CYCLE		
6:00		CYCLE	CYCLE	CYCLE			
7:00		YOGA BLEND	GENTLE YOGA MIX				
7:15				CYCLE			
7:45	YOGA BLEND					CYCLE	
8:00					ZUMBA		
8:15			PILATES				
8:30				CYCLE			
9:00						YOGA BLEND	
9:15	CYCLE		PIYO		CYCLE		CYCLE
9:45		YOGA BLEND		YOGA BLEND			
10:00						HOT HULA FITNESS	
10:30	BODYFLOW		CYCLE		YOGA BLEND		KICKBOX
11:15						CYCLE	
11:30			M.R.T.		PILATES		
PM							
12:00		YOGA VINYASSA FLOW					
12:30	CYCLE		CYCLE	GENTLE YOGA	GENTLE YOGA	BODYFLOW	YOGA VINYASSA FLOW
1:30		ZUMBA					
2:00				PILATES			
4:15	CYCLE		RPM CYCLE				
4:30					CYCLE		
5:30	YOGA VINYASSA FLOW	RPM CYCLE	PILATES	CYCLE			
6:00					BOOTY BLAST B.A.R.		
6:30		BODYFLOW	CYCLE	BODYFLOW			
6:45	CYCLE						
7:30		BODYCOMBAT		BELLY DANCING			
7:45			BODYFLOW				

SOUTHWEST - AQUA CLASSES							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00	AQUAFIT		RAPID LIQUID CARDIO	AQUAFIT		AQUAFIT	
10:00		AQUAFIT		AQUA ZUMBA		AQUA ZUMBA	
11:00		AQUA RECOVERY					
PM							
5:30	RAPID LIQUID CARDIO						
6:30			RAPID LIQUID CARDIO				

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*... & More
Beautiful!*

*Dr. Palluck can help you achieve the
smile you've always wanted.*

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BEFORE



AFTER

This patient wanted to correct years of discoloration, staining, and to replace darker colored crowns. Dr. Palluck used veneers and crowns to dramatically whiten his teeth as well as give a more symmetrical, aesthetically pleasing smile.



BEFORE



AFTER

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



Sufia Palluck, DDS

DrPalluck.com

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Somerset Dental
Cosmetic and Family Dentistry



class SCHEDULES

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODYPUMP					
6:00	BODYPUMP	BODYCOMBAT	BODYPUMP		BODYPUMP		
8:00		STEP 2		BODYCOMBAT	PIYO	BODYATTACK	H.E.A.T. by LVAC
9:00		BODYPUMP	MIXXEDFIT	BODYPUMP		KETTLEBELL POWER	
9:15							CxWORX
9:30	ZUMBA				MIXXEDFIT		
9:45							KICKBOX
10:00			BODYPUMP				
10:15		ZUMBA					
10:30	BODYPUMP			H.E.A.T. by LVAC	M.R.T.	H.E.A.T. by LVAC	BODYPUMP
11:30		DIRTY30	ZUMBA		BODYCOMBAT		ZUMBA
11:45	BODYCOMBAT						
PM							
12:00		DIRTY30				BODYPUMP	
12:30				ZUMBA	BODYPUMP		BELLY DANCING
12:45	DIRTY30						
1:15	DIRTY30						
1:30					CxWORX		
2:00							BODYPUMP
4:15	BODYPUMP		BODYPUMP				
4:30		BODYATTACK					
4:45				BODYPUMP			
5:30	COMMIT DANCE FITNESS	BODYPUMP	BODYATTACK		BODYPUMP		
6:00				COMMIT DANCE FITNESS			
6:30	BODYPUMP	H.E.A.T. by LVAC					
6:45			DIRTY30				
7:00				BODYPUMP	ZUMBA		
7:15			KETTLEBELL XPRESS				
7:30		MIXXEDFIT					
7:45	ZUMBA						
8:00			ZUMBA				

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00				GENTLE YOGA MIX			
9:00					HIIT	CxWORX	BODYFLOW
9:30	PILATES	BODYFLOW	PILATES	ZUMBA		PILATES	
10:00					BEGINNING YOGA		
10:30	HIIT	SANDBAG XPRESS	HIIT			PILOXING	PIYO
11:00					PILATES		
11:15		YOGA BLEND		YOGA VINYASSA FLOW			
PM							
12:00							YOGA VINYASSA FLOW
12:30	YOGA VINYASSA FLOW	PILATES	YOGA VINYASSA FLOW				
4:15	YOGA VINYASSA FLOW						
5:00				PILATES			
5:30		PILATES					
6:00			SANDBAG XPRESS	BODYCOMBAT			
6:15	SANDBAG XPRESS						
6:30		SANDBAG XPRESS					
7:00	BODYFLOW		YOGA BLEND	H.E.A.T. by LVAC			
7:30		YOGA VINYASSA FLOW					

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE		CYCLE		CYCLE		
6:00		CYCLE		CYCLE			
7:30						CYCLE	
8:00				CYCLE	CYCLE		
8:30							CYCLE
9:15	CYCLE				CYCLE		
9:30			CYCLE	CYCLE			
10:00		CYCLE				CYCLE	
10:30	CYCLE						
12:00					CYCLE		
12:30		CYCLE		CYCLE			
PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE					
5:45			CYCLE				
6:15				CYCLE XPRESS			
6:30	CYCLE	CYCLE					
7:00			RMP CYCLE				

NORTHWEST RAINBOW - AQUA CLASSES

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

EAST FLAMINGO (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP			BODYPUMP		
6:45		CxWORK					
8:00			BODYFLOW ZUMBA	ZUMBA PILATES	BODYFLOW		
9:00		ZUMBA			ZUMBA	ZUMBA	ZUMBA
9:15							
9:30	TOTAL BODY CONDITIONING						
10:00			M.R.T.	COMMIT DANCE FITNESS		PILATES	
10:30	PILATES	BODYFLOW			M.R.T.		BODYFLOW
11:00			CORE	BODYFLOW		M.R.T.	
11:30	ZUMBA		GENTLE YOGA		PILATES		
PM							
12:00		TAI CHI		TAI CHI		STEP 1	
1:00	GENTLE YOGA						
4:00	BODYPUMP	M.R.T.					
4:15				H.E.A.T. by LVAC			
5:00	CORE	PILATES					
5:30	KICKBOX		BODYFLOW	PILATES	ZUMBA		
6:00		BODY PUMP					
6:30	CORE		CORE	BODYPUMP			
6:45	BODYATTACK						
7:00			KICKBOX				
7:15		BELLYDANCE					
7:30	ZUMBA						
8:00			COMMIT DANCE FITNESS				

EAST FLAMINGO CLUB - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	RAPID LIQUID CARDIO	AQUAFIT	RAPID LIQUID CARDIO				
PM							
6:30	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO					

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

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

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

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

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





class SCHEDULES

NORTH DECATUR - ROOM 1 (647-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODYPUMP	ZUMBA	BODYPUMP	ZUMBA	BODYPUMP		
8:00				BODYATTACK		BODYATTACK	HIIT
9:00	ZUMBA	BODYPUMP		BODYPUMP		BODYCOMBAT	BODYATTACK
9:15					ZUMBA		
9:30			ZUMBA				
10:00	BODYPUMP					MIXXEDFIT	BODYPUMP
10:15		H.E.A.T. by LVAC		H.E.A.T. by LVAC			
11:00	CxWORX		BODYPUMP			BODYPUMP	
11:30		ZUMBA		ZUMBA			
PM							
12:00	ZUMBA				BODYCOMBAT		ZUMBA
1:00					YOGA VINYASSA FLOW		
4:15	LITE WORKOUT			BODYPUMP			
5:30	DIRTY30	MIXXEDFIT	ZUMBA	KETTLEBELL XPRESS	BODYATTACK		
6:00	DIRTY30						
6:30	ZUMBA	KETTLEBELL POWER	BODYPUMP	MIXXEDFIT	MIXXEDFIT		
7:30	BODYPUMP				BODYPUMP		
8:00		ZUMBA	MIXXEDFIT	ZUMBA			

NORTH DECATUR - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE		CYCLE			
6:00	BEGINNING YOGA	CYCLE	CYCLE	CYCLE	CYCLE		
8:15					SANDBAG XPRESS		
8:45	CYCLE		CYCLE				
9:00				CYCLE			CYCLE
9:15		RPM CYCLE			RPM CYCLE		
9:30						CYCLE	
10:15	YOGA VINYASSA FLOW	PIYO	YOGA VINYASSA FLOW	GENTLE YOGA	BODYFLOW		SANDBAG XPRESS
10:30						BODYFLOW	
11:00							PILATES
11:30						ZUMBA	
PM							
12:00	BODYCOMBAT				HOT HULA FITNESS		
4:00		BODYFLOW					
5:00		SANDBAG XPRESS		BODYFLOW			
5:30	RPM CYCLE		BODYATTACK				
5:45		CYCLE XPRESS					
6:00				CYCLE	YOGA VINYASSA FLOW		
6:30	BELLY DANCING		BODYCOMBAT				
7:00		SH'BAM		BODYCOMBAT			
7:30			YOGA VINYASSA FLOW				

NORTH DECATUR - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30					AQUAEROBICS		
8:00	AQUAEROBICS	AQUAFIT	AQUAEROBICS	AQUAFIT			
8:45						AQUAFIT	
PM							
5:00			AQUAFIT				
6:00				AQUA FIT			
6:30	AQUA BOOT CAMP	AQUAFIT	AQUA BOOT CAMP				

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

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

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CENTRAL CLUB AT KAREN (734-5822)

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

CENTRAL CLUB AT KAREN - AQUA

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00		AQUAEROBICS					
9:45	AQUAFIT				AQUAFIT		

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

VISIT LVAC.com

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



SUCCESS STORIES

LVAC MAGAZINE

CLASS SCHEDULE

MEMBERSHIP PERKS

PERFECT

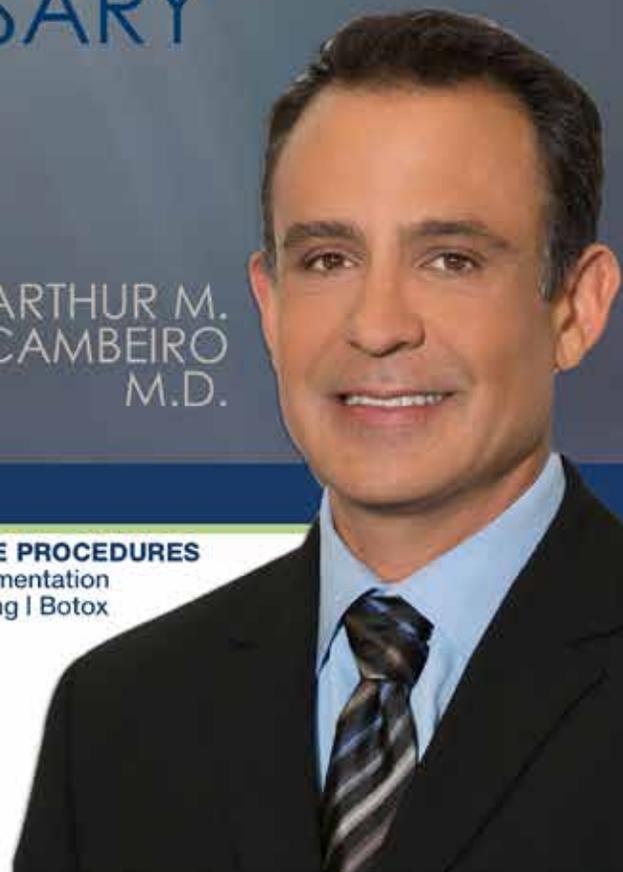


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