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SUMMER 2013

LAS VEGAS ATHLETIC MAGAZINE

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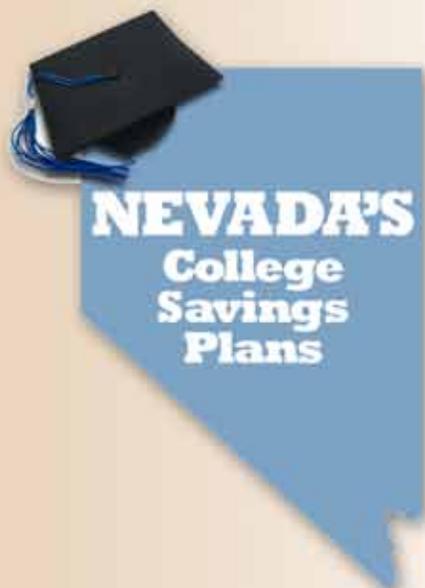
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CATCH THE WAVE OF HEALTH & FITNESS

Dear Friends,

In this issue you will read about the legendary big-wave surfer and athletic icon, Laird Hamilton. Now you are probably wondering why we would feature a story in the magazine about a surfer, when we are so far away from the beaches of California or Hawaii. This story is more about Laird the Athlete, Laird the Family Man, and Laird the Inventor. Laird Hamilton is also a good friend of The Wildman, you may recall the article in last summer's magazine about Don Wildman. Like Wildman, Laird has super-natural athletic abilities that have been developed through his incredible fitness training regimen. He, like the Wildman, also exemplifies the benefits of a lifestyle devoted to health and fitness.



In Laird's article it mentions his epic "The Ride". The reason why "The Ride" is so epic is because of the sheer size and power of this monster wave. A couple of other legendary "The" moments come to mind in sports. Like "The Catch" during the NFC Championship game in 1982, thrown by Joe Montana and caught by Dwight Clark. From auto racing, "The Pass" where Alex Zanardi passed Bryan Herta on the inside of the Corkscrew at Laguna Seca in Monterey, CA. Zanardi made the pass, and one lap later won the race and the Championship for the second straight year. What stands apart with "The Ride" is that this legendary moment was performed by one person. Only one person on the planet could have pulled off this ride, and his success was based on four factors. First, his courage, obviously..., secondly his strength, and finally his balance and flexibility. Take any one of these factors away and "The Ride" would have been known as "The Wipeout". We hope you enjoy this fabulous article about big-wave legend, and athletic icon, Laird Hamilton.

In this issue we have an article about Debbie Eidelman, who is now our third success story in the last year with over a 100 lb. weight-loss. Like Kari Tangeman and Vanessa Brennan, Debbie also started her weight-loss journey with exercise as the foundation. Both Vanessa and Debbie really gained momentum by taking Group Fitness classes, and they used myfitnesspal for their accountability program. It shows that Group Fitness is an excellent way to get started on a weight-loss goal, because it is fun and motivating. Congratulations to Debbie Eidelman and her trainer, Cyndee Platko, on their achievement.

We also have an article in this issue about Carbohydrates. In a continued effort to try and assist our members with the best information about proper nutrition, there has to be a discussion about "Carbs". In a June 2013 article on the front page of the USA Today it was reported that America's kids eat, drink less sugar than 15 years ago. However, we know that during the same time period we had a dramatic increase in childhood obesity. This brings us back to- there is more to the obesity story than sugar and carbohydrates. Hopefully, this Carbohydrate article helps to explain what is truth and fact, especially as it relates to obesity and weight-loss

In the next issue of the LVAC magazine we plan to have an article on metabolism, and its relationship to obesity and weight-loss. We maintain our commitment to helping our members achieve their fitness goals by providing the inspiration and motivation to fulfill them.

On behalf of the entire LVAC Team here is to having a most healthy and fit summer.

Until next time,

Todd O. Smith
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Frederick Heccho
Photography

Committing to *Change*

Photography by Bobby Garcia

LVAC member Yasmin Mauro is an example of how committing to simple lifestyle changes can have far-reaching effects. A surgical technician, Yasmin and her husband Louis have been married for ten years and are the parents of two children, Christian and Samantha. The story of her road to fitness and better health is inspiring.



Yasmin Before



The Catalyst:

"After having my second child, I was very unhappy with the extra weight I had gained during my pregnancy. Every time I looked in the mirror I wanted to cry, especially when I remembered how hard I had worked to lose the extra weight I had gained during my first pregnancy. It also brought back memories of being overweight as a child, and that was very frightening for me. I was so worried I would never be able to lose the weight again."

The Training:

"In May of 2012, four months after I delivered Samantha, I began group training at LVAC with Body Revision by Claudia. I loved working out with other women who were facing the same obstacles and challenges that I was. As we became friends, we also became a support system for one another. I found that training with them helped me to give my best effort and push myself to improve. My cardio training consists of using the stair master and the treadmill. Sometimes I love to get in a group fitness class. Belly Dancing and Zumba are two of my favorites. I weight train four days a week. I really like weight training that focuses on my legs."

The Nutrition:

"My entire diet has changed. Now, instead of constantly eating fast food, I prepare my own food. I try to prepare in advance for the whole week. That way I know that I always have a healthy choice ready to go. I have tried to eliminate processed foods and replace them with whole, natural foods. Instead of having three large meals, I now focus on having five to six smaller meals throughout the day. For lunch I used to have a Big Mac and a sundae. Now my typical lunch is chicken or fish with vegetables and a sweet potato. For dinner I like to have a lean protein, like turkey, with brown rice and vegetables. As a mom, you have so much influence on your family's nutrition. My whole family is eating healthier now. Since I no longer buy junk food and we cook healthy meals at home, my husband has lost 25 pounds!"

The Results:

"When I began this journey, I weighed 175 pounds and my body fat was 27%. Today I weigh 125 pounds and my body fat is 15%. I went from a pant size of 10 to a size 5. I have so much more energy and endurance now, which is a great thing when you need to keep up with two kids and a demanding job."



Yasmin's trainer, Claudia Aquino, can be contacted at Claudia@BodyRevisionbyClaudia.com or by phone at 702-528-5011

DEBBIE EIDELMAN

Change is NOT Hopeless

Photography by Ches Owen

Obesity in the United States has been increasingly cited as a major health issue in recent decades. While many industrialized countries have experienced similar increases, obesity rates in the United States are among the highest in the world. The Centers for Disease Control and Prevention (CDC) reported that 35.7% of American adults are obese, and 17% of American children are considered obese. That means approximately **nine million children in the United States are obese**. Obesity is a contributing factor to approximately 100,000 to 400,000 deaths in the United States per year and has increased health care use and expenditures, costing society an estimated \$117 billion a year.



Debbie (before) at 230 lbs



For people caught in the web of obesity, change can seem hopeless. Overweight, unhealthy and out of shape, they don't know how to turn their lives around. When Cyndee Platko, LVAC Personal Trainer, Cycling and Triathlon coach met Debbie Eidelman, Debbie had made the decision to change her life by losing weight and improving her health.

Debbie says that in "June of 2009, I was 31-years-old, 5'4", 230 lbs, and had spent my whole life laying in bed eating, watching TV, and playing video games. I had never been active. I received a call that my dad had fallen down the stairs, hit his head and died. He was just 69 years old and in great health. It was a devastating loss. I traveled to Venezuela for his funeral, and went to the gym the day I got back. It was like something inside of me changed. I kept going back."

Debbie began slowly, starting on the elliptical trainer for 15 minutes, because "that was all I could handle," and then began adding weight training. She saw the signs for the group fitness classes and wanted to go, but when she had tried group fitness in the past she hated watching herself in the mirror, so she never went back. In September of 2009, her confidence had increased, and she attended her first group fitness class, kickboxing.

It has taken almost four years, but during that time Debbie has lost 108 pounds! Today her favorite group fitness classes are kickboxing, Zumba and indoor cycling. Her weight loss is also due to the change in her eating habits. Debbie says, "From the very beginning I didn't set out to eat perfect, this is what I had done in the past and it didn't work. I set out to do everything my way this time. So I ate in a way I could maintain for a lifetime. I still don't eat perfect, but I eat much healthier than I did before and this is something I can keep doing for life. I track my calories every day by using the myfitnesspal app, and I try and avoid too much fat, sugar, and sodium. That's about the extent of my food rules."

"My number one rule for working out is that it has to be fun. If you don't enjoy it, keep looking for something that gets you moving and that you love to do."

"One of my biggest challenges has been my struggle with bingeing. I have been binge eating for years. What's a food binge? Eating an entire bottle of Nutella and a whole jar of peanut butter with a loaf of bread. I could consume over 6,000 calories in one sitting. I would eat until I couldn't eat any more, and then suffer the pain of feeling out of control. I recently decided that I could approach my binge eating with the same mental discipline that I do my Ironman training. I have chosen not to feel powerless over my urge to binge eat, but instead I concentrate on the power I have to choose not to binge. My physical training is about power, and I don't want that part of my life to be undermined by the powerless aspect, which is binge eating. I had to decide the kind of person I wanted to become and the kind of life I wanted to lead."

What's Debbie's advice for other people that may have a weight loss challenge ahead of them, particularly if they have tried before and



failed? "I would definitely tell people to try out group exercise. The classes are motivating and fun. I tried as many classes and instructors as I could in the beginning. I hated cycling the first time I took it, and it was three months before I tried it again. The second time, I was hooked! I would also suggest you take class from different instructors, because each instructor is unique."

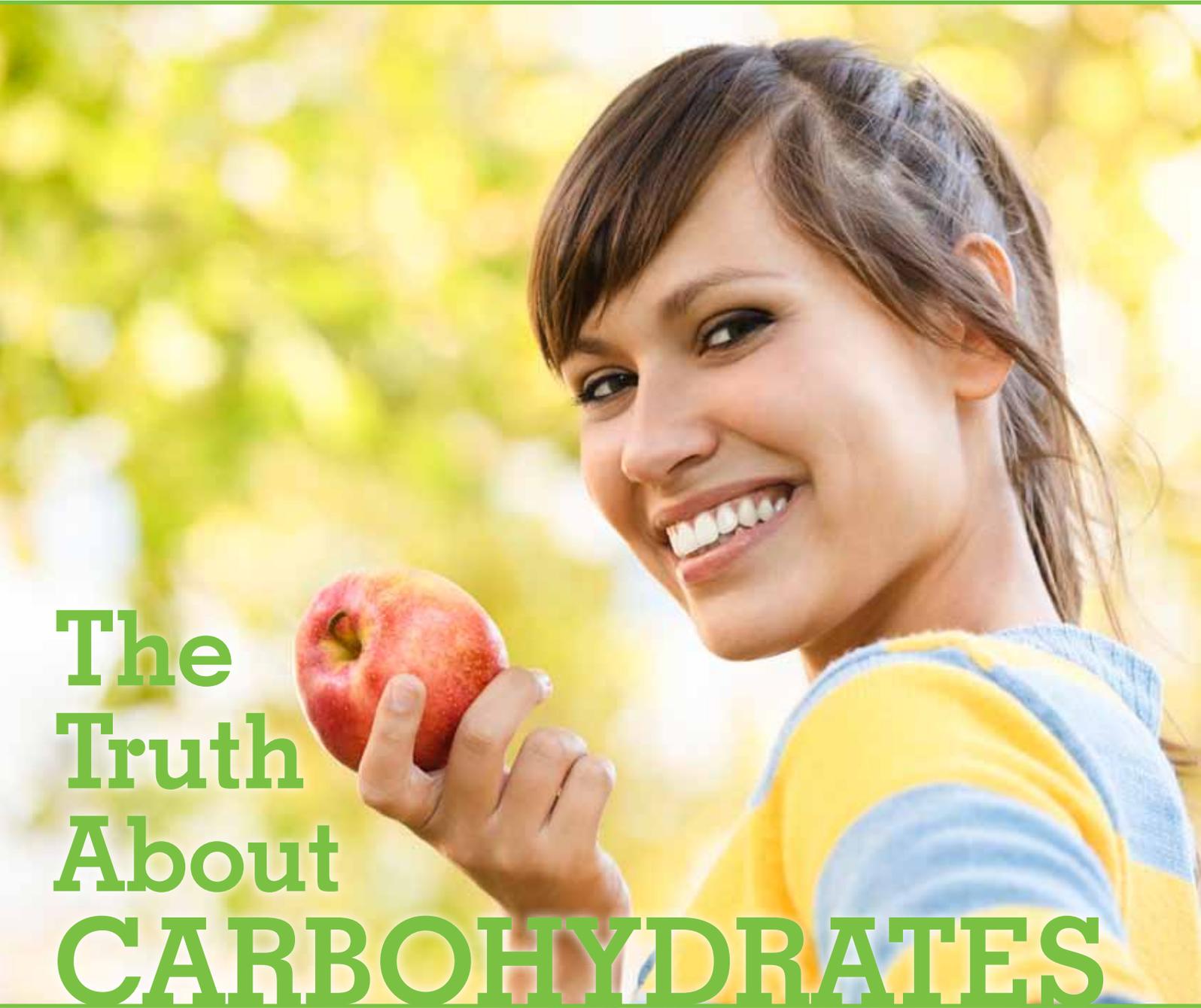
"My number one rule for working out is that it has to be fun. If you don't enjoy it, keep looking for something that gets you moving and that you love to do. I often hear people comment that they can't make it through a class, so they don't even want to try. When I started running, I couldn't make it past 30 seconds. So I ran 30 seconds. Then I walked. Then I ran 30 seconds. Then I walked. If you can't make it through a whole class, try and make it through 20 minutes. Then the next time, stay for half the class (but stand in the back if you plan to leave early). Sooner than you think you will make it through the whole class. Try not to get discouraged, and don't quit. It can be a long road, but it's worth it!"

Since achieving her weight loss goal, Debbie has literally run across mountaintops. She completed a marathon, two half marathons, 10K and 5K's, sprint triathlons, an Olympic triathlon and three Ragnar Relays (202 miles divided between a 12 person team), and two half Ironmans. She has also fulfilled her lifelong dream of completing a military-modeled obstacle course. "Building myself into an athlete has been a long hard road. But I am completely hooked on living an athlete's lifestyle. It is one of the most enriching things I have ever done."



She is currently training for her first full Ironman, and will be traveling to Idaho this summer to compete. Her next goal? Just a little ol' 100 mile run. You go girl!

Cyndee Platko is an LVAC Group Fitness Instructor, a Personal Trainer, and Cycling and Triathlon Coach. Cyndee is Debbie's trainer and coach. You can reach Cyndee at: trainwithcyndee@yahoo.com

A young woman with brown hair and bangs, wearing a yellow and blue striped sweater, is smiling and holding a red apple. The background is a soft-focus outdoor scene with green and yellow foliage.

The Truth About CARBOHYDRATES

By Connie Stewart

Every few years a new diet craze hits and it doesn't take long before the media and food manufacturers pick up on a way to sensationalize and profit from what is often misleading information. Case in point: remember the whole 'No fat, low-fat' phase? Then there was the 'eggs are horrible for you' campaign. After that came the 'No-Carb' diet. It's enough to confuse even the most nutrition savvy person.

While speaking to my niece, who is a registered dietician, about the confusion over food today, she gave me some simple, but very timely advice; “Unless you know where your food choice actually grew, think twice about eating it.” That’s a great rule to apply when you are considering your everyday dietary choices. It also helps to understand some facts about the food we eat, and the differences in nutritional content and quality and how our bodies process them. It seems that nowhere is there more confusion than when it comes to carbohydrates.

There are three things that will help you understand the carbohydrate debate; the difference between complex and simple carbohydrates and the glycemic index.

The simplest way to understand carbohydrates is to break down what they do for us. Our bodies break down carbohydrates in order to make glucose. Glucose is a sugar that our body uses to give us energy. Carbohydrates also provide us with fiber, vitamins and minerals.

Try to eat two vegetables with your evening meal, and a large green leafy salad every day.

There are two kinds of carbohydrates: simple and complex. We often hear the terms good carbs and bad carbs. “Good” carbs refer to fiber rich carbohydrates, also known as complex carbohydrates. Good carbs are absorbed into our systems more slowly, which helps us avoid escalations in blood sugar levels. The value of good carbohydrates offers our bodies nutrient rich calories to burn so that we can meet our energy needs throughout the day. Examples of good carbs, (complex carbohydrates) are whole grain and whole wheat cereals and breads. Many fruits and vegetables are also considered sources of good, or complex carbohydrates.

When you hear someone refer to “bad” carbs, they are generally talking about simple carbohydrates. Simple carbs are foods that are refined or processed, such as white rice or white bread, cookies, crackers, candy and potato chips. These types of carbohydrates, sometimes referred to as sugars, should be avoided because they offer little to no nutritional value and are very high in calories. Empty calories contribute to excessive weight gain and other associated health risks.

The glycemic index is a numerical index that ranks carbohydrates based on their rate of glycemic response (i.e. their conversion to glucose within the human body). The glycemic index uses a scale of 0 to 100, with higher values given to foods that cause the most rapid

Try These Tips to Jumpstart Your Intake of Complex Carbohydrates

- **Choose fresh, whole fruits rather than fruit juice. An orange has two times as much fiber and half as much sugar as a 12-ounce glass of orange juice.**
- **Try to eat two vegetables with your evening meal, and a large green leafy salad every day.**
- **Keep a bowl of veggies already washed and prepared in your refrigerator—try carrots, cucumbers, or celery for a quick snack.**
- **Make a meal around dried beans or peas (also called legumes) instead of meat. Try using lentils, chick peas, soybeans, kidney beans, pinto beans and black beans.**
- **Start your day with a whole grain breakfast cereal low in added sugar, such as steel cut oatmeal. Top your cereal or oatmeal with fruit for even more fiber. While bananas may come to mind first, you can add even more variety by trying sliced peaches or a variety of berries.**

Things to Remember

- Processed foods rich in refined sugars have a high glycemic index and are highly detrimental for weight control.
- Most fruits are beneficial for weight control (in adequate portions) - since they have high fiber content and the sugar in fruit is represented by fructose, which has a low glycemic index.
- Most vegetables are highly beneficial for weight control (especially green leafy vegetables) - since they contain very few sugars and are rich in fiber (which is non-digestible).
- Whole grain products containing starches and fiber (such as whole grain breads, cereals, pasta, etc) have a relatively low glycemic index and are largely beneficial for weight control if consumed in adequate portions. For help in determining portion sizes, you can rely on an accountability program such as dotFit or myfitnesspal. Both programs are free with your LVAC membership. Just ask any LVAC Coach for details.

rise in blood sugar. Simple or refined carbohydrates can raise blood sugar levels rapidly and peak our bodies insulin production. This process of repeated, excess demand to produce enough insulin to metabolize the sugars that come from simple carbohydrates can lead to conditions such as diabetes. The foods that spike blood sugar and insulin levels are called 'high glycemic' foods. Most often these foods are simple carbohydrates, or 'bad carbs.' Foods that do not spike blood sugar levels and insulin production are referred to as 'low glycemic' foods and are most often complex carbohydrates, or 'good carbs'.

As a general rule, simple carbohydrates are more likely to cause weight gain than complex carbohydrates.

Always choose whole grain foods. They are considered low glycemic foods, and are a good source of fiber and nutrients. Whole grains refer to grains that have all of the parts of the grain seed (sometimes called the kernel). These parts of the kernel are called the bran, the germ, and the endosperm.

If the whole grain has been cracked, crushed, or flaked (as in cracked whole grain bread or flake cereal), then the whole grain must still have about the same proportions of bran, germ, and endosperm to be called a whole grain. Read the food label. For example, if you are looking for a whole wheat bread, the ingredient list must say "100% whole wheat" in order to be considered a whole wheat product. When whole grains are processed, some of the dietary fiber and other important nutrients are removed. A processed grain is called a "refined" grain.

Several years ago I walked into a convenience store and noticed an entire display promoting no-carb and low-carb foods. Everything was processed and wrapped in fancy packaging. There wasn't whole, natural food anywhere to be found. I remembered my niece's advice and knew that just because it has its own shiny display; it doesn't mean it's healthy. Anything can be marketed and promoted as healthy, but it doesn't mean that it is. Use the information you have learned from reading this article, always read food labels, and focus on choosing whole natural foods, including a variety of colorful fruits and vegetables and lean proteins, such as fish and chicken. Eat only whole grain products, and try to eliminate processed foods as much as possible. If you do this, you will be certain to have a healthy, well balanced diet that contains the important carbohydrates your body needs. I should also mention how relieved I was to learn that on a small island off the coast of South America, Snickers actually grow on trees.

Sources: Centers for Disease Control and Prevention (CDC) www.cdc.gov



THE TOMORROW PEOPLE

Stephen Jameson was a "normal" teenager, until he began hearing voices and teleporting in his sleep, never knowing where he might wake up. In desperation,

Stephen listens to one of the voices in his head, and it leads him to the Tomorrow People - John, Cara and Russell - and their astonishing abilities of telekinesis, teleportation and telepathic communication. Though he is one of them, Stephen is not willing to turn his back on his human family, and he sets out on his own path - a journey that could take him into the shadowy past or into an unknown future with THE TOMORROW PEOPLE.

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SUMMER LEG SHAPE UP

Photography by Ches Owen

Summer is here, and the opportunity for outdoor activities is everywhere. Get your legs in shape for wake boarding, hiking, swimming or any summer adventure that might come along by adding these three strengthening and toning exercises to your lower body workouts. By the way, this workout is not just for girls. It's a great for guys, too!

SINGLE LEG PRESS



SINGLE LEG PRESS

One of those hard to train areas on the leg is the upper, inner thigh. Doing single leg presses is an excellent way to target that area of the leg.

Muscles worked:

Quads

Glutes

Abductor

Adductor

Sets and Reps:

• 3 sets each leg after warm up

• 15 reps

• 12 reps

• 10 reps

Single Leg Press:

Start with a warm up set using both legs and a lightweight. Set the weight depending on your fitness level.

- Beginner 50lbs
- Intermediate 70lbs
- Advanced 90lbs

1. Push the machine to starting position using both legs to prevent lower back discomfort. Starting position is when the weight stack is lifted.
2. Place one leg on pad, knee bent. Place the working leg on the platform.
3. Lower the weights until your leg reaches 90 degree angle.
4. Push back to the top.

Important Tips:

- Take 4 full seconds to lower the weight.
- Take 2 seconds to raise the weight back to the starting position.
- Push up through your heel.
- Do not let your knee go out of alignment, keep it in line with your ankle.
- Remember to breathe. Exhale on the exertion phase of movement.
- Rest 45-60 seconds in between each set.

Note: Depending on fitness level, try adding 5 lbs to each set as you decrease reps.

Variation: For the very last set you can do a drop set. This is a continuation of the final set.

Example:

- Set 3
- Beginner level weight 60
- Intermediate level weight 80
- Advanced level weight 100

Do your last set of reps and then continue the set for 10 more reps decreasing the weight back to starting weight. After you drop set one leg, move on to the other leg.

Model: LVAC Member Amanda Brossman

Trainer: Angela Farrar

AFAA Certified Personal Trainer

You can contact Angela at: Angela@totaltransformation.com or by phone at 702-265-2457

PILATES LEG KICKS

Using the stability ball, this movement will improve hamstring and inner/outer thigh strength and flexibility, but it also targets those deep core stabilizers.

Muscles worked:

Hamstring on the stabilizing leg
Abductor
Adductor on the leg in motion
Core Stabilizers

Sets and Reps:

- Complete 10 kicks then switch legs, working up to 15
- Do 3 sets on each leg
- With each set, try to kick a little farther with more controlled force

Pilates Leg Kicks:

1. Place both legs on the top center of the stability ball, crossing the ankles.
2. To balance and stabilize your body, draw your navel towards your spine, tighten your glutes and keep your hips level.

3. Point the toes of your right leg, stretching the leg towards the ceiling and bringing it towards the nose.
4. Flex foot at the top of the exercise. Tighten your leg and glutes as you press the kicking leg slowly back onto the ball.
5. While kicking, tighten your stabilizing leg and gluteals. This will help to stabilize your core and increase your ability to balance.

Important Tips:

- Try doing this movement with bare feet. It will help your feet improve proprioception, strength and flexibility.
- Pointing and flexing your feet will stretch calves and shins and help you to concentrate on the lengthening of each kick.
- Concentrate on the tightening of the entire leg and gluteals throughout the movement. Imagine a thick rubber band around your ankle that is attached to the floor and the wall that you must pull up and push down.



PILATES LEG KICK



PLYOMETRIC BOX JUMPS

Also known as jump training, plyometrics is a form of conditioning aimed at creating controlled impact and maximum power.

Muscles worked:

Quadriceps
Hamstrings
Calves
Glutes
Feet and Ankles

Sets and Reps:

- Work up to 3 sets of 15 reps
- 30 second rest in between sets

Box Jumps:

1. Begin by standing feet shoulder width apart with knees slightly bent.
2. Take a quick, shallow dip and then explosively jump up onto the box.
3. Stick the landing like a cat, (meaning soft and quiet), sinking into a squat position with the knee ending at a 90-degree angle.
4. Make sure as you land your whole foot is on the box and you press



BOX JUMPS

- down into your heels.
5. Stand up, step back down, reset and jump again.

Important Tips:

- When you land, feel your weight sink into your glutes and allow the legs and glutes to absorb the impact.
- This is an advanced movement. If you are a beginning exerciser,



- start with squats on the floor and then begin a progression towards box jumps by stepping onto the box, complete a squat on the top of the box and then step down.

Note: Designed to increase muscular power and explosiveness, plyometrics are not for those who are in poor condition or have orthopedic limitations. Since so much jumping is involved, plyometrics can be hard on the knee joints and the lumbar spine. If you are unsure whether this movement is for you, check with an LVAC Coach or a Certified Personal Trainer.

Fit Facts

"There are risks and costs to a program of action, but they are far less than the long-range risks and costs of comfortable inaction."

-John F. Kennedy



GO GREEN

Sorry sandwich lovers, but a few shreds of lettuce on a bun won't add up to the USDA's daily recommended intake for leafy green vegetables, (2-3 cups for most adults). Instead, a big, healthy salad is one of the smartest ways to go green. When it comes to choosing the healthiest salad base, which types of lettuce pack the biggest nutritional punch?

Kale, spinach, collards, romaine and chard top the list.

FACT: Iceberg lettuce has virtually no nutritional value.

FITNESS IN MIDDLE AGE MAY HELP SHIELD MEN FROM CANCER LATER

Middle aged men who are physically fit have a lower risk of developing and dying from certain cancers, research indicates. New studies have found that even modest improvements in fitness seemed to lower disease risk.

"Fitness is a huge predictor of [cancer] risk," said Dr. Susan Lakoski, an assistant professor of internal medicine at the University of Vermont, in Burlington. "You need to be fit to protect yourself against a cancer diagnosis in older age."

Men who were fit in their 40s, 50s and 60s were less likely decades later to get lung or colorectal cancer, she found. Those who were fit were also less likely to die from prostate cancer.



EGGS-ACTLY!

A new review of eight different studies has found that despite the cholesterol in yolks, you can eat an egg every day without raising your risk of heart attack or stroke. Since a single egg has a only 70 calories, but contains 7 grams of protein, only 4 grams of fat and a long list of minerals and vitamins, that's good news indeed!

**A MUST FOR KEEPING
OFF THE POUNDS:
WEIGH YOURSELF
ONCE A WEEK.**

WHAT ARE PROBIOTICS?

Probiotics are bacteria that help maintain the natural balance of organisms (microflora) in the intestines. The normal human digestive tract contains about 400 types of probiotic bacteria that reduce the growth of harmful bacteria and promote a healthy digestive system. The largest group of probiotic bacteria in the intestine is lactic acid bacteria, of which *Lactobacillus acidophilus*, found in yogurt with live cultures, is the best known. Yeast is a probiotic substance. Probiotics are also available as dietary supplements and are found in sauerkraut and pickles. When choosing food sources that claim they contain probiotics, be careful to read the food labels and choose a high quality product that says it has live, active cultures.

FLAXSEEDS-SMALL BUT POWERFUL

While they are tiny, they are one of the most powerful plant foods on the planet, supporting heart, cellular, vascular and blood sugar health. Also, they contain Omega-3 fatty acids, lignans and fiber, offering a strong nutritional boost. To maximize the nutrient content of flax seeds, consider purchasing a small coffee grinder and grind individual portions, as you need them. Flaxseed doesn't have an overpowering taste so it won't alter the flavor of your foods.

Tips for adding flaxseed to your diet:

- Add milled flaxseed to oats as they cook.
- Sprinkle it on any breakfast cereal.
- Mix some in yogurt or cottage cheese.
- Add it to smoothies or stir some into juice.
- Use on salads instead of croutons.
- Add to casseroles, soups, stews and meatloaf.
- Flaxseed is delicious in peanut butter cookies, or any cookies for that matter! Just use your regular flour and mix in $\frac{1}{4}$ to $\frac{1}{2}$ cup of flaxseed the next time you make your favorite cookie recipe.

FACT: Flaxseed does not have a particularly long shelf life. Milled flaxseed should be vacuum-sealed and placed in dark outer packaging then refrigerated to maintain freshness.



FACES OF OUR COMMUNITY

LVAC Members and Friends competing at the Tough Mudder, October 6, 2012, Beatty, Nevada



L-R: Corey Posgay, China Rohner, Matt Bowers, Lynda Posgay, Neli Alvarez, Nydia Antonio, Shue Her, Mike (out of town), Paul Sturm, Kim Dahlberg



LVAC Member Shue Her



Corey & Lynda Posgay and Kim Dahlberg being carried by random dude...

AMICA 19.7 TRIATHLON, BOULDER BEACH - JUNE 1, 2013 LAKE MEAD, NEVADA



L to R: Max Jones competed in the sprint distance, placed first in his age group.; Brian Chandler competed in the sprint distance, placed third in his age group.; Jennifer Dietlin competed in the Olympic distance, placed first in her age group.; Nancy Dickinson competed in the Olympic distance, placed third overall. Max, Brian, Jennifer and Nancy are LVAC Group Fitness Instructors and are also personal trainers with Extraordinary Trainers.

LVAC would like to recognize your competitive and/or community involvement. Send your high-res photos (no phone cameras, please) with the date, and the name and place of the event to kprestwich@lvac.com.

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CARPAL TUNNEL SYNDROME

By Brandon Q. Reynolds, M.D.

You have probably heard of carpal tunnel syndrome. Since 1 in every 20 people will suffer from this debilitating condition at some time in their lives, it's likely that you or a loved one has or is currently dealing with carpal tunnel symptoms.

The condition presents as numbness, tingling, and/or weakness in your hand, including the thumb, index, and middle fingers. Symptoms range from discomfort that is annoying, to pain that interferes with your daily activities and even wakes you at night.

Carpal tunnel syndrome results from compression of the median nerve as it travels through the wrist to your hand and it may be worsened by certain repetitive activities such as typing or manual labor. As the nerve crosses the wrist, it has to travel through a very tight tunnel. Wrist bones and the carpal ligament form this tunnel, and it contains the median nerve as well as tendons to your fingers. Occasionally, there can be swelling in the carpal tunnel that results in the squeezing of the median nerve and this pressure results in pain or numbness.

A number of physical tests and diagnostic exams can help confirm the diagnosis of carpal tunnel syndrome. There are some tests you can try on yourself. Hold your wrists in an extremely flexed or extended (bent) position (90 degrees) for at least one minute. Does this recreate the previously mentioned symptoms? Now try tapping the nerve over the wrist. If this causes a shooting electrical pulse or a tingling sensation into the tips of the affected fingers, you may have carpal tunnel syndrome. In order to confirm this diagnosis, your physician will likely order some additional testing, including an EMG and nerve conduction study. These tests evaluate if there is slowed nerve conduction or changes in the electrical activity of the muscles that the nerve innervates.

For people who are concerned they may have carpal tunnel syndrome, the EMG and nerve conduction tests are necessary. Although the syndrome is very common, there are a number of other compressed nerves or syndromes that can present similarly.

Is there medication or therapy that can fix this or does it require surgery?

Fortunately, there are a number of non-operative treatments for CTS. One of the more effective and simple treatments is wearing wrist splints that hold the wrist in a neutral position, meaning it is neither flexed nor extended. These can usually be purchased at your local drug store. These splints often come in a slightly extended position, but usually the splint can be bent into a straight, neutral position if the splint is made of metal covered in padding. The splint is usually only worn at night so that the wrist doesn't become stiff over time. This is done for at least two weeks.

An additional treatment that avoids surgery is using oral anti-inflammatory medications such as Ibuprofen, Aleve, or Aspirin. They should be taken consistently for at least one week, but be careful if you are

prone to stomach ulcers or bleed easily, because these medications can aggravate both conditions. There is also some research that suggests Vitamin B6 can help relieve the symptoms of CTS.

Another non-operative medication that is offered by physicians is corticosteroid injections. These work about 10% of the time, but if you have diabetes it usually isn't a good option as it can make your blood glucose level very difficult to control. Physical therapy may also be effective in helping to relieve the symptoms; particularly nerve gliding and stretching exercises.

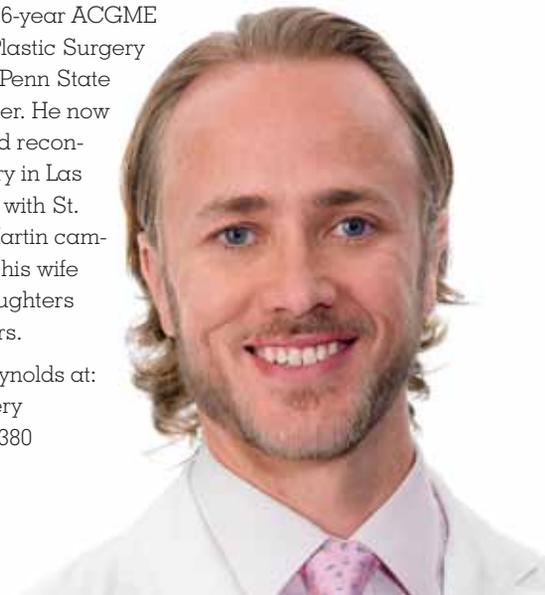
If you have exhausted all of these options or just want to be done dealing with your symptoms, surgery is a definitive solution. Fortunately, carpal tunnel release surgery has evolved over the years and has become a simple and effective procedure. It is a same-day surgery, meaning you go home immediately after your surgery and recovery usually takes only 2 weeks. The surgery itself often takes less than 30 minutes.

There are several different surgical techniques to treat CTS. The oldest and most common is an open approach, which involves making an incision through the palm to the end of the wrist, cutting the ligament that compresses the nerve. Some surgeons offer a short scar open approach. There are also minimal access techniques that involve two or, my personal favorite, one small incision in either the hand or the wrist. The single small incision in the wrist technique is an endoscopic surgery. This means a small camera is inserted into the carpal tunnel to visualize the carpal ligament and the compressed nerve, allowing the surgeon to cut the ligament without cutting the overlying skin or injuring the nerve. Studies suggest that patients who have the surgery using an endoscopic technique are able to return back to work sooner than if they have surgery by an open technique.

Carpal tunnel syndrome is a common and often debilitating condition. Given the numerous treatment options from medications to same-day minimally invasive surgery, no one should have to tolerate the discomfort and pain it causes.

Brandon Q. Reynolds, M.D. is a licensed physician in Las Vegas, Nevada. He graduated from University of Iowa College of Medicine and completed a 6-year ACGME approved integrated Plastic Surgery residency program at Penn State Hershey Medical Center. He now practices cosmetic and reconstructive plastic surgery in Las Vegas and is affiliated with St. Rose Hospital's San Martin campus. Dr. Reynolds and his wife have four beautiful daughters and are LVAC members.

You can contact Dr. Reynolds at: Reynolds Plastic Surgery
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LAIRD HAMILTON

SURFING LEGEND

By Bret FitzGerald; Photos courtesy of Laird Hamilton

When you think of Laird Hamilton, you immediately think of big wave surfing. Fair enough; Laird is the world's most recognized big wave surfer. As a matter of fact, the most noteworthy surfing photo ever taken, referred to as "The Ride", features Hamilton conquering Teahupo'o (pronounced Cho-pu) in Tahiti, one of the planet's largest and most dangerous surf breaks. This photo, along with Hamilton's numerous other surfing exploits, has cemented him in the annals of big wave surfing greats.



What may not come to mind when you think of Laird Hamilton is that he is a phenomenal all-around athlete, and a physical specimen with the highest level of fitness. Laird, like his good friend Don Wildman (co-owner of LVAC), is well on his way to becoming an athletic icon. Laird is an inventor, and is even featured in a recent Mazda commercial that highlights his invention of tow-in surfing. Additionally, Laird has launched the modern day stand-up paddleboard craze, and is in the midst of pioneering hydrofoil board surfing. With three daughters, Laird is a devoted family man; his wife Gabrielle "Gabby" Reece (yes, that Gabby Reece) is also an amazing athlete in her own right.

Laird the Athlete

Surfing is far from Hamilton's only athletic endeavor. He regularly snowboards in Alaska and the Canadian Rockies on ultra-steep terrain only accessible by helicopter. He is an avid mountain biker, riding trails that are difficult for many of the country's top mountain bike racers to traverse. Hamilton is also an extreme stand-up paddleboarder (SUP), paddling into treacherous surf spots previously only accessible by boats. At the top of the (SUP) mania, Laird has paddled hundreds of miles in rivers, on lakes and oceans and has even paddled the full distance between all of the Hawaiian

Islands, as well as around New York's Statue of Liberty.

In the summer of 2009, Laird and his team, appropriately named "Team Surfing USA", competed in the Race Across America (RAAM). RAAM is a bicycle race that begins in Oceanside, CA and ends 3,000 miles later in Annapolis, MD. They were in first place and on their way to breaking the course record when teammate Jason Winn was hit by a car just outside of St. Louis, MO. This accident forced Team Surfing USA out of the race. Their first place position was especially remarkable given that, unlike any other teams competing in RAAM, the four members of Team Surfing USA had paddled from Malibu to Oceanside, a distance of 110 miles just before starting the RAAM.

One of Hamilton's motivations to compete in RAAM was to raise awareness for Autism and Muscular Dystrophy, so he wanted to include paddling at the beginning and end of the bike race to help increase the visibility of his charitable efforts. "I said I would only do RAAM if I could paddle at both ends of the ride, so we ended up paddling from Malibu, CA, where we live, to Oceanside, where the race started. We did a 22-hour (stand-up paddle) relay, as well as a team paddle around the Statue of Liberty at the end of (RAAM) the race." Laird said.

"The best way to maximize what a day has to offer is to look outside your window that morning, and then look inside yourself."

By the way, the other three riders for Team Surfing USA were his pal Wildman, who was 78 years old at the time, Tim Commerford- the bass player for the rock group Rage Against the Machine and former Texas Tech quarterback, Jason Winn.

Laird the Family Man

There is no doubt that Laird's sporting life and quest for physical, mental and spiritual balance is of the utmost importance to the 6'3" waterman. Gabby Reece and his three daughters soften Laird's sharp, intense corners.





Gabby shares the spotlight in the family with Laird, and helps manage their busy careers. She is an accomplished television host and has appeared on dozens of TV shows and is currently featured in an Avis commercial.

While Laird travels often to surf, cycle, paddle, snowboard and appear in movies (most recently in George Clooney's *The Descendants*), he spends most of his time with his "girls" helping to teach them life's lessons while shuttling between Malibu and his home in Hawaii.

Laird the Inventor

The last 200 years have brought many great inventions. Thomas Edison invented the light bulb, Tim Berners-Lee invented the world-wide-web (internet), and Steve Jobs invented the iPhone and life for the rest of us has been better for their combined visions.

Hamilton is also an inventor of sorts. More than a decade ago, he came up with tow-in surfing in an effort to ride the biggest possible waves. It turns out that large waves move too fast to catch just paddling into them. Tow-in surfing is when the wave rider is towed by his partner behind a personal water craft (PWC). The PWC increases the surfers' drop in speed to that of the wave. And thus, tow-in surfing has revolutionized big wave surfing.

Laird is also the innovative mind behind



the advancement of foil boarding, a surfboard with a 5-foot long keel, rather than a 6-inch fin on the bottom. The foil raises the bottom of the surfboard off the water eliminating friction and thus any drag, allowing the rider to move faster through the water. While traditional surfers ride waves for a few seconds, Laird and his fellow foil-boarders are able to ride monster waves for several minutes.

Finally, Laird has re-introduced stand up paddling (SUP) to the world. Along with his friend Dave Kalama, Laird took a little known, 1950's ocean activity and turned it into a new and fun way to train cardio and core. SUP is now the fastest growing water sport in the world and is enjoyed by young children and grandparents alike. Celebrities like Jennifer Aniston, Pierce Brosnan, Matthew McConaughey and Cindy Crawford are all regular paddle enthusiasts.

You don't even need the ocean to discover stand up paddling. Lake Mead and Lake Las Vegas both offer lessons and rentals. With great weather from April thru September, Southern Nevada is a great place to paddle.

In March, Laird unveiled his Ocean Yoga Board. Ocean Yoga combines the strength and flexibility of yoga with the core stability required for stand up paddle boarding. The Ocean Yoga Board's designed instability helps develop stability and balance, both of



which are key to athletic performance. This stability and balance creates a synergy between mind and body and provides a workout that increases caloric expenditure, strength, flexibility and mental focus, without the need to get out on the water.

Laird and Nutrition

Recently, Laird and Gabby have launched www.gabbyandlaird.com, a website sub-titled "Life is for Living". The purpose of the website is to inspire others to live healthy by offering advice to men, women and children of all ages worldwide to achieve peak fitness and overall well-being.

Gabby says, "We are dedicated to helping the millions of people looking to move away from an over reliance on



unhealthy fast-food, and suffering the consequences of a sedentary lifestyle, accomplish a positive and permanent transformation to a truly healthier way of life." She adds, "We want to help reverse the current obesity crisis by sharing what we know and love, and by empowering everyone to take responsibility for their own health and fitness."

Laird and Gabby believe that everyone should strive to become a healthy living role model to both their family and friends, and that everyone must take control of their own health by developing proper exercise and nutrition habits. Only then can they be a positive influence on the health habits of those around them.

At gabbyandlaird.com they provide a free comprehensive 10-step self-motivation program. Their 90-day transformation program includes nutrition

"I don't have a set routine. To my mind, that's the quickest route to burnout. To be healthy, to sleep well, to eat well - these things are essential every day."

guidance, healthy recipes, plus informative fitness and nutrition articles, as well as other useful advice on healthy living. Gabby and Laird now also have their own line of ultra-premium nutrition products, such as organic quality whey protein and meal replacement that comes from free-range cows that are only fed natural grass and never given hormones or antibiotics.

Laird's Workout

Surfing, paddling, cycling and snowboarding sound like nice vacation options, but Hamilton does not take these activities lightly. He trains hard to continue to raise his performance to an even higher level. His passion for finding new ways to bring his personal fitness to an even higher level now has other world class athletes like Chicago Bulls all-star, Joakim Noah and competi-

tive surfing superstar Kelly Slater looking to him for offseason training advice.

Laird's training is as rigorous as an Olympian. His weight-training program is almost exclusively a series of compound movements (bicep curls combined with lunges is an example) using dumbbells and other low tech apparatus in an extreme, high intensity 90-minute workout he does three times a week without fail. He often diversifies his training by exercising at the beach, pulling a 100 lb. railroad tie in the sand and sprinting up sand dunes at full speed.

Along with functional weight training, Laird is a die-hard believer in yoga. He practices yoga on a regular basis and believes it is essential to his ability to train hard and recover. Laird also strongly believes in suspension training, and hangs in an inversion sling he personally developed for 10 to 20 minutes every day. Laird says, "There's a saying among yogis that a man who can stand on his head 20 minutes a day masters time. I haven't mastered time, but I do try to put in 20 minutes a day upside down - whether I'm doing a headstand or hanging from a harness in my garage - to provide a little counterbalance to the rest of my life."

As tough as all of this sounds his friends say that his most difficult workout is the underwater swimming pool workout he has designed to help survive his big wave exploits. This workout is performed, fully submerged, in a 12-foot deep swimming pool and incorporates explosive, plyometric movements holding weights of up to 100 lbs. One key benefit (especially if you are subjected to being pile driven 30 feet underwater) to this unique workout is that it increases Laird's ability to hold his breath underwater, while still performing to the maximum of his capabilities.

While he is an incredibly disciplined athlete, Laird is casual about explaining his workout habits, stating: "I don't have a set routine. To my mind, that's the quickest route to burnout. To be healthy, to sleep well, to eat well - these things are essential every day. My activities vary daily, weekly, seasonally,



geographically, psychologically, depending on who's in town. The best way to maximize what a day has to offer is to look outside your window that morning, and then look inside yourself."

Big wave surfing is obviously a very dangerous sport, so strength and physical conditioning are of life-and-death importance. When Laird is asked about his extreme profession he is quick to point out what he does is a calculated risk. Being a family man now, he is careful to minimize the degree of risk. All of his experience as a legendary waterman helps him judge the situation and the risk. Laird's guiding philosophy to fitness is that getting into your best possible shape is not about how you look, but what you can do, and the higher quality of life you can enjoy. Over 40, and still surfing the largest waves in the world, Laird Hamilton is truly someone who lives by his own credo, "Life is for living"

For more insight into Laird Hamilton and his easy to apply workout ideas, read his book *Force of Nature, Mind, Body, Soul* and of Course *Surfing*.



the ORIGINALS

When Klaus Mikaelson, the original vampire-werewolf hybrid, receives a mysterious tip that a plot is brewing against him in New Orleans, he returns to the city his family helped build. Klaus' questions lead him to a reunion with his diabolical former protégé, Marcel, a charismatic vampire who has total control over the human and supernatural inhabitants of New Orleans. Tension between the town's supernatural factions are nearing a breaking point as Marcel rules with absolute power. With the help of his brother Elijah, Klaus vows to reclaim what was once his - the power, the city and his family.

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	BODYCOMBAT™ A CHALLENGING MIX OF MARTIAL ARTS AND ENDURANCE. UNLEASHING STRENGTH YOU NEVER KNEW YOU HAD.	55 MINUTES	MARTIAL ARTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 740 CALORIES	NIL	THE LATEST HARD-HITTING TUNES	TONES & SHAPES INCREASES STRENGTH & ENDURANCE BUILDS SELF-CONFIDENCE
	BODYBALANCE™ / BODYFLOW® A YOGA, TAI CHI AND PILATES INSPIRED WORKOUT THAT LEAVES YOU LONG, STRONG, CALM AND CENTERED. FEEL BALANCED.	55 MINUTES	INSPIRED BY YOGA, TAI CHI & PILATES	LOW INTENSITY	AVERAGE OF 390 CALORIES	YOGA MAT OPTIONAL	SOULFUL, CALMING & INSPIRING TUNES	IMPROVES JOINT FLEXIBILITY & RANGE OF MOTION TONES & SHAPES ENHANCES MENTAL WELLBEING
	RPM™ HIGH INTENSITY INTERVAL TRAINING SET TO TUNES THAT WILL GET YOUR PULSE RACING. GET RESULTS FASTER. RIDE HARD.	45 MINUTES	INDOOR CYCLING CARDIO	MODERATE TO HIGH INTENSITY	AVERAGE OF 675 CALORIES	INDOOR STATIONARY BIKE	THE LATEST FUN & HARD-HITTING TUNES	IMPROVES HEART & LUNG FITNESS INCREASES STRENGTH & ENDURANCE
	BODYATTACK™ A FULL-ON, HIGH-ENERGY CARDIO WORKOUT TO ENERGIZING TUNES. BE UNSTOPPABLE.	55 MINUTES	SPORTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 735 CALORIES	NIL	THE LATEST FUN & HARD-HITTING TUNES	IMPROVES ABILITY, COORDINATION, STRENGTH & ENDURANCE IMPROVES HEART & LUNG FITNESS
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	BODYVIVE™ A LOW-IMPACT WORKOUT FOR THE WHOLE BODY THAT WILL GET YOUR CORE WORKING HARDER. FOR A LEANER, STRONGER YOU. FEEL REVVED.	55 MINUTES	CARDIO, BALANCE & MOBILITY RESISTANCE & CORE WORK	LOW TO MODERATE INTENSITY	AVERAGE OF 420 CALORIES	RESISTANCE TUBE & BALL	THE BEST MUSIC FROM THE 70s, 80s & 90s	IMPROVES HEART & LUNG FITNESS TONES & SHAPES INCREASES SENSE OF ENERGY REDUCES STRESS
	BODYJAM™ FUELLED BY STREET CULTURE, A DANCE AND CARDIO WORKOUT THAT WILL LEAVE YOU FEELING HYPED. EXPRESS YOURSELF.	55 MINUTES	DANCE-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 530 CALORIES	NIL	THE HOTTEST NEW SOUNDS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF-EXPRESSION IMPROVES COORDINATION
	SH'BAM™ CUT LOOSE TO THE HOTTEST NEW WORKOUT WITH FUN MOVES AND SHAKIN' TUNES. FREE YOURSELF.	45 MINUTES	DANCE-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 510 CALORIES	NIL	CHART TOPPING HITS & REMIXED BEATS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF-EXPRESSION IMPROVES COORDINATION
	CXWORX™ A PERSONAL TRAINING-INSPIRED, SCIENTIFICALLY-BASED WORKOUT THAT CHALLENGES YOU TO BUILD AND MAINTAIN A BETTER SHAPED AND FUNCTIONING CORE.	30 MINUTES	CORE STRENGTH TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 210 CALORIES	RESISTANCE TUBE	CLASSIC TOP 40 & CURRENT HITS	TIGHTENS & TONES CORE MUSCLES IMPROVES FUNCTIONAL STRENGTH FOR BALANCE MOBILITY & INJURY PREVENTION



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This marks the 13th year that the Las Vegas Athletic Clubs has been a sponsor for the Susan G. Komen Race for the Cure[®]. As you can see from the following pictures, each year the support from our awesome members continues to grow.

From everyone at the Southern Nevada Affiliate of Susan G. Komen for the Cure and all of us here at LVAC, we thank you for your participation.

You are making a difference in the fight against breast cancer!









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FOR THE
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LVAC is a proud sponsor.



BODYSTEP™

YOUR LEGS WILL LOVE IT, EVENTUALLY



TIPS FOR BEGINNERS

- Start on a lower step height.
- Do the class without using your arms. Focus on what your feet need to do.
- If you get lost in a move, continue stepping with a move that you feel comfortable with. Observe, and if you feel up to the challenge, give the move a go.



THE FAST PACED, EXPLOSIVE STEP WORKOUT THAT WILL LEAVE YOU UPBEAT AND READY FOR MORE. FEEL ALIVE.

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

Like all the LES MILLS™ programs, a new BODYSTEP™ class is produced every three months with new music and choreography.

FAQs

IT LOOKS TRICKY – I THINK I'M TOO UNCOORDINATED

It usually takes a few BODYSTEP™ classes before you start to feel 'in flow' on the step. Don't give up! You'll feel more comfortable with each class you attend. If your club runs BODYSTEP™ intro classes, try to attend one before your first class.

WHAT DO I NEED TO BRING?

Wear a good pair of training shoes for foot stability. Dress in comfortable clothes and bring a towel and water bottle.

HOW FIT DO I NEED TO BE?

BODYSTEP™ is for people of all fitness levels. You can vary the intensity of the workout by changing the height of your step.

HOW OFTEN SHOULD I TAKE A CLASS?

For best results, try to attend three BODYSTEP™ classes a week.

For more information ask your instructor or visit lesmills.com/bodystep

BODYSTEP™

DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
55 MINUTES	STEP BASED CARDIO	MODERATE TO HIGH INTENSITY	UP TO 620 CALORIES	HEIGHT ADJUSTABLE STEP	LATEST FUN AND FUNKY TUNES	IMPROVES HEART AND LUNG FITNESS, AGILITY AND COORDINATION. INCREASES STRENGTH AND ENDURANCE

WHAT WILL BODYSTEP™ DO FOR ME?

- Burn lots of calories for a leaner body
- Tone and shape the body
- Raise overall fitness levels
- Improve coordination
- Improve your bone health and density
- Increase your heart and lung capacity through a full-body cardio fitness workout



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TRICIA KEAN **STEVE WOLFORD**



TRUition
transform.evolve.thrive



We developed TRUition -- an ultra-premium line of nutrition supplements -- to provide optimum nutritional support for active living. Our philosophy for our product line is simple: when it comes to healthy eating, quality should be a top priority.

Our Philosophy

The TRUition philosophy is based on the reality that achieving peak fitness and overall well-being must start with a personal commitment to transform to a healthier lifestyle. Once you make the decision to improve your quality of life, the next step is to permanently evolve your fitness and nutrition behaviors in order to achieve sustainable results. Through the combination of routine physical activity and proper nutrition, your body and mind will begin to thrive at which time you will be poised to become a positive role model to your family, friends, and everyone around you. Helping individuals and communities achieve a sustainable lifestyle transformation is the core mission and pride of the TRUition product line.

Our Commitment

After years in development, our TRUition product line now represents the highest quality standards in the market. We've never been waivered by costs to manufacture our products, limited availability of ingredients or competitive influences. Our TRUition Whey comes from cows that only feed on natural grass (chemical and pesticide-free) and are never given any hormones or antibiotics. Our products were developed so that our community can have access to top-rated nutritional support. All TRUition products are manufactured in the USA: we are an American brand with a world-wide purpose.

Our Cause

We are committed to sharing what we know and love in order to help make a favorable impact on the lives of others. We hope you will join our cause and become a healthy living role model to your family and friends. We encourage you to become another satisfied TRUition customer and ask you to help us create an even stronger community of people dedicated to living life healthier, happier, and fuller.

Life Is For Living

Gabby Reece & Laird Hamilton



yourtruition.com

Natural Support for Active Living

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LVMC has many success stories. After all, thousands of our members look better, feel better, and performed better. Many previously sedentary.

Personal trainers are experts at offering guidance, expertise and motivation. LVMC contracts with over 100 personal trainers, many of whom

Classes Overview

Always bring a towel and water in a closed container. Due your body and the movements. If you are new to a class, allow your body to back off the stretch. Know if you are new and if you have any injuries or are pregnant.

Class Descriptions

- Aqua Aerobics
- Cardio Sculpting
- Mind Body Strength Sculpting
- Group Fitness F45 & Bales
- Special Announcements for Workshops and Qual Candidates. Find and SECURE YOUR SCHEDULE

Join on demo classes and how to learn to teach Group Fitness. See our website

Class Schedules

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LVMC has many success stories. After all, thousands of our members look better, feel better, and performed better. Many previously sedentary.

Personal trainers are experts at offering guidance, expertise and motivation. LVMC contracts with over 100 personal trainers, many of whom

Four times a year LVMC publishes a fitness magazine for our members. Las Vegas Athletic Club Magazine is published in the Spring.

Mobile applications for iPhone and Android are now available for download. Mobile website is also available at us.lvacmembers.com

LVAC.COM

Roasted Vegetables with Orzo

Asparagus is at the top of the list when it comes to supplying a significant amount of nutrients needed for a healthy diet. Asparagus is low in calories, having less than 4 calories per spear, contains no fat or cholesterol and is a good source of potassium, fiber and rutin, a compound that strengthens capillary walls.



Ingredients

- 1 small eggplant, peeled and $\frac{3}{4}$ inch diced
- 1 red bell pepper, 1-inch diced
- 1 yellow bell pepper, 1-inch diced
- 1 red onion, peeled and 1-inch diced
- 1 $\frac{1}{2}$ pounds of large stalk asparagus, cut into two inch lengths
- 2 garlic cloves, minced
- $\frac{1}{3}$ cup good olive oil
- 1 $\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ pound whole wheat or whole grain orzo or rice-shaped pasta

For the dressing:

- $\frac{1}{3}$ cup freshly squeezed lemon juice (2 lemons)
- $\frac{1}{3}$ cup good olive oil
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper

To assemble:

- 4 scallions, minced (white and green parts)
- $\frac{1}{4}$ cup pine nuts, toasted
- $\frac{3}{4}$ pound good feta, $\frac{1}{2}$ inch diced (not crumbled)
- 15 fresh basil leaves, cut into julienne

Directions

Preheat the oven to 425 degrees F.

Toss the eggplant, bell peppers, onion, and garlic with the olive oil, salt, and pepper on a large sheet pan. Roast for 40 minutes, until browned and caramelized, turning once with a spatula. Add the asparagus pieces to the pan the last ten minutes of cook time, roasting until they are fork tender.

Meanwhile, cook the orzo in boiling salted water for 7 to 9 minutes, until tender. Drain and transfer to a large serving bowl. Add the roasted vegetables to the pasta, scraping all the liquid and seasonings from the roasting pan into the pasta bowl.

For the dressing, combine the lemon juice, olive oil, salt, and pepper and pour on the pasta and vegetables. Let cool to room temperature, and then add the scallions, pine nuts, feta, and basil. Check the seasonings, and serve at room temperature.

Based on a recipe by Ina Garten

For more of Ina's recipes go to Foodnetwork.com



Cinnamon Apple Cottage Cheese

For a great afternoon pick-me-up, try this simple but delicious combination of apples, spices and cottage cheese. It's filling and nutritious, making every calorie count. One cup of lowfat, (1% milkfat) cottage cheese contains 28 grams of protein and only 2 grams of fat. Combine the cottage cheese with an apple, and you increase the nutritional benefits as well as the flavor. It's a good idea to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content.

Directions

Place cottage cheese in a bowl, drizzle with vanilla extract. Add the chopped apple on top, then sprinkle with the cinnamon and Truvia. Keep refrigerated until ready to eat.

Ingredients

- 1 cup low-fat cottage cheese
- 1 apple, small diced (choose your favorite variety)
- 1 tsp cinnamon
- 1 tsp pure vanilla extract
- 1 packet Truvia (natural sweetener made from the Stevia plant)



THIS FIERCELY ENERGETIC PROGRAM IS INSPIRED BY MARTIAL ARTS AND DRAWS FROM A WIDE ARRAY OF DISCIPLINES SUCH AS KARATE, BOXING, TAEKWONDO, TAI CHI AND MUAY THAI.

Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography.

WHAT WILL BODYCOMBAT™ DO FOR ME?

- Improve heart and lung function and reduce the risk of heart disease
- Tone and shape key muscle groups
- Burn calories for a leaner body
- Improve coordination and agility
- Improve bone density
- Improve posture and core strength and stability
- Build self-confidence

FAQs

HOW OFTEN SHOULD I DO BODYCOMBAT™?

You'll be hooked on BODYCOMBAT™ – but don't overdo it! For best results, try and do a class two or three times a week.

HOW FIT DO I NEED TO BE?

BODYCOMBAT™ is for everyone with moderate fitness levels. Because the moves are simple, you do not need to be especially well coordinated.

WHAT DO I NEED TO BRING?

Trainers and any kind of workout gear that you feel comfortable in. You are going to sweat, so bring a towel and a water bottle.

WILL BODYCOMBAT™ HELP ME IN SELF-DEFENSE?

BODYCOMBAT™ is a non-contact fitness program, not a self-defense course – however, fitness is beneficial in any situation.

For more information ask your instructor or visit lesmills.com/bodycombat

BODYCOMBAT™

RELEASE YOUR INNER WARRIOR

DESCRIBE A TYPICAL CLASS

Your BODYCOMBAT™ instructor will lead you through all the moves in this 55 minute workout which includes combat tracks (a mix of upper and lower body) and power tracks (boxing and fitness-training).

1. WARMUP

Teaches all the moves that will be used throughout the class. Warm the body to leave you mentally and physically prepared for the battle ahead.

2. COMBAT 1

Visualize your opponent and engage in your first fight combination.

3. POWER TRAINING 1

Enter an aerobic training zone with a focus on speed, power and endurance.

4. COMBAT 2

Fight for your life, with power and energy in every combination.

5. POWER TRAINING 2

The halfway mark, using punches only to drill the upper body for a second time.

6. COMBAT 3

An opportunity to recover as we lower the intensity to prepare for the final phase.

7. MUAY THAI

The workout explodes in a Muay Thai encounter where elbows and knees go into overdrive to take your fitness to the next level and leave your opponent for dust!

8. POWER TRAINING 3

Give everything you have and don't look back until you complete this upper-body power blast and beat the deal on your fitness objectives.

9. CONDITIONING

Take to the floor to complete the workout with strength training.

10. COOLDOWN

Playback time – where you stretch out and lengthen all those hard-worked muscles.





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Great Brown-Bag Lunch Tips For Grownups

By Connie Stewart

The days of brown-bag lunches being only for kids has come to an end. Packing your own lunch to take to work has multiple benefits: you save money (fast food, restaurants and deli's get expensive), you save time, and most important, you are able to control your nutrition and the calories you consume while getting to eat the foods you really love. Check out the following suggestions for creating a relaxing and nutritious lunchtime meal.

Include 3 Key Components

The perfect weekday pick-me-up lunch contains three key components.

1. A special sandwich or lunch entrée
2. A nutrient-rich side dish, such a fruit, vegetables and salad
3. End with something just a little sweet that has some crunch

Spread It On

Creating an upscale sandwich is as easy as adding one of the following spreads, available in most grocery or specialty stores. One tablespoon is usually all you need. It's also important to use only whole wheat or whole grain bread.

- **Olive tapenade** (black and green olives, olive oil, garlic, capers, pimientos, mustard, spices): 40 calories, 4 grams fat, 0.5 grams saturated fat
- **Sundried tomato pesto**: 52 calories, 5 grams fat, 0.7 grams saturated fat
- **Basil pesto**: 62 calories, 6.5 grams fat, 1 gram saturated fat
- **Roasted red pepper hummus** or other hummus flavors: 31 calories, 1 gram fat, 0.1 gram saturated fat
- **Mango peach salsa**: 20 calories, 0 grams fat and saturated fat
- **Light garlic and herb spreadable cheese**: 25 calories, 2 grams fat, 1.5 grams saturated fat
- **Mango chutney**: 25 calories, 0 grams fat and saturated fat

Include Veggies

Lunch is the perfect time to get in a serving or two of vegetables. The produce section of your grocery store is filled with convenient, pre-packaged, and ready to eat veggies. Carrots, snow peas, soybeans or sugar snap peas are just a few. If you want to kick it up a notch, try this salad as a side dish. It packs well and makes multiple servings, which gives you a head start on the rest of the week. Bring an extra serving to share with a co-worker.

Tomato Fennel Salad

- 1 tablespoon of extra virgin olive oil
- 1 tablespoon of white wine vinegar
- ½ tsp salt and freshly ground pepper to taste
- 1 pound of tomatoes, cut into wedges
- 2 cups of thinly sliced fennel bulb
- ¼ cup freshly chopped parsley
- ⅓ cup toasted pine nuts

Whisk together oil, vinegar, salt and pepper. Drizzle over tomatoes and fennel and sprinkle with toasted pine nuts.

Include a Healthy 'Sweet Tooth' Choice

Combining something sweet with a little crunch goes a long way towards satisfying that sweet tooth. Try these healthier versions to end your meal. Who needs ice cream, right?

- A cup of mixed berries topped with Greek yogurt, and sprinkled with a little cinnamon or nutmeg.
- Pop a halved pear or apple into the microwave. Top with a tablespoon of granola and a drizzle of maple syrup while hot.
- A piece of fruit topped with a tablespoon of almond butter.
- A banana or a cup of strawberries dipped in a tablespoon of melted dark chocolate. (Bring a few squares of dark chocolate and melt them in the office microwave.) Sprinkle with 1 teaspoon of slivered almonds.
- A convenient pre-packaged cup of no sugar added applesauce topped with 2 tablespoons of freshly diced apple bits.

While packing a lunch may take a little time and planning, the rewards outweigh any inconvenience. By making your brown bag lunch part of your daily routine you'll save money and make a serious investment in your health and weight management.

Remember: Make sure the food items in your packed lunch stay safe. Toss your lunch into the refrigerator as soon as you arrive at work. If your workplace doesn't have a refrigerator, invest in a lunch box with insulation and an ice pack.



Debbie **lost 108 lbs.**

(46% of her body weight)

using **myfitnesspal** 



When
it comes
to weight loss,
nothing
works like
accountability.

Kari **lost 185 lbs.**

(54% of her body weight)

using **dotFIT**
Your Fitness. Connected.



**dotFIT and myfitnesspal are FREE
with your LVAC membership. Speak
with any LVAC Coach for details.**

dotFIT supplements are now available at the Juice Bar
or the Las Vegas Nutrition Center on Rainbow.

LVAC CLASS DESCRIPTIONS

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

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

HIGH INTENSITY /STRENGTH & MIND/BODY Classes – High Intensity/Strength formats are designed to enhance muscular strength and endurance, speed and agility, and most importantly to change your body composition! Mind/Body classes are designed to improve balance, flexibility and core strength, as well as practice body awareness and mindfulness. Mind/Body classes are best enjoyed when bringing a sticky Yoga mat, available at all major Sporting Goods Stores. However, using a Gym mat will suffice for trying the classes at first. Allow your body 3 – 5 classes to learn the basics of each class.

Core: (Different Name, Same Great Results) Abdominal and Back Strength – a class which may use just your bodyweight, balance balls, or medicine balls, either on mats or on balancing equipment, to strengthen your abdominal and back muscles. CORE will help support your body in everything else you do.

CxWORX™ by Les Mills: CxWorx is the 30-minute Core Class that's been formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else! CxWorx will get you results where it counts the most.

Healthy Back: Prevent injury, feel better, add stretching to your workout. Learn beginning core work as well as use of the foam roller and PNF stretching techniques to facilitate greater range of pain-free motion! Great for beginning exercisers, people with injury issues, and all who desire more flexibility and core control to support heavy lifting in fitness and in life.

BODYFLOW™ by Les Mills: is the Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal time out from the stress and strains of daily life – a 55-minute group exercise-to-music class that enhances your physical and mental well-being.

Body Pump™ by 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.

Booty Blast B.A.R.™ A Barre Principle Class: LVAC may not have ballet barres installed in any of our locations, but we put a different spin on the popular barre principle classes. Barefoot or in soft shoes, Ballet Aerobics Resistance (B.A.R.) uses low impact movements to target the muscles of your core and your lower body (hips, thighs, butt) as well as high impact blasts to get your heart pumping. The moves are lengthening, the focus is on alignment and good form and the repetitions are high - you will feel the burn! And instead of hanging from a barre you get to hold your own to tone your upper body.

Booty Blast B.A.R.™ Athletic: This offers the same burn and tone as a Booty Blast B.A.R.™. This upbeat Barre Principle, ballet inspired fitness class uses various forms of weighted resistance creating stronger, leaner muscles. As with the Booty Blast B.A.R.™ it is a combination of low impact strength movements with blasts of high impact moves.

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, plyometrics, bracing, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.

Flexibility: Guides you through safe stretches in order to increase range of motion and relief tension in tight areas of your body, using stretching techniques from various modalities.

MRT: A muscle-resistance training class designed to enhance muscle tone, definition and endurance using bands, balls, weights, as well as your own body-weight for resistance. Movements that take you through all three planes of motion will improve your functional fitness as well. Don't forget to take a cardio class to show off that long and lean muscle.

NAVY SEAL Bootcamp Central, Saturdays 9:30am - 12pm: 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!

Hot Pilates: Hot Pilates is a challenging full body workout using Pilates principles to create long lean muscle mass. What makes it hot is the combination of low impact, high intensity movements, making this one of the best weight loss programs that also helps you improve your posture.

Pilates: Floor work class based on the principles of Joseph Pilates. A core conditioning class that mainly aims to improve posture and balance by strengthening the abdominal and low-back area. May also focus on strengthening upper and lower body with your own body weight or small equipment.

PI.T.™ Pure Intensity Training: Looking for something to really challenge your workout? Exclusively at LVAC, PI.T.™ will have your muscles burning from head to toe! Mixing old calisthenics with modern-day functional training, this will be one of the newest programs to add to your existing exercise regiment!

HIIT High Intensity Interval Training: The bottom line in HIIT is: you push yourself as hard as YOU are able to. These classes are of short duration so you know you don't have to go for too long. Give it your best and make sure you take some time to stretch on your own. The instructor is your guide, but it is your job to dig deep.

Tai Chi: The traditional slow, focused, moving meditation health exercise.

willPower: willPower & grace is a high-energy, cardiovascular solution that mind-body practitioners have been looking for and the foot-fitness conditioning program that athletes need. This workout is as philosophical as it is physical; a full-body functional workout meets sports psychology. We integrate the smartest and safest barefoot training methods to strengthen your feet while progressively correcting imbalances in your ankles, knees and hips. This unique workout appeals to "morning moms," sports athletes and teens, but must be experienced to be understood.

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LVAC CLASS DESCRIPTIONS

YOGA CLASSES – Yoga helps promote balance, focus, strength, and relaxation, through mind/body connection. We recommend you try different instructors to find the style you prefer. Yoga classes are always taught with options for easier and harder modifications. For your own comfort, dress in layers and be prepared to take off your shoes and socks. You can enhance your Yoga Practice by bringing a firm blanket or large beach towel to sit on and cover up with during relaxation. You may also want to bring a small towel to cover your eyes during relaxation.

Beginning Yoga: A class for people who are new to Yoga, those who desire a slower practice once in a while and those who want to review proper alignment. Mini lessons focus on alignment of the most basic postures, and Sun Salutations are reviewed and practiced at a slower pace. A great class to learn the options to take during other Yoga classes.

Ashtanga (Intro/Prep) Yoga: Ashtanga moves through a set series of poses always done in the same order, moving through sun salutations and performing each pose individually to build flexibility and stamina. To help you learn the series safely and effectively LVAC currently offers these classes in shorter versions, moving slower in "Prep" to help you learn the series, and practicing as much of the complete series during "Intro" as time allows.

Gentle Yoga: A slower approach to a traditional Yoga class, keeping joint limitations in mind for the practice of poses. This gentle approach isn't always easy and yet its simplicity may take you places you didn't know you could go!

Integrative Yoga: Breath, awareness and movement come together to enhance the wellbeing of body, mind, spirit. Different styles of hatha yoga blend into an intuitive practice, including mindfulness practice, deep relaxation and quiet contemplation. All levels welcome.

Iyengar Yoga: In addition to the basic benefits of a Yoga class, this style of yoga is noted for great attention to detail and the precise alignment of postures.

Vinyasa Flow Yoga: This style focuses on linking breath with movement. Participants can expect to move through variations of the sun salutations and have postures linked together to increase strength, stamina, and flexibility. This is a vigorous varied practice. Some maybe more vigorous than others.

Yoga Blend: Here you will discover how traditional Yoga and modern Fitness principles can be blended into an effective workout. You may find elements from Pilates and Functional Training incorporated in these classes.

CARDIO Classes

Cardio classes are designed to raise your heart rate and to get large muscle groups working. Everyone's level of Cardio Fitness is different and you need to listen to your body. If your heart feels as if it is going to jump out of your chest, simply march in place. Please allow yourself to take any class 3 – 5 times to learn the basic movements. Classes without numbers are taught to mixed levels of fitness, giving modifications for easier and harder options. Step Classes marked 1, 2 & 3 denote beginner, intermediate and advanced, with BodyStep being a great option for all levels. Always let your Instructor know if you are new to a class and if he or she should be aware of any injuries or pregnancy. Always bring a towel and water in a closed container.

8Strikes™: A High-intensity workout like no other. This class combines kickboxing, shadowboxing, plyometrics, calisthenics, speed and agility, strength/resistance and core conditioning. 8Strikes is designed to

break all plateaus, ensuring constant change in your physique. From beginner to advanced 8Strikes challenges all. 8Strikes is taking back control with your knuckles!

BODYATTACK™ by Les Mills is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography.

BodyCombat™ by Les Mills 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 Muay Thai. Supported by driving music and powerful rolemodel instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BodyStep™ by Les Mills is 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.

BODYVIVE™ by Les Mills is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on! Like all the LES MILLS™ programs, a new BODYVIVE™ class is released every three months with new music and choreography.

CYCLE: Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. However, you may enjoy your time on the bike more, if you wear padded bike shorts or bring a padded seat cover, available in the sports department of any major discount store.

RPM™ CYCLE by Les Mills: RPM™ is the indoor cycling workout based on outdoor riding, where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Kickbox: Non-contact boxing and kicking moves done to motivating music in a cardio class setting that will release your tensions while burning lots of calories.

Lite Step/Lite Workout: A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.

PILOXING: Piloxing™ is a creative mix between Pilates and boxing, with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. This low-impact workout is done barefoot and incorporates movements from dance, punches inspired by boxing and core work based on Pilates. It is fun, a perfect fat burning workout and great for your feet.

LVAC CLASS DESCRIPTIONS

Step 1, 2, 3: Classes performing moves on and off a step platform, great for tightening those glutes (your booty)! If you can't make it to a level 1 class be sure to be patient if you start with level 2 or try BodyStep™ to improve your cardio fitness first. Let your instructor know that you are new AND JUST KEEP COMING.

Triathlon Class: Combines lap swimming, stationary cycling and running to simulate a triathlon. Goggles, towel, padded bike seat or shorts and water are recommended. First set up your bike in the Group Fitness room, and then meet the class in the lap pool.

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. You may have to personally try each style to find what suits you best, but we are confident you will find several options you will love.

Belly Dance: Learn traditional bellydance moves that firm and tone the waist and hips. No experience or flat stomach necessary. Men are encouraged to join in the fun!

BODYJAM™ by Les Mills is a 55minute cardio workout set to the latest music and greatest dance moves. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. It's cardio fun at it's best for those with a passion for movement. You will burn calories, increase your fitness levels – and learn to dance better. So grab a friend, get front and center and get high on the feeling of dance.

DANCE WITH ME™: DWM is truly a party with all the important elements for a great cardio workout. Different from any other cardio dance workout, DWM utilizes all styles of dance, such as Hip Hop, Bollywood, Country, Ballroom, Jazz, African, Hula, Russian, Latin Styles, Broadway, Disco, and so much more. There are cardio and toning bursts infused throughout, and the workout is paced so that students of all shapes, sizes and fitness levels can participate and change their body for the better, for life!

HotHulaFitness: Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core glutes, quads and arms. And if you like bring a sarong and a flower to wear.

Sh'Bam™ by Les Mills: How can you NOT want to do something that's called sh'BAM?!! This class features simple but seriously hot dance moves that will shape you up and let out your inner star. The soundtrack is made up of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics and modernized LATIN Beats. The class is 45 minutes long.

Hip Hop Dance - previously listed as Street Jam: Contemporary hip hop dance classes. Lots of fun if you hang in there for a few classes to get down the moves! We recommend that you have some sense of coordination.

Zumba®: This is a cardio class based on international rhythms. Imagine you are going to a friend's party and just have a great time dancing to great music. There is no wrong, everything is right, and you definitely do not need any dance experience! The moves are simple and sometimes strength-conditioning moves will be added. Lots of fun and lots of sweat!

AQUA Classes – Aqua classes should not be mistaken as “easy”. Water is very suitable for all fitness levels, young and old. Whether you are coming back from an injury or are looking for an environment that surrounds you, literally, with resistance. Make the class as hard or easy as you need it to be. Classes meet in the exercise as well as the lap pools. No swimming skills are necessary and participants can modify all exercises to their level of fitness.

AQUAEROBICS: This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training at the end. A typical class consists of a 10-minute warm-up to increase the heart rate. The actual cardio workout lasts 35 minutes, with 20 minutes being vigorous activity that the participant modifies for his or her own level of fitness. The class finishes with a choice of abdominal work or body toning and a stretch.

AI CHI: A slow, focused, moving meditation health exercise, that when done in the water will help improve your mastery of balance.

Aqua Bootcamp/Poseidon's Fury: a total body workout integrating cardio and strength exercises geared to push you to your limits, while allowing everyone to work at their own level.

Aqua Zumba: Enjoy this international dance class designed specifically for the water.

Aquafit: This class is a high intensity aqua class that combines even segments of cardio and strength training either in intervals or by splitting the class time into even segments of each.

Aquakickbox: This vigorous workout combines punches and kicks in the water and use the natural resistance of the water to help you increase your stamina, core strength and flexibility. No boxing gloves needed!

Aquasculpt: This class uses buoyant aquatic equipment to help tone your upper and lower body, as well as improve your core muscles to stabilize your body in water.

H2O Core + More: Postural training to increase mobility, flexibility, strength and muscular endurance in your core (abdominal and back muscles) based on Pilates and Yoga exercises in the water. Offered at Sandhill only.

Hydrofit: A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.

Mobility Plus: An aqua class great for increasing your range of motion and flexibility. Great for people of all levels of fitness with tight muscles, arthritis and other uncomfortable, chronic or temporary pain conditions, and those who are returning to exercise after injury or illness.

Water Jogging: A simple cardio class in the water, using the water for resistance to increase strength and cardiovascular fitness. Participants can modify jogging to a walk.

For the most updated schedules and descriptions visit www.LVAC.com

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

LVAC CLASS SCHEDULES

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP - 45 min	BODY PUMP		ZUMBA		
6:00	BODYATTACK cardio intervals at all levels	BODY PUMP	BODYSTEP	BODY PUMP	BOOTCAMP	BODY PUMP	
6:30							BOOTCAMP
7:00		CxWORX - 30 min		CxWORX - 30 min		BODYSTEP	
8:00	HEALTHY BACK Strength, Flexibility & Relaxation for stronger Backs	YOGA* Vinyasa Flow	TAI CHI*	HEALTHY BACK Strength, Flexibility & Relaxation for stronger Backs	TAI CHI*	BODYCOMBAT - 45 min	BODY ATTACK Cardio intervals all levels
8:45						CxWORX - 30 min	
9:15	STEP 2		TURBO KICK	MRT/CxWORX* Muscle Resistance Training	STEP 2		BODY PUMP
9:30		BOOTCAMP				STEP 3	
10:15	BODY PUMP		CORE - 15 min.		BODY PUMP		
10:30		BODYSTEP	MRT Muscle Resistance Training	BODY ATTACK Cardio intervals all levels		ZUMBA	KICKBOX
11:15	CxWORX - 30 min				CORE - 30 min		
11:30		SH'BAM - 45 min. Dance Class all Levels	PILATES	P.I.T Pure Intensity Training		YOGA - 60 min Beginning	CxWORX - 30 min
PM							
12:00	ZUMBA				ZUMBA**		BOOTY BLAST B.A.R. Athletic
12:30		BODY PUMP	BODY PUMP			12:45pm BODY PUMP	
1:00	BODY PUMP - 45 min						
1:30		BODYCOMBAT	KICKBOX		KICKBOX		ZUMBA
1:45						BODYCOMBAT	
2:00	BOOTCAMP						
2:30			HIIT - 30 min		BODY PUMP		
3:00		DANCE WITH ME Dance For All Levels		DANCE WITH ME Dance for all levels			BODYSTEP
3:30	MRT Muscle Resistance Training				3:45pm BODY ATTACK Cardio intervals all levels		
4:00		BODY PUMP	BOOTCAMP	BODY PUMP			BODY PUMP
4:30	ZUMBA				4:45pm CxWORX		
5:00		CxWORX - 30 min	FLEXIBILITY	CxWORX - 30 min			5:15 - BELLYDANCE*
5:30	BODYSTEP	BODY ATTACK Cardio intervals all levels	BODY ATTACK Cardio intervals all levels	5:45pm 8STRIKES*			
6:30	BODY PUMP		BODY PUMP		BODY PUMP		BODYCOMBAT
7:00		HotHulaFitness Polynesian Dance		BODYSTEP - 45 min			7:30 - CxWORX - 30 min
7:45	ZUMBA		ZUMBA		ZUMBA		
8:00		BODYCOMBAT		BODY PUMP			
9:00	BODY PUMP	ZUMBA	BODY PUMP	9:15 - ZUMBA			

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE		RPM CYCLE - 45 min	RPM CYCLE - 45 min		
6:00	RPM CYCLE - 45 min	BODYFLOW strength-balance-stretch	CYCLE	CYCLE	BODYATTACK - 30 min	RPM CYCLE - 45 min	
7:00					6:30am CxWORX	BODYFLOW strength-balance-stretch	
8:15	CYCLE		CYCLE	BODYFLOW		CYCLE	
8:30					RPM CYCLE - 45 min		
9:00		CORE - 30 min. as of 7/9				9:15am MRT	CYCLE
9:30	CYCLE	TURBO KICK as of 7/9	CYCLE	willPOWER Barefoot Cardio & Toning	CYCLE		
10:15							YOGA* Vinyasa Flow
10:30	PILATES	BODYFLOW strength-balance-stretch	10:45am YOGA* Ashtanga Intro	PILATES	PILATES	BODY ATTACK Cardio intervals all levels	
11:30						CYCLE	SH'BAM - 45 mins. Dance Class all Levels
PM							
12:00		RPM CYCLE - 45 min		RPM CYCLE - 45 min			
12:30	CYCLE		ZUMBA		YOGA* Vinyasa Flow		BODYFLOW strength-balance-stretch
1:00		YOGA* Vinyasa Flow		YOGA* Vinyasa Flow			
1:30			CORE - 30 min.			YOGA** Vinyasa Flow	RPM CYCLE - 45 min
2:30							CxWORX - 30 min

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

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check www.lvac.com for the most accurate schedules.

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LVAC CLASS SCHEDULES

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

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

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:30		BODYFLOW					
4:00			4:15PM YOGA Vinyasa Flow				GENTLE YOGA*
4:30	BODYVIVE - 45 min Cardio-Functional Strength-Stretch	BOOTY BLAST B.A.R. Athletic		BOOTY BLAST B.A.R. Athletic			
5:30	YOGA Vinyasa Flow	CYCLE	RPM CYCLE	CYCLE	CYCLE	RPM CYCLE - 45 min	
6:30	BODYCOMBAT	CxWORX - 30 min	PILATES	YOGA Vinyasa Flow	PILATES		
7:15		STEP 1					YOGA BLEND
7:30	7:45pm CYCLE		BODYSTEP	RPM CYCLE	YOGA* Vinyasa Flow		
8:15		MRT Muscle Resistance Training					
8:30	8:45pm YOGA* Vinyasa Flow		CxWORX - 30 min.	YOGA* Vinyasa Flow			
9:00			BODYATTACK - 45 min.				

GREEN VALLEY ANTHEM - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00						AQUAEROBICS	
9:00	AQUAFIT	AQUAEROBICS*	AQUAFIT	AQUAEROBICS	AQUAFIT	AQUAEROBICS	
10:00	MOBILITY PLUS - 30 min.		MOBILITY PLUS - 30 min.		MOBILITY PLUS - 30 min.		
PM							
12:30	AQUAEROBICS		AQUAFIT		AQUAEROBICS		
6:00	AQUAEROBICS	AQUA BOOTCAMP** as of 7/16	AQUA ZUMBA as of 7/17	AQUA BOOTCAMP** as of 7/18			

EAST FLAMINGO CLUB (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP - 45 min			BODY PUMP		
6:45		CxWORX - 30 min					
8:00		YOGA* Vinyasa Flow		ZUMBA	YOGA* Vinyasa Flow		
9:00		9:15am SH'BAM - 30 min	ZUMBA	CORE - 30 min.	9:15am ZUMBA	ZUMBA	
9:30	TBC Total Body Conditioning	9:45am BODY JAM - 30 min		BODYCOMBAT martial arts cardio			ZUMBA
10:00			MRT Muscle Resistance Training			BODYVIVE Cardio-functional strength-stretch	
10:30	PILATES	YOGA* Vinyasa Flow		YOGA* Vinyasa Flow	MRT Muscle Resistance Training		BODYPUMP
11:00			CORE - 30 min.			MRT Muscle Resistance Training	
11:15							
11:30			GENTLE YOGA*		PILATES		CxWORKS
11:45	ZUMBA						
PM							
12:00		TAI CHI				STEP 1	FLEXIBILITY - 30min
12:15				TAI CHI			
1:00	GENTLE YOGA*	ZUMBA					
3:00						BODY PUMP	
4:00		MRT Muscle Resistance Training	4:40pm SH'BAM - 45min Dance Class all Levels	MRT Muscle Resistance Training		CxWORX - 30 min	
5:00	CORE- 30 min.	PILATES		PILATES	BODY COMBAT		
5:30	KICKBOX		BODYFLOW				
6:00		BODY PUMP		BODY PUMP	BODY PUMP		
6:30	CxWORX - 30 min		CORE - 30 min.				
7:00	BODYATTACK - 30 min	7:15pm YOGA* Integrative	KICKBOX	7:15pm YOGA* Integrative	ZUMBA		
7:30	ZUMBA						
8:00		8:30pm BELLYDANCE	ZUMBA	8:30pm ZUMBA			

EAST FLAMINGO CLUB - AQUA CLASSES

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

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

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check www.lvac.com for the most accurate schedules.

LVAC CLASS SCHEDULES

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

WEST SAHARA CLUB - ROOM 1 (364-5822)

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

WEST SAHARA CLUB - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30					CYCLE		
6:00			CYCLE				
9:00			YOGA BLEND*				
9:15		RPM CYCLE**			CYCLE		
9:30	RPM CYCLE			RPM CYCLE			
10:00						10:15am RPM CYCLE -45 min	YOGA ** Iyengar
10:30	LITE STEP				LITE STEP		
11:15						YOGA* Vinyasa Flow	
11:30	FLEXIBILITY - 30 min		RPM CYCLE		FLEXIBILITY - 30 min		
PM							
12:00							
12:30			CxWORX - 30 min				
4:00				PILATES			
4:30		RPM CYCLE					
5:30	RPM CYCLE	BODY FLOW strength-balance-stretch	CYCLE	BODY FLOW strength-balance-stretch	RPM CYCLE		
6:30		BODYSTEP	YOGA* Iyengar	BODYSTEP			
7:00							

WEST SAHARA - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			
9:00			AQUAEROBICS			AQUAFIT*	
PM							
12:00	AQUAEROBICS		AQUAEROBICS		AQUAEROBICS		
3:00							
5:30	AQUAFIT*	AQUAFIT	AQUAFIT*	AQUAFIT			
6:00							

For Updated Class Schedules Visit

WWW.LVAC.COM

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

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check www.lvac.com for the most accurate schedules.

LVAC CLASS SCHEDULES

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

CENTRAL CLUB AT KAREN (734-5822)							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODY PUMP	CYCLE	BODY PUMP	CYCLE		9:30am - 12:00pm NAVY SEAL BOOTCAMP Integrated Swim- Calisthenics-Run Must be on time to participate	
7:30		YOGA* Integrative		YOGA* Integrative			
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE		
9:45						RPM CYCLE	
10:00	LITE WORKOUT	MRT Muscle Resistance Training	BODYATTACK	BODY PUMP*	LITE WORKOUT		GENTLE YOGA
10:45						CxWORX -30 min	
11:00			CxWORX - 30 min				
11:15		FLEXIBILITY - 45 min		FLEXIBILITY - 45 min			ZUMBA
11:30						Zumba	
PM							
12:00		RPM CYCLE		RPM CYCLE			
12:15			ZUMBA				
12:30						BELLYDANCE	BOOT CAMP*
1:00		CxWORX - 30 min		CxWORX - 30 min			
2:00							YOGA* Integrative
4:30	ZUMBA		BODY COMBAT martial arts cardio	ZUMBA			
5:00					ZUMBA		
5:30	BODY PUMP	TRIATHLON*** short swim, CYCLE, long run	BODY PUMP	BOOT CAMP*			
5:45		RPM CYCLE					
6:00					ZUMBA		
6:30	8STRIKES*		6:45pm BOOT CAMP*	6:45pm KICKBOX			
7:00		STEP & TONE					
7:45				CORE - 15 min			
8:00	ZUMBA	ZUMBA	HIP HOP DANCE	ZUMBA			

CENTRAL CLUB AT KAREN - AQUA							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00	AQUAFIT	AQUAEROBICS*		AQUAFIT		AQUAFIT**	
9:30			POSEIDON'S FURY a Bootcamp Style Class in the Water		POSEIDON'S FURY a Bootcamp Style Class in the Water		
5:30	AQUAFIT	AQUA ZUMBA as of 7/16	AQUAFIT		AQUAFIT as of 7/19		

NORTHWEST RAINBOW (835-5822) - ROOM 1 ON THE GROUND FLOOR							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODY PUMP		BODY PUMP			
6:00	BODY PUMP	CxWORX - 30 min	BODY PUMP	BOOT CAMP	BODY PUMP		
6:30		TABATA HIIT - 30 min					
7:30	CxWORX - 30 min		CxWORX - 30 min				
8:00	BODYSTEP	STEP 2	BODYATTACK Cardio intervals all levels	8:15 POWER STEP basic moves-high intensity all levels	BODYVIVE Cardio-functional strength-stretch	BODYVIVE Cardio-functional strength-stretch	BOOTCAMP
9:00		CORE - 15 min					CxWORX - 30 min
9:30	BODYATTACK Cardio intervals all levels	BODY PUMP	9:15 PILATES	BODY PUMP	ZUMBA	BODYATTACK	9:45am KICKBOX
10:00						CxWORX - 30 min	
10:30	BODY PUMP	KICKBOX	MRT Muscle Resistance Training	BODYCOMBAT	MRT Muscle Resistance Training	BODY PUMP	10:45am BODYPUMP
11:30	BODYCOMBAT	MRT Muscle Resistance Training	ZUMBA	BODYVIVE Cardio-functional strength-stretch	BODYCOMBAT	11:45am BODYCOMBAT	11:45 am CxWORX - 30 min
PM							
12:30	BODY PUMP	PILATES	BODY PUMP	ZUMBA	BODY PUMP	12:45pm CORE - 30 min	BELLYDANCE*
1:30	1:45pm ZUMBA	ZUMBA*	1:45 pm CxWORX - 30 min		CxWORX - 30 min	ZUMBA	
2:00			2:15pm BODYCOMBAT				ZUMBA
3:00		3:15pm BODYATTACK Cardio intervals all levels			3:15pm ZUMBA	BODYSTEP	3:15pm BODY PUMP
3:30			BOOT CAMP				
4:00	4:15pm BODY PUMP	4:15pm ZUMBA		BODY PUMP		CxWORX - 30 min	
4:30			MRT - 30 min Muscle Resistance Training		BODYSTEP		
5:00			CxWORX - 30 min	CxWORX - 30 min			
5:30	SH'BAM - 45 min Dance Class All Levels	BODY PUMP	BODYATTACK Cardio intervals all levels	BODY STEP	BODY PUMP - 45 min		BODY STEP
6:15					CxWORX - 30 min		
6:30	BODY PUMP 45 min.	BODYCOMBAT	BODY PUMP	ZUMBA			
7:00	7:15 CxWORKS 45 min.	CxWORX - 30 min			BODYCOMBAT		
7:45	ZUMBA		HIP HOP DANCE*	BODY PUMP			
8:00	8:45 HOT HULA FITNESS Polynesian Dance	BODY PUMP			ZUMBA		
9:00			ZUMBA				

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

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check www.lvac.com for the most accurate schedules.

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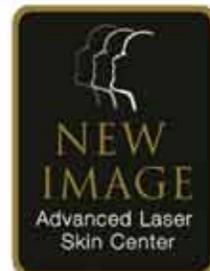
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LVAC CLASS SCHEDULES

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

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

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

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
6:00		BODYCOMBAT		BODYATTACK <small>Cardio Intervals For All Levels</small>			
8:00	YOGA* <small>Iyengar</small>		YOGA* <small>Iyengar</small>	GENTLE YOGA *		YOGA BLEND	
8:30					CxWORX - 30 min		
9:15		BODYFLOW <small>Strength-Balance-Stretch</small>			BODYFLOW <small>Strength-Balance-Stretch</small>		
9:30	PILATES		PILOXING <small>Pilates & Boxing Fusion</small>	ZUMBA			
10:30	10:45am BODYVIVE <small>Cardio-functional strength-stretch</small>		10:45am BEGINNING YOGA	CxWORX - 30 min	DANCE WITH ME <small>Dance for All Levels</small>		
11:15		GENTLE YOGA *		YOGA * <small>Vinyasa Flow</small>			
11:45	CxWORX - 30 min						
PM							
12:00						12:15pm BODYFLOW	YOGA** <small>Vinyasa Flow</small>
12:30	YOGA <small>Vinyasa Flow</small>	PILOXING <small>Pilates & Boxing Fusion</small>	YOGA <small>Vinyasa Flow</small>		YOGA <small>Vinyasa Flow</small>		
2:00						PILOXING <small>Pilates & Boxing Fusion</small>	BODYATTACK
2:30	BOOTY BLAST B.A.R. <small>A Barre Principle Class</small>		BOOTY BLAST B.A.R. <small>A Barre Principle Class</small>				
3:15						HOT HULA FITNESS <small>Polynesian Dance</small>	
4:00	4:15pm YOGA Blend	4:15pm BODYFLOW <small>Strength-Balance-Stretch</small>		BODYATTACK <small>Cardio Intervals For All Levels</small>			
5:30	HIIT - 30 min FLEXIBILITY - 30 min	BOOTY BLAST B.A.R. <small>A Barre Principle Class</small>	SH'BAM - 45 min	BODYCOMBAT			
5:45					BODYFLOW <small>Strength-Balance-Stretch</small>		
6:30	CxWORX - 30 min	6:45pm DANCE WITH ME <small>Dance For All Levels</small>	BODYFLOW - 30 min <small>Strength</small>	BODYVIVE <small>Cardio-functional strength-stretch</small>			
7:15	BODYFLOW <small>Strength-Balance-Stretch</small>		YOGA BLEND *				
8:00		YOGA* <small>Vinyasa Flow</small>		YOGA * <small>Vinyasa Flow</small>			

NORTHWEST RAINBOW - AQUA CLASSES

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

For Up-to-the-minute Information on Class Schedules visit

WWW.LVAC.COM

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

Scheduled classes are subject to change and cancellation due to attendance, requests, workshops, and emergencies. Please check www.lvac.com for the most accurate schedules.

LVAC CLASS SCHEDULES

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP			
6:00	BODY PUMP	BODYATTACK <small>Cardio intervals at all levels</small>	BODY PUMP	BODYSTEP	YOGA <small>Vinyasa Flow</small>	BODY PUMP	
7:00	ZUMBA			CxWORX - 30 min		CxWORX - 30 min	
8:00	BOOT CAMP		HIIT - 45 min		BOOT CAMP*		BODYSTEP - 45 min
8:45		CxWORX - 30 min	CxWORX - 30 min				CxWORX - 30 min
9:00	9:20am ZUMBA - 45 min	9:30pm BODYATTACK <small>Cardio intervals all levels</small>	9:15am BODYCOMBAT	9:30pm BODYATTACK <small>Cardio intervals all levels</small>	9:15am BODYCOMBAT	9:00am ZUMBA	9:30am BODY PUMP
10:00						SH'BAM - 45 min <small>Dance class all levels</small>	
10:30	BODY PUMP	MRT <small>Muscle Resistance Training</small>	BODY PUMP	CxWORX 30 min.	BODY PUMP		KICKBOX
11:00				MRT <small>Muscle Resistance Training</small>			
11:30	11:45am P.I.T. <small>Pure Intensity Trainin</small>	BODY COMBAT	11:45am P.I.T. <small>Pure Intensity Trainin</small>	BODY PUMP - 45 min	11:45am P.I.T. <small>Pure Intensity Trainin</small>		
PM							
12:30		BODY PUMP		12:45pm ZUMBA		BODY PUMP	ZUMBA
1:00			ZUMBA		PILATES		
1:45	BODY COMBAT <small>marital arts cardio</small>	8STRIKES** <small>cardio kickbox</small>		HIIT - 30 min		CxWORX - 30 min	SH'BAM - 45 min <small>Dance class all levels</small>
2:00	2:45pm CxWORX - 30 min		BODY COMBAT <small>marital arts cardio</small>	2:15pm CxWORX - 30 min	ZUMBA	2:15pm ZUMBA	
3:15	ZUMBA					3:30pm SH'BAM - 45 min <small>Dance class all levels</small>	
4:15		BODY PUMP		BODY PUMP			
4:30	BOOT CAMP		BOOT CAMP		BOOT CAMP	BODY PUMP	
5:30	BODY PUMP - 45 min	P.I.T. <small>Pure Intensity Training</small>	BODY PUMP	CxWORX - 30 min	BODY PUMP	CxWORX - 30 min	
6:00	6:15 CxWORX - 30 min		6:45pm BODYCOMBAT	BODYCOMBAT	6:45pm ZUMBA		
7:00	BODYATTACK - 45 min <small>Cardio at all levels</small>	BODY PUMP		BODY PUMP/ CxWORX			
7:45	7:45 ZUMBA	8:15 HIP HOP DANCE <small>Advanced Dance Class</small>	7:45 ZUMBA				
9:15		ZUMBA					

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE		CYCLE & MRT		CYCLE		
6:00	RPM CYCLE	CYCLE	CYCLE	CYCLE	CYCLE		
7:00	7:45am YOGA <small>Vinyasa Flow</small>	YOGA* <small>Vinyasa Flow</small>		YOGA* <small>Vinyasa Flow</small>		7:45am CYCLE	
8:00		8:30am CYCLE	8:15am BODYVIVE <small>Cardio-functional strength-stretch</small>	8:30am CYCLE	8:00 ZUMBA		
9:00	9:15am CYCLE*	9:45am YOGA BLEND*	9:15am PILATES	9:45am YOGA BLEND*	9:15am CYCLE	9:00 BEGINNING YOGA	9:15am CYCLE
10:00	10:30 HOT PILATES		10:30 CYCLE		10:30 YOGA BLEND	10:00am HotHulaFitness <small>Polynesian Dance</small>	10:30 BODY FLOW <small>strength-balance-stretch</small>
11:15		CYCLE		BOOTY BLAST B.A.R. <small>A Barre Principle Class</small>	11:30am BODYVIVE - 45 min	11:15am - 12:15pm CYCLE	
PM							
12:30	CYCLE	YOGA BLEND	CYCLE	BODYCOMBAT	GENTLE YOGA*	BODY FLOW <small>strength-balance-stretch</small>	12:00pm PILATES
1:30	BEGINNING YOGA	ZUMBA	YOGA BLEND				YOGA* <small>Vinyasa Flow</small>
2:30				3:00 BODY FLOW <small>strength-balance-stretch</small>		2:30 YOGA* <small>Vinyasa Flow</small>	
4:15	RPM CYCLE	YOGA* <small>Ashtanga Intro</small>	RPM CYCLE	YOGA* <small>Vinyasa Flow</small>	RPM CYCLE - 45 min		
5:15	5:30pm YOGA <small>Vinyasa Flow</small>	5:30pm RPM CYCLE	5:30pm PILATES	5:30pm CYCLE	5:15 CxWORX - 30 min 5:45pm HotHulaFitness <small>Polynesian Dance</small>		
6:30	6:45pm CYCLE	BODY FLOW <small>strength-balance-stretch</small>	6:45pm CYCLE	BODY FLOW <small>strength-balance-stretch</small>			RPM CYCLE
7:30		7:45pm BODY COMBAT	7:45pm YOGA* <small>Vinyasa Flow</small>	7:30 BELLYDANCE			
8:00	8:00 PILATES	8:45pm CORE - 30 min.		8:30pm HotHulaFitness <small>Polynesian Dance</small>			

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	POSEIDON'S FURY** <small>A Bootcamp Style Class in the Water</small>		AQUAFIT**		HYDROFIT	AQUAFIT**	
9:00		AQUAEROBICS		AQUAEROBICS	9:30am AI CHI - 45 min		
10:00		AQUAFIT		AQUAFIT		AQUA ZUMBA	
PM							
4:30		POSEIDON'S FURY** <small>A Bootcamp Style Class in the Water</small>		POSEIDON'S FURY** <small>A Bootcamp Style Class in the Water</small>			
6:00		AQUA ZUMBA		AQUA KICKBOX			

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GROUP FITNESS PARTIES

Once every quarter the LVAC Group Fitness Department puts on Fitness Parties to invite members and non-members to try a class new to them, but for just 30 minutes. Often you may hesitate to try a new class because you are not sure if it is too easy, too difficult, or you are afraid it may just not be your cup of tea. We like to think almost everyone can stick something out for 30 minutes.

These Fitness Parties are designed to give you a taste and general idea of what a class is all about. To master the moves of a new class, you will often need just 3 to 5 classes to get the hang of it. In the meantime, allow yourself to always return to the most basic move of the exercise taught.

With all that in mind, during a two-hour period you can potentially try four new classes! Please save the following 2013 dates and invite your friends.

For a detailed schedule of Fitness Party classes please like our Facebook Page at www.facebook.com/lvacgroupfitnessclasses.

*Guests must be 18 years or older and have a local I.D.

SUMMER FITNESS PARTIES

Eastern/215
Thursday, July 18th
 3pm - 8:30pm

Room 1
 3:00 pm Zumba
 3:40 pm Sh'Bam
 4:20 pm BodyStep
 5 pm BodyPump
 5:45 pm INSANITY DEMO
 6:20 pm 8STRIKES Kickbox
 7:00 pm BodyCombat
 7:40 pm CxWORX
 8:10 pm BodyAttack
 9 pm Zumba Reg. Schedule

Room 2
 4:15 pm CxWorx
 4:50 pm BodyVive
 5:30 pm RPM Cycle
 6:15 pm BodyFlow
 6:55 pm Yoga Ashtanga Intro
 7:30 pm Booty Blast B.A.R.
 8:30 pm Yoga Reg. Schedule

Rainbow
Friday, July 19th
 3:30pm - 8pm

Room 1
 3:15 pm Sh'Bam
 4 pm Zumba
 4:30 pm BodyFlow
 5:10 pm BodyStep
 5:50 pm INSANITY DEMO
 6:30 pm BodyPump
 7:15 pm BodyAttack
 8 pm Zumba Reg. Schedule

Room 2
 In addition to our regular cycle classes, please join us for the full RPM workout.
 7:15 pm RPM Cycle

Room 3
 4:30 pm BodyVive
 5:15 pm BodyCombat
 5:50 pm Booty Blast B.A.R.
 6:30 pm CxWorx

West Flamingo/215
Saturday, July 20th
 9am - 1pm

Room 1
 9 am Sh'Bam
 9:40 am BodyAttack
 10:20 am Zumba
 11 am BodyPump
 11:40 am CxWorx
 12:15 pm BodyStep
 1 pm INSANITY DEMO
 1:40 pm HIP HOP HUSTLE DEMO

Room 2
 9 am Booty Blast B.A.R.
 9:40 am BodyFlow
 10:20 am BodyVive
 11 am CxWorx
 11:30 am RPM Cycle
 12:15 pm BodyCombat

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