

# LVAC

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SUMMER 2014

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MAGAZINE

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**p. 26**

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RECIPES  
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**BACK TO  
BASICS  
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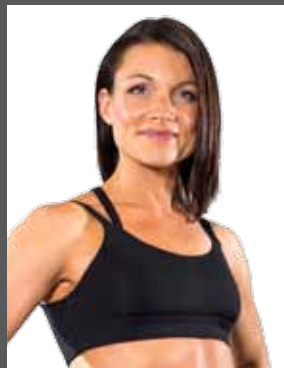
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**Member Spotlight**

LVAC Member  
Amanda Latona

# May You Live Well ... *And Prosper*



Dear Friends,

As the summer heat blasts down upon us, hopefully you will find yourself on a beautiful beach or in a nice cool club for a workout. If you are out in the sun please take the proper precautions to maintain your healthy skin. A good sunblock and hat, and not too much of a good thing, will really serve you well in years to come.

Speaking of serving you well, this leads me to another topic that I am passionate about ... "wellness". In the past I have used health and fitness interchangeably, because they are synonymous. Health and fitness can be defined as the condition of optimal well-being, free from disease, as a result of exercise and proper nutrition. Wellness is a catch-all for a lot of other treatments and therapies such as chiropractic, acupuncture and massage therapy, to name a few. All that is under the general wellness banner is not as a result of exercise and proper nutrition.

One of the major wellness areas that does fall, for the most part, into the exercise and nutrition category is called functional medicine. Functional medicine derived from one of the first definitions of wellness by Dr. Halbert Dunn, as an integrated method of functioning. In the evolution of wellness terminology, functional medicine (not to be confused with integrative medicine) replaced alternative medicine, because the later often included alternative techniques that were controversial and subject to debate. One of the main differences between conventional medicine and functional medicine is based on their orientation. Conventional medicine focuses on determining whether you are sick or healthy. While functional medicine considers the entire health continuum. On one end you have optimal health and on the other is disease. Functional medicine focuses on what's in between the two ends, like weight gain and pre-diabetes. Functional medicine looks beyond the symptoms to treat the actual cause of the condition or illness.

In past issues I have written about the connection between obesity and diabetes, and there is a lot more to it than 33-35 percent of the nation being obese and either diabetic or pre-diabetic. In fact, Dr. Mark Hyman, a leading expert in the field of functional medicine has come up with a new term called "Diabesity". Dr. Hyman has also been featured on the Dr. Oz show as one of his Fantastic Four, hand-picked pioneers in the field of functional medicine. Dr. Hyman points out that food is the most powerful medicine to treat chronic disease like diabetes and different types of arthritis. This relates back to the article on inflammation in the last issue of the LVAC magazine, and how the foods we eat can cause inflammation and lead to chronic disease. Dr. Hyman is also co-creator of "The Daniel Plan" for Pastor Rick Warren's Saddleback Church in Lake Forest, CA. The Daniel Plan is a faith-based holistic approach to health focused on mind, body and spirit, with it's main components being simple, unprocessed, fresh, nutrient-packed foods, plenty of exercise, and getting help from friends.

Looking at the big picture on wellness and functional medicine is what drives the nation's health care system. Three quarters of our health care costs are associated with the treatment of chronic disease, including migraine headaches, obesity, diabetes, arthritis and back and neck pain. It also demonstrates the connection between health, fitness and medicine. Having an icon like Dr. Oz recognize the importance of this new health care model will certainly have a positive impact. Each step brings us closer to having the medical profession begin to prescribe exercise and proper nutrition as a means of preventing obesity and related illnesses like diabetes.

Today, even juice falls under the wellness category, with an Irvine, CA maker of organic juice called Ritual Wellness. Starbucks has also entered the health and wellness market with their Evolution Fresh juices and healthy snacks. I might also add that LVAC, in its juice bars, is active in the wellness/juice arena. You might want to check out some of the new smoothies, like Tropical Green, Greenalicious Powerhouse and The Hulk, which are more of a perfect combination of juice and smoothie but tastes more like a smoothie!

On behalf of the entire LVAC team, here's to a fabulous summer of health, fitness, and wellness.  
May you live well ... and prosper!

Yours in health,  
Todd O. Smith  
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**12**

**14**

**20**

**26**

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# Success Story

LVAC Member Allison Ward Shares Her Lifestyle Change



Allison Before

**A**llison Ward is a wife and mother with a degree in fashion design, and a passion for health and wellness. She and her family moved to Las Vegas from Maui, Hawaii in the fall of 2011. Although they miss the beach and their wonderful friends in Maui, they love living in Las Vegas.

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

**Allison:** "I have struggled with my weight for most of my adult life. Honestly, I didn't think it was possible for me to ever be in good shape. After my son's first birthday, I realized that being overweight was going to prevent me from being able to play with him as he grew older. I joined LVAC and started working out again simply to increase my energy level enough to be able to keep up with a growing toddler. After my pregnancy, I had come to terms with the fact that I would probably never look good again, but I determined that I could at least be more active."

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

**Allison:** "I attribute my success to LVAC's group fitness class P.I.T., (Pure Intensity Training), and the instructor, Brian Catanio. Brian is such a charismatic, motivating individual and his class is one of the most challenging and exciting things I've ever done. P.I.T. just has a way of making you want to push harder and do more. It has forever changed and improved my life."

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

**Allison:** "Before my weight loss journey began, my diet was a mess! I ate plenty of healthy foods, but I also indulged in junk food on a regular basis. My portion sizes were completely out of control. I have a tendency to binge eat when I am stressed or tired, and without regular exercise, I was always stressed out and completely exhausted. The biggest change I made to my diet was to eliminate all foods with labels. I still enjoy a weekly "cheat meal," in which the rules do not apply, but overall, I avoid any and all processed and packaged foods. I try and stick to a diet consisting of organic fresh fruits, vegetables, lean meats, nuts and seeds."

**LVAC: What results have you seen from the changes you have made in your diet and lifestyle?**

**Allison:** "My lifestyle change helped me realize what I want to be when I grow up. I am now a certified Group Fitness Instructor and Personal Trainer, with the goal of helping to

improve the lives of women who want to become more fit and healthy. I was also just named ambassador and spokesperson for VictorySHE, a Las Vegas based women's race and fitness clothing company, geared towards empowering women through fitness. My outlook on my life is far more positive; I look and feel better than I ever have. I've made some great friends through LVAC and my workouts, and I finally have the energy to keep up with my very active son!"

*When Allison's not at the gym, you can find her in the kitchen, creating healthy versions of her favorite foods. She and her husband, Larry are the parents of a three year old son. Allison says, "My greatest accomplishment is giving birth to such an incredible child, and spending time with him is by far my favorite thing in the world."*



**Before**  
Weight: 180 lbs.  
Body Fat: 36%  
Dress Size: 14

**After**  
Weight: 135 lbs.  
Body Fat: 15%  
Dress Size: 4

Allison is an LVAC group fitness instructor, teaching cycling and P.I.T. at our Green Valley, Southwest and Northwest locations. **Download the LVAC App to access the current group fitness schedule!**

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# Water Workouts

## Aquatic Bootcamp ... *It's What's New at LVAC!*

**T**he days of water workouts existing only for an 'older' generation are history. Thanks to cutting edge research, we now know that the benefits of working out in the water—cardiovascular fitness, muscle strengthening and calorie burn—are almost identical to land exercise. Everyone, no matter what age or fitness level, can greatly benefit from water exercise.

Back in the early 1970's, Muhammed Ali brought national attention to water exercise. Even back then, the three time world champion often trained for his bouts by shadow boxing and running in place while standing shoulder-deep in water. Ali explained that the resistance created by having to displace so much water with each movement made him stronger and faster while boosting his stamina and endurance. Ali was right on target. Suspending your body in water combines the effects of a high-intensity cardio workout with weight resistance in an environment that tends to adapt and adjust to your individual movements and levels of exertion.

Sources:

'Why Water Workouts', [gabbyandclaird.com](http://gabbyandclaird.com), Contributing writer, Tom Kerr; Aquatic Exercise Association.

'Aquatic Resistance Training-Research Enhanced Presentation', June M. Cheurning, MA.

MayoClinic.com; Mayo Foundation for Medical Education and Research, 'Studies on Water Exercise'.

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***"Everyone, no matter what age or fitness level, can greatly benefit from water exercise."***

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**Here's a quick look at some of the benefits of aquatic exercise:**

- Water is a great place to perform plyometric (also known as jump) training. Exercise variables are enhanced while impact forces are diminished so the participant will receive all of the benefits of jump training while avoiding joint damage and strain.
- Aquatic exercise can involve the upper and lower extremities through optimal ranges of motion, resulting in muscular strengthening while minimizing joint stress.
- Workouts in the water enhance balance, coordination, posture and performance skills, thus reducing the risk of falls and injury.
- Aquatic exercise builds cardiovascular and respiratory fitness, has a caloric expenditure similar to exercise on land, and is a useful medium for increasing joint flexibility. Also, new research supports exercise in the water for improving bone density.

**LVAC offers a comprehensive aquatic program, complete with specialty classes such as:**

**New to LVAC! Aqua Boot Camp** – A HIIT (high intensity interval training) workout using plyometric training and resistance equipment. This is a very challenging, total body workout that combines cardiovascular training and strength conditioning.

**Aquafit** – A tough, endurance based cardiovascular workout that includes strength training and flexibility work.

**Triathlon Training** – Combines lap swimming and swimming instruction with cycling and running.

**Mobility Plus** – Movement focused on increasing joint range of motion and flexibility—excellent for persons dealing with arthritis, back problems, or needing rehabilitation from injury.

Whether you are a competitive athlete, just beginning your fitness and weight loss journey or someone needing to rehab from surgery or injury, the water is for you.

**Check out the aquatic fitness schedule on page 47. For the most up to date GF schedule changes, always go to [lvac.com](http://lvac.com). Or, download the LVAC app for instant access to the entire group fitness schedule.**

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# The Race is On

A great way to measure your fitness progress

By Bret FitzGerald

**G**etting in shape, or getting in better shape can be a nebulous task if you don't have a way to test your progress. You may feel a little better, and your clothes might be a little looser, but how do you know you are making real strides toward better fitness? One solution is to sign up for a race. I have been doing this every year since 1982.

For the last 32 years I've done some form of racing in an effort to measure my fitness from one year to the next. Sometimes I try to beat age-group peers, sometimes I try to beat my time from a previous year and sometimes it's both.

In the early '80s I started doing road races like 5k and 10k competitions. I did my first full marathon in 1982. Then, Wide World of Sports broadcast the Ironman Triathlon and that became my goal. I started swimming and cycling in between my university studies and run training. I signed up for a few mini triathlons and did well. Finally, I raced in the Ironman in 1983. From that point forward I have done at least one sporting competition every year.

Lately, I have been enjoying the training and competition of Obstacle Course Racing (OCR). OCR's go by many familiar names like Spartan Race, Warrior Dash or Tough Mudder. The concept is the same for all OCR's. The course combines a trail

run of between 3 and 26 miles interspersed with several boot camp style obstacles. The longer the run, the more obstacles one must negotiate.

The first officially recognized obstacle race, the Tough Guy, took place in 1987 outside of Birmingham, England. OCR's really took off in 2010. Most experts think that because Facebook, Twitter and Instagram have heightened people's desire for social experiences, OCR's do the same thing in a physical way. Most competitors race as a team with their friends. According to [www.competitor.com](http://www.competitor.com) this year over 10,000,000 people will race in an OCR somewhere on the planet.

While the running tests your cardio fitness, the obstacles test your strength, balance, agility and courage. There are walls as high as 8 ft. tall you must climb over, there are sandbags with 70 lbs. of sand stuffed in them that you have to carry for 50 yards, but the most emblematic obstacle is the 70 yard belly crawl under barbed wire in a sea of mud.

This past April, along with my race partners and LVAC members Roger Enz and Brad Kristinik, we competed in the Las Vegas Super Spartan. According to their website [www.spartanrace.com](http://www.spartanrace.com) the run was "8+ miles and 20+ obstacles". Well, the run was at least 9 miles and there was more than 20



Roger Enz having a mud party under barbed wire with 2,000 of his closest friends



Spartan racers rope climb over a slippery wall



L-R LVAC members and my team members Roger Enz & Brad Kristinik along with the author are muddy buddies after the race

obstacles. After 3 1/2 hours we finished, wet and muddy, but smiling from ear to ear. Enz said, "That was fun, but I probably wouldn't do it without a team." He added, "It's the new golf. Instead of riding around on a cart for several hours with your friends, you're running through the desert dodging rattle snakes and getting muddy." For me, this year's test of fitness was complete. I found out that, at 56, I am as fit as my racing buddies who are both in their mid to early 40's.

That's what racing is all about. How fit are you compared to your own expectations? How fit are you compared to your 30-year old next door neighbor?

So, how can LVAC help you get ready for an 3- mile obstacle race?

Since OCR's combine the physical at-

tributes of cardio, strength, agility and flexibility there several ways to train in our clubs. Just give yourself 60 days and you will be there. Running is primary since these races are basically running races combined with boot camp courses. So let's start there. The perfect workout within LVAC's four walls should include the following:

**Running on the track or on a treadmill 3-4 days a week for 30-45 minutes.**

Increase the tempo of your pace each week. If you can run an 8 minute mile pace for 45 minutes, you will be ready for the cardio aspect of the race. However, don't get stuck on this number. Many people who finish the race run much slower.

**At least once a week, time your run to either follow or precede a boot camp**

**class, P.I.T. class or CX Works class.** This will add many of the strength and agility components to your training.

In terms of specific weight training, include **at least one day of several sets (build up to 10) of pull-ups and pull-downs and one day of several sets (build up to 8) squats and leg press.**

This program will get you race ready in two months. However, on the days when you train outdoors, load a backpack with 25-30 lbs. and carry it uphill several times. This will give you a realistic sense of what OCR is about.

If you need help in training for an OCR, contact an LVAC Coach and let them know that you are doing an obstacle race. They can help you dial in a program to have you race ready.



"Tough Guy" competitors running through mud. Image created by user:A-punkt in the german wikipedia courtesy of Wikipedia.org

**Quick Fact:**  
The first officially recognized obstacle race, the Tough Guy, took place in 1987 outside of Birmingham, England

*It's always nice when our readers submit compliments about our magazine. The articles we publish are designed to inform and, in some cases, entertain our growing readership. I personally try to track down concepts and strategies that are easy to understand and implement, with the intention of helping you succeed in your health and fitness endeavors.*

*In our Spring issue I wrote an article with just that in mind. It is called "Goal Setting for Success". While my objective of communicating the ideas set forth in the article were hopefully considered, or better yet implement-*

*ed, by our readers, I missed one very important step. I overlooked attributing the material to pioneer of goal-setting theory, Dr. Edwin A. Locke.*

*In 1968, Dr. Locke proved that setting more specific goals - (I want to lose 25 lbs. vs. I want to lose weight) - generates higher levels of performance than setting general goals.*

*Dr. Locke's theory was bolstered by George Doran, Arthur Miller and James Cunningham when their article, "There's a S.M.A.R.T. way to write management's goals and objectives", was published in the November 1981*

*issue of Management Review (Vol 70 issue 11).*

*Now that you know that goal-setting using the S.M.A.R.T theory is not just my suggestion, but it is a theory based on solid, scholarly research, I hope you consider implementing this helpful tool when it comes to achieving your goals.*

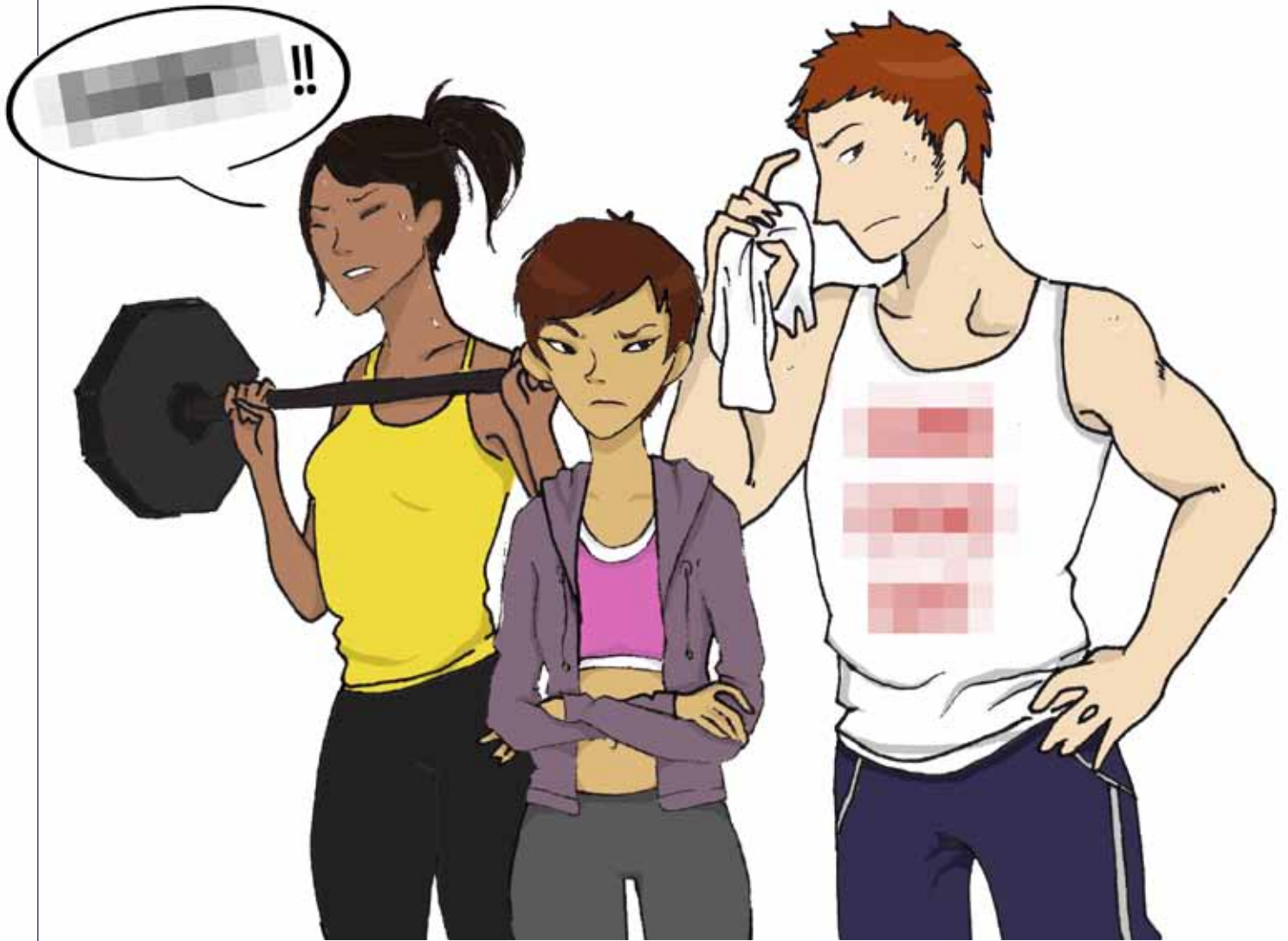
*Many Thanks to Joy Heiser for helping us re-visit the importance of goal-setting.*

*Bret FitzGerald,  
Executive Editor LVAC Magazine*



# Don't Be "That Guy"!

## Stay *Classy* Las Vegas



Artwork by Celina Garcia

**T**here's nothing like a great workout. But there's nothing that can ruin that great workout faster than hearing a verbal barrage of unsolicited profanity. Everyone agrees, there is no place at LVAC for using the F-bomb, the S-word, and all of their uninvited relatives.

Of the 1,025,109 words in the English language, there are certainly many suitable alternate words that can be used in place of inappropriate cursing. Clearly, most sensible people

wouldn't use profane language in front of their grandmother or 14 year-old niece, so treat the perfect strangers working out next to you the same way.

Secondly, wearing apparel that boasts offensive language is also not appropriate (nor cool) in our clubs. It's a big world out there and you're perfectly able to act like a knucklehead anywhere else but we prefer that you stay classy while working out at LVAC.



# GOOD MORNING LAS VEGAS

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# Functional Training

Exercise that trains your body to move safely and effectively in *real-life* situations

By Connie Stewart

I have often wondered what my husband's grandfather would have thought walking into a modern day gym. He didn't have to make time to workout, because his whole life was working out. He was a farmer. If you are not familiar with what a farmer does every day, let me put it this way. He works. From sunup to sundown, every single day of the year, except for Sundays. And it is hard, demanding physical labor. For example, when it was time to harvest the hay, he would pick up and throw a bale of hay from the field onto a pickup truck. Back in the day, a typical bale of hay weighed over 100 pounds. After the first bale of hay went onto the truck, he had 249 more to go *that day*. In one summer, he and a grandson hauled over 18,000 bales of hay! One man drove the truck, and one man threw the bales. So, I always wonder what he would think watching us sit on a machine pushing weights overhead, or running in place on a treadmill.

The truth is, most of us are not farmers and our jobs do not demand the type of hard physical labor that Grandpa

Nelson did every day of his life. Yet, our bodies need to move and work in order to stay healthy and productive. We need to make a conscious effort to make physical labor a part of our lives.

Enter functional training. Yes, it's the new buzzword in the fitness world, but for good reason. Functional training, often referred to as loaded movement training, is the type of exercise that trains your body to move safely and effectively in real life situations. You might be able to bench press more weight than ever before, but then hurt your back lifting a 60-pound suitcase up the stairs. That's because in real life, very few people lift heavy loads of weight over their chest while lying down with their back supported. Muscles work together as a team, not in isolation and most of our 'out of the gym, everyday life' consists of work done while we are in a standing position. So, doesn't it make sense to train our bodies in the way that they actually have to do work? Functional movement, or loaded movement training is

combining an external load with specific, task-oriented motions to strengthen the body in ways that do not happen with standard weight training or body weight exercises. Agility and strength come from moving the body through a multitude of purposeful actions with load in all three planes of motion.

What is an example of functional or loaded movement training? Think of a bent-over row; not the kind of row you do on a seated machine, but the kind you do leaning over, holding the weights in your hands with your arms hanging straight down, and then pulling the weight up as your elbows point to the ceiling, finishing with your upper arm parallel to the ground. "That's an exercise that will build the muscles of the back, the shoulders, the arms, and because of its nature will really work your whole body," says exercise kinesiologist Paul Chek, MSS, founder of the Corrective High-performance Exercise Kinesiology Institute in California who has advised the Chicago Bulls and the U.S. Air Force Academy. "Compare that motion to a carpenter bending over a piece of wood, a nurse bending over a bed to transfer a patient, or an auto mechanic bending over to adjust your carburetor. Anyone doing a bent-over row will find a carryover in things you do in normal life." Contrast that with the seated row: You're sitting in a chair with your chest pressed against pads, and you pull two levers back. "You may be strengthening certain muscles, but your body's not learning anything, because you don't have to activate your core stabilizer muscles or the stabilizers of your arms and shoulders. The machine's doing it for you."

Enter LVAC Group Fitness. We have one of the leading group fitness programs with some of the top instructors in the nation, and many of our class formats meet the definition for loaded movement training-combining task-oriented, whole-body movement patterning with resistance training. Having a knowledgeable instructor guide you through the training safely is a tremendous asset. Begin your functional training by trying one of these formats:

- **Boot Camp**
- **Kettle bell**
- **P. I. T.**
- **Insanity**
- **CXWORX**
- **MRT**
- **Aqua Boot Camp**
- **Navy Seal Training**
- **Triathlon Training**
- **Core Power**

Functional exercise is much more neurologically demanding than machine exercises. Experts recommend a gradual progression towards this type of training, beginning with a focus on balance, stability and mobility. Let the instructor know before class that you are just beginning to add functional training into your routine and ask for modifications if you need them. Also, be sure to let your instructor know if you have any injuries or chronic problems, such as knee or back issues.

Increasing movement ability gives us choice. Limiting movement ability, by contrast limits movement choice, increasing the risk of injury and degrading performance. It is unlikely that you or I will need to haul 250 bales of hay in one day, but each of us have things that we need and want to do. We also want to have enough strength and energy to do them. Loaded movement training will give you an intense cardiovascular workout, train you for sports specific fitness,

and improve your strength, flexibility, posture and performance. Whether you are lifting bales of hay or a toddler, running a 10K or taking the eight flights of stairs to your office the day the elevator is out of service, functional training is the most effective way of meeting the demands of your life and enjoying the ride.

SOURCES: Functional Anatomy, Principal Concepts of Human Movement, Chuck Wolfe, M.S.; Idea Fitness Journal, Loaded Movement Training, Michael Dalcourt, May 2014 Working Out for Real Life Functions, By webmd.com/gina-shaw\* Gina Shaw, WebMD Feature



Functional movement, or loaded movement training is combining an external load with specific, task-oriented motions to strengthen the body in ways that do not happen with standard weight training or body weight exercises.

## Key Concepts in Functional Training

1. *Movements should be multi-planar, working across all 3 planes of motion.*
  - a. *Frontal Plane, side to side*
  - b. *Transverse Plane, rotation*
  - c. *Sagittal Plane, front to back*
2. *Movements should be integrated, so you are using your whole body to perform the exercise.*
3. *Movements should be challenging for your brain as well as your body. Having to concentrate on performing a new movement stimulates cognitive function in addition to developing strength and flexibility.*
4. *For the greater part of your workout, you should be standing on our own feet, keeping contact with the floor throughout the movement.*
5. *Functional training should also have an element of fun. You want your training to be both mentally and physically engaging.*

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# Fit Facts

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

## Quinoa

The Food and Agricultural Organization of the United Nations (FAO) has officially declared that the year 2013 be recognized as "The International Year of the Quinoa." Cultivated in the Andes for over 5,000 years, quinoa has been called "the gold of the Incas." Technically, quinoa is a seed not a grain, but it is used in the same ways as other whole grains. Today, the popularity of quinoa (pronounced KEEN-wah) is growing steadily as people discover its pleasant nutty taste and superfood qualities. As a complete protein source also high in iron, magnesium, and fiber, quinoa is not only one of our healthiest pantry staples, but also one that's incredibly easy and quick to prepare.

## Basic Quinoa Facts

### How much cooked quinoa does 1 cup dry quinoa yield?

1 cup dry quinoa yields about 3 cups cooked quinoa.

### How much liquid do I need to cook quinoa?

To cook 1 cup quinoa, you need about 2 cups liquid.

### How long does it take to cook quinoa?

1 cup quinoa will cook in about 20 minutes.

### How do I make quinoa less bitter?

Nearly, if not all, of the natural bitterness of quinoa's outer coating can be removed by a vigorous rinsing in a mesh strainer.

### How do I make better tasting quinoa?

Quinoa is excellent when cooked in vegetable or chicken broth. Add about ¼ teaspoon of salt to the cooking liquid for each cup of dried quinoa. Adding other spices or herbs while cooking the quinoa will enhance its flavor. Try adding a clove of smashed garlic or a sprig of fresh rosemary.

### Can I use my rice cooker to make quinoa?

Yes! Just use the 2:1 liquid to quinoa ratio and follow the instructions on your rice cooker.

Source: [Thekitchn.com](http://Thekitchn.com)



## Modest Weight Loss Reduces Sleep Apnea

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. You may have sleep apnea if you snore loudly and feel tired even after a full night's sleep.

According to the American Sleep Apnea Association, sleep apnea affects more than 18 million Americans. If untreated, the condition—which often affects overweight and obese individuals—can result in heart disease, stroke and diabetes. Recently,

researchers learned that even a minimal amount of weight loss may prevent the progression of—or even cure—sleep apnea for the long term.

The study, published in *Sleep Medicine*, aimed to determine the impact of weight loss on sleep apnea outcomes after 5 years.

**The results? Successful weight loss achieved an 80% reduction in the progression of obstructive sleep apnea. The authors concluded that a modest 5% sustained weight loss was enough to produce the positive outcomes.**

Source: *IDEA Fitness Journal*, May 2014

## Movement Melts Away Stress

As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life.

"Exercise produces a relaxation response that serves as a positive distraction," says Cedric Bryant, chief exercise physiologist for the American Council on Exercise. He says it also helps elevate your mood and keep depression at bay.

You're not the only person who will benefit from more happiness and less stress in your life. When you're less stressed, you're less irritable, and that could improve relationships with your partner, kids, and co-workers.



Create tousled waves with this trick from stylist John Masters: Dissolve 1 tablespoon sea salt in a spray bottle filled with 8 ounces warm spring water, then add 10 drops of organic lavender oil; shake well, then spritz on damp hair and let it air-dry.

## LVAC Member Spotlight

# Amanda Latona



**L**VAC member Amanda Latona's favorite hobby is working out. As a professional fitness model and spokesperson, Amanda has traveled the world promoting fitness.

Born and raised in Pittsburgh, Pennsylvania, she began competitive training when she was 18 as a BSN sponsored athlete. Since then she has 10 IFBB (International Federation of Body Building and Fitness) Pro titles to her name, and has appeared on the cover of several national fitness magazines including Oxygen, Muscle and Fitness and Flex.

To achieve the level of performance needed for competition, Amanda is very disciplined with her diet. A typical day would consist of six meals, including carbohydrates with the first four meals of the day. For instance, breakfast is usually protein pancakes made with egg whites, oatmeal and Stevia, or protein French toast using P28 bread (a specialty high protein whole wheat bread made from oats, flaxseed and millet.) Amanda says, "I top the French Toast with Walden Farms calorie free syrup. I love that stuff!" The remainder of her meals consist of 4 oz. of chicken or fish, a sweet potato or brown rice, and vegetables-lots of vegetables. "I eat veggies at every meal-broccoli, kale, spinach, cauliflower, tomatoes-I always have vegetables on my plate." She also includes natural nuts (unprocessed) in her diet and macadamia or grape seed oil to meet her daily nutritional requirements.

Like all of us, there are a few favorites that she enjoys from time to time, including a burger and sweet potato fries at the Burger Bar at Mandalay Bay. Amanda laughs, "You have to try their cheeseburger with an egg on top in a pretzel bun. It's heaven!" For desert her favorite indulgence is either Ben and Jerry's Chubby Hubby or Peanut Butter frozen yogurt from Yogurtland.

Amanda says that her favorite thing about LVAC is LVAC Woman, the women's only gym inside the club. "I can go in there and get a complete workout, it's really great." She also likes the indoor running track where she does sprints or walking lunges. She takes advantage of the different types of cardio machines available. "I use the skate machine, the stairs, the spin bikes, arc-trainers and ellipticals. I love having access to so much variety."

Amanda's fitness routine focuses heavily on weight training. (Check out Amanda's glute workout on pg. 28). She is also a big fan of HIIT (high intensity interval training). "I try to do HIIT training, with 6-10 intervals of high intensity work in a 30 minute period, three to four days a week. I think that is the most effective way to build muscular strength and burn body fat. It's intense, but it is time efficient and gets great results."

**"I try to live in a constant state of gratitude. Because of that, and my faith, I enjoy an inner peace."**

When asked about what she enjoys doing when she's not working, Amanda said, "Because I travel so much, I really enjoy just being at home with my friends and family. I am a person of simple pleasures." Amanda's mom, Arlene Latona, lives here in Las Vegas and is able to travel with her. "My mom is my best friend. She is my biggest fan and greatest support. Being able to have her with me is such a blessing."



"Like everyone, I have had to face difficult things in my life, especially in losing my Dad. The hard times have taught me not worry. Instead, I focus on being grateful. I try to live in a constant state of gratitude. Because of that, and my faith, I enjoy an inner peace."

You can visit Amanda at her website [Amanda-Latona.com](http://Amanda-Latona.com) or follow her on Instagram or Twitter@amandalatona

### Amanda's Stay Fit Traveling Tips

- **Always book a hotel with a gym, request a mini-fridge or a room with a kitchen.**
- **Just in case the hotel does not have a gym, take alternative resources with you such as a jump rope, workout DVD's, resistance bands and a heart rate monitor.**
- **Request a mini-fridge and bring food with you so you always have a healthy choice on hand. Amanda suggests bringing oats, brown rice cakes, sweet potatoes, nuts, peanut or almond butter and whey protein powder.**
- **If you travel frequently, consider investing in a really good cooler.**

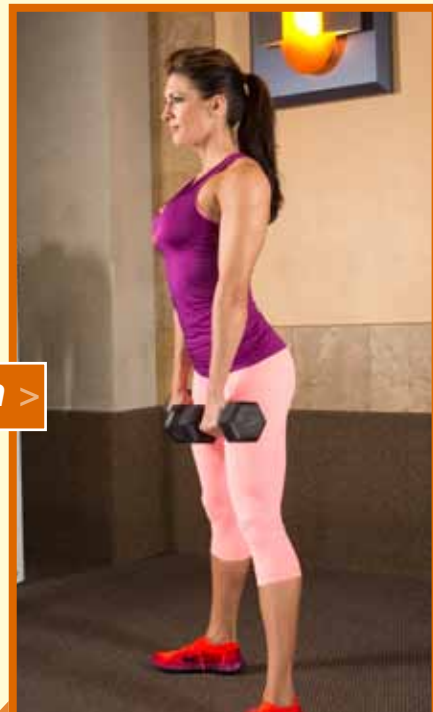
# The Great Glute Workout

Follow our cover girl Amanda Latona, as she shares five of her favorite moves for strengthening and sculpting glutes

Photos by Chris DeVargas

**Y**our glutes are important, and not just to your bottom line! The gluteus maximus, gluteus medius and gluteus minimus do more than add roundness to your behind. These muscles play an important functional role in your body's alignment. Strong glutes protect you from injury and improve athletic performance. Strength in the glutes provides stability in the hips, contributes to good alignment and posture, and can provide a tremendous amount of power, allowing you to run faster, jump higher and cycle with greater speed.

**Strong glutes protect you from injury and improve athletic performance.**



a >



b >



c >

## Straight Leg Dead Lift

- a** A stable foot base is important during the deadlift. Place your feet about shoulder width apart with toes facing forward. Sit your weight back into your heels, with your weight distributed evenly in both feet. Keeping a slight bend in your knees (this protects your back and knee joints), bend forward, back straight, and lower the weights toward the floor.
- b** Keep the weight close to your legs and stop when the weight is just above your feet and you can feel the lengthening stretch through the hamstrings into the glutes. As you stand up from the deadlift, tighten your glutes and the backs of your upper legs to stabilize the movement.
- c** Modified Position: If you have knee or low back issues, perform these movements with a more pronounced bend at the knee.

Complete 12 to 15 repetitions, gradually work toward 3 sets of 15 reps.

**TIP:** Provide additional protection for your back by contracting your abdominals and pulling your navel toward your spine. Keep your shoulder blades pulled down and hold on to the weights with your hands at shoulder-distance. Face your palms toward you and begin with your arms straight down the front of your body. Inhale as you fold forward from the hip. Keep your back straight. Focus on a spot on the floor slightly in front of you to protect your neck. Remember to keep the weight close to your body, which also protects your spine. Exhale as you return to an upright position.



a >



b >

## Hoist Glute Press

- a** Align your elbows directly under your shoulders. Focus on drawing the abdomen toward the spine and keeping the pelvis stable.
- b** Push through your foot, pressing the weighted bar up until you have full extension in the lifting leg. Do not lock the knee. Tighten deep into the glute at the top of the lift and hold for one second, then slowly control the release of the weighted bar until you are in the beginning position.

Start with one set of 12-15 reps, building to three sets on each leg.



a >



b >

**Strength in the glutes provides stability in the hips and contributes to good alignment.**

- a** Stand with your feet shoulder-width apart, squat down, bending from the hip until your knees and upper thigh are at a 90 degree angle to the floor. Using the strength in your legs and glutes, jump explosively, keeping your body in alignment.
- b** Softly land (toe, ball of the foot then into the heel), bending at the hip and knees, allowing the glutes and legs to absorb the impact. Keep your weight in your heels as you sink back into the beginning position. Think 'torpedo' on the jump and 'feather' on the landing.

Begin with one set of 8 repetitions. Build to three sets of eight reps.

**TIP** Plyometric movements create stress on the knees and lumbar spine. If you have issues with your knees or low back, modify this exercise by performing the squat without the jump.

## Plyometric Squats





## Single Leg Bench Lunge

- a** Stand in front of an exercise bench with your feet hip-width apart and feet pointing forward. Engage your abdominal muscles, push your shoulder blades down your back, lift your chest and elongate your spine.

Balance on one leg as you lift the other foot back onto the bench. Allow the dumbbells to hang straight down from the shoulder. (Beginners should not use handheld weights and may want to position the bench close to a stable object, like a wall, in order to support themselves and aid in staying balanced).

The foot on the bench carries little to no weight, it's just there for aid in balancing. Your body weight should center in the glute, hip and heel of the forward, weighted leg. Maintain abdominal engagement to help you balance as you lower the standing leg until your thigh is parallel to the floor.

**TIP:** The single leg bench lunge is considered an advanced exercise, and should only be used after a proper progression is built up and you have acquired the correct amount of single leg strength. Begin with stationary lunges, and then try walking lunges as part of your progression.

- b** Keep your torso upright, avoid leaning forward or hunching your shoulders. Hold this position for a second, then push into the heel, tightening through the glutes as you lift to the beginning position. Inhale as you lower into the lunge, and exhale as you lift.

**Complete 8-10 repetitions, leading with the same foot, then repeat on the other side. Work up to three sets of 8-10 reps.**



- a** Place a box on a sturdy, level surface. Holding dumbbells to your side, draw your abdomen in toward your spine and keep your shoulders down away from your ears. Place your entire foot onto the step. Push into the heel, tightening through the glute as you lift your body weight onto the step. Pause at the top of the lift for one second, keeping your spine lengthened, your shoulders level, and extending the free leg back slightly.

- b** Slowly step back off the box, placing weight equally into both feet. Begin again.

**Complete 8-10 repetitions, leading with the same foot, then repeat on the other side. Work up to three sets of 8-10 reps on each leg.**

## Box Steps

**TIP:** When choosing a step, make sure that your thigh and knee are at a 90-degree angle when placed onto the step. Beginners or people with knee issues should choose a lower step height.

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# Sea Salt Popcorn

Homemade popcorn is a family favorite and almost as easy as the microwave variety, but tastes so much better. Ditch the artificial ingredients in the bagged stuff and save money by popping your own on the stovetop. No fancy equipment required!

## Ingredients

½ cup popcorn kernels  
2 tablespoons coconut oil  
Sea Salt  
Optional- seasonings  
(cinnamon, garlic, etc.)

## Directions

Have your pan, lid, ingredients, and bowl ready to go. Once the popcorn starts, you won't have time to dig around your kitchen looking for a bowl.

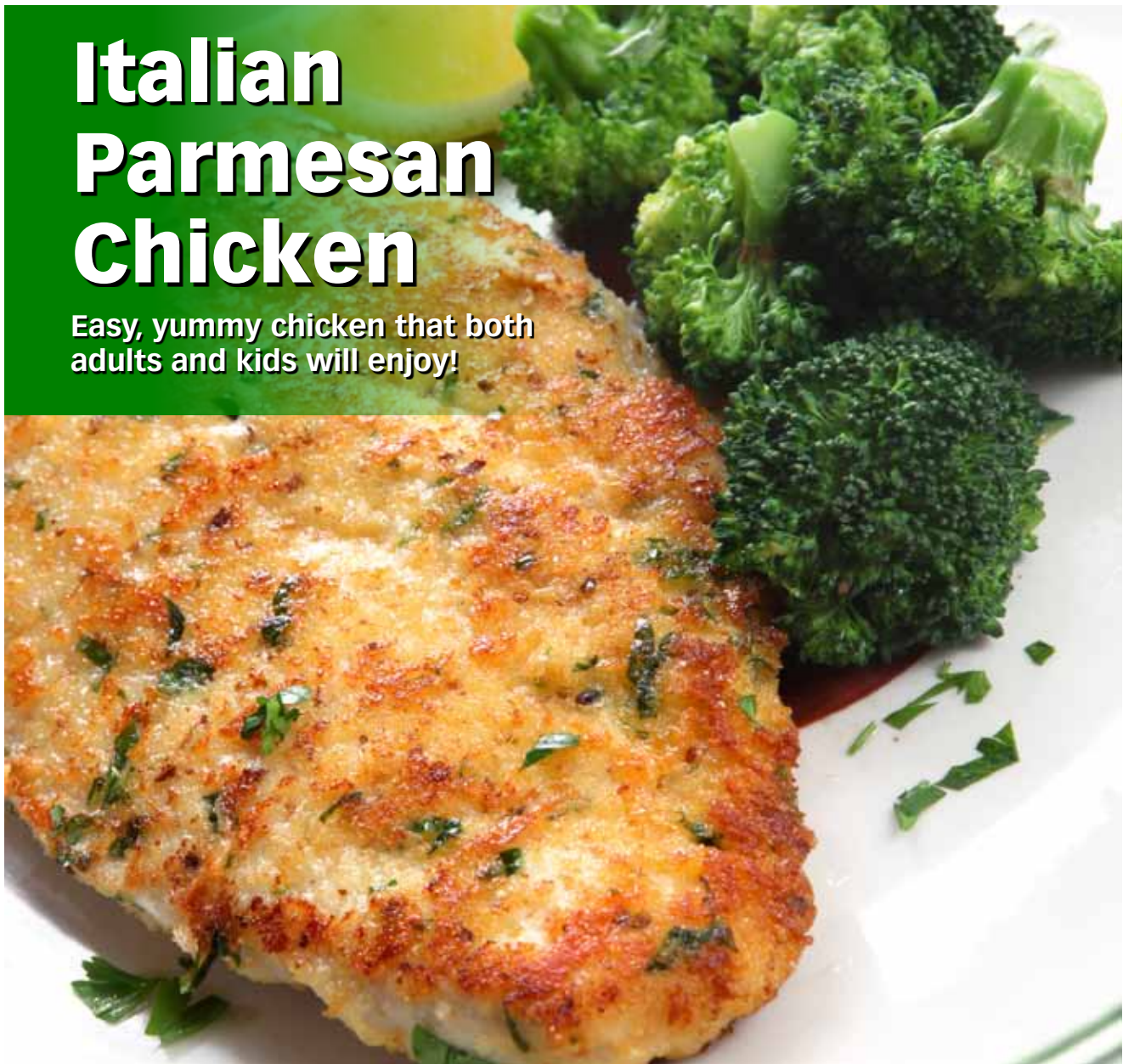
Heat coconut oil in a saucepan over medium-high heat. When the oil is hot and completely liquefied, add kernels and begin stirring. Keep the kernels moving in order to avoid burning them. Patiently continue to stir the kernels until at least a few of them have

popped. Cover the pan with a lid and shake the pan (back and forth, side to side) while keeping it atop the burner. This will keep the kernels moving and prevent them from burning. Monitor the popcorn and continue shaking the pan until the popping slows. Remove the pan from the heat and allow it to finish popping.

Carefully pour the popcorn into a bowl and sprinkle with sea salt and other seasonings if desired. Makes about 5 servings.

# Italian Parmesan Chicken

Easy, yummy chicken that both adults and kids will enjoy!



## Ingredients

- 4 boneless, skinless chicken breasts
- ½ cup fresh Parmesano Reggiano, grated
- 1 cup Greek yogurt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian seasoning
- 1 tsp seasoning salt
- 1 tsp pepper
- 2 tbsp chopped fresh parsley

## Directions

Mix the Parmesan cheese, garlic powder, onion powder, Italian seasoning, seasoning salt, and pepper together in a small mixing bowl. Place the Greek yogurt into a shallow baking dish, and the Parmesan cheese mixture into another dish. Dredge the chicken through the Greek yogurt, coating both sides of the breast. Then dredge the

chicken in the Parmesan mixture, again coating both sides.

Place chicken breasts onto a parchment or foil lined sheet pan. Spray lightly with an olive oil non-stick spray. Bake at 375 degrees for 45 minutes until crust is golden and chicken is cooked through. Sprinkle with the fresh chopped parsley before serving.

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THE COSMOPOLITAN™  
of LAS VEGAS

# Watermelon & Feta Salad

Cool and refreshing, this salad takes your favorite summer fruit and adds a delicious twist



## Vinaigrette Ingredients

- ¼ cup freshly squeezed orange juice
- ¼ cup freshly squeezed lemon juice (2 lemons)
- 1 tsp freshly grated orange zest
- ¼ cup minced shallots (1 large)
- 1 tbsp honey
- ½ cup extra virgin olive oil
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper

## Salad Ingredients

- 6 cups baby arugula, washed and spun dry
- 8 cups seedless watermelon, rind removed, and cut in 1-inch cubes
- 12 oz feta cheese, ½ inch diced
- 1 cup whole fresh mint leaves, julienned

## Directions

Whisk together the orange juice, orange zest, lemon juice, shallots, honey, salt and pepper. Slowly whisk in the olive oil until ingredients are blended and form an emulsion.

Place the arugula, watermelon, feta and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for seasonings and serve immediately.

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# Trainer Tips

**A**dmit it, you would love to know what personal trainers eat when they are hungry and need a healthy snack. Well, we asked and they answered.

Snacking has gotten a bad rap, thanks to our tendency to choose empty-calorie snack foods like candy or chips to ease between-meal cravings. But when your stomach starts growling hours before your next meal, a healthy snack is actually a good idea. It holds off hunger and keeps energy levels high.

Having healthy choices handy keeps you from grabbing something convenient, but empty of nutrients and high in calories-like the donuts in the employee break room. One tip to keep your snacking on the healthy track; keep your snack to 150 calories or less.

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Snacks are a great way to tide you over until its time for lunch and dinner. I have at least two snacks a day in between my regular meals. Here are some of my favorites:

1. A whey protein shake blended with half a frozen banana or a cup of fresh or frozen berries
2. A handful of raw nuts and a piece of fruit. Sometimes I will have a tablespoon of almond butter or raw peanut butter in place of the nuts.
3. An Ezekiel wrap with 1/4 avocado and one soft-boiled egg
4. Try my 'Chocolate Pudding' recipe:  
1/2 scoop chocolate whey protein powder  
1 cup plain Greek yogurt  
A few splashes of almond milk  
Optional: add a packet of Stevia for extra sweetness  
Whip above ingredients together in a bowl, refrigerate for 1 hour before eating, if you can wait that long!

Eirene Cooper  
702-408-6380 • eirenefitness@yahoo.com

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"When I am on the run and am in need of a quick hunger fix, I always grab a Quest bar. I keep them in every gym bag and purse I own. Even my 5 year old loves them! At home I like to layer avocado and hard-boiled egg on a brown rice cake. A little pepper and paprika and you will have a happy belly."

Cathy Corino-Jaggi  
cathyjaggfitness on FB  
702-800-1997 • cjfitlv@gmail.com



"With a busy schedule, I always try to plan my snacks ahead of time. That way, I won't be tempted to eat something that has no nutritional value. My "go to" snack that is easy to bring wherever I go is unsalted, dry roasted almonds. They are crunchy, tasty, loaded with protein, and are very portable. I usually put a small handful in a baggie and put it with my things. If I know I will have a refrigerator to use, I pack a nonfat Greek yogurt as well and put a few almonds on the top!"

Alecia Fife  
Personal Trainer, Group Fitness Instructor  
702-277-5103 • aleciafife@yahoo.com

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"My go to snack is Trader Joe's 'Go Raw Trek Mix' in individual packages. These are great to take with you on the go and the single serving size keeps your portions under control. Nuts are loaded with great nutrition but the fat content makes them higher in calories. Having individual servings keeps you from overindulging. One serving will satisfy your hunger with just over 200 calories per bag."

Cyndee Platko  
coachcyndee.com  
702-218-0121 • blissfitnow.com

# LVAC CLASS DESCRIPTIONS

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

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

## HIGH INTENSITY/CARDIO CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<b>BodyAttack™ by Les Mills</b> This sports-inspired cardio workout builds strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!	55 Minutes	Cardio	735	Body Weight
<b>BodyCombat™ by Les Mills</b> Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Maui Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.	55 Minutes	Cardio	740	Body Weight
<b>BodyStep™ by Les Mills</b> The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.	55 Minutes	Cardio	620	Height Adjustable Step
<b>Boot Camp</b> Both cardio and strength, this high intensity class practices drills for strength, power, endurance and speed. You'll be doing lots of relays, sprints, small hurdle running, lunging, push-ups, plyometric exercises, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.	60 Minutes	Total Body Workout	550	Various types of equipment
<b>Cycle</b> Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. This is an effective lower body, cardio workout that will tone your lower extremities and core for a long, lean body. Cycling can enhance your heart and lung capacity and is great for any age group.	60 Minutes	Lower Body & Core	500	Bike/Body Weight
<b>8Strikes™</b> This class is unique from the heart pounding music that is custom made to the 8Strikes combinations that involve 8 points of contact used by kick boxers around the world. Use your fists, knees, elbows and feet to kick inches off your waist line. Squats, pushups and plyometric moves that will reshape your body. 8Strikes™ will challenge and improve your endurance, reaction time and reflexes.	60 Minutes	Total Body Workout	400	Body
<b>INSANITY</b> INSANITY is a revolutionary cardio-based total-body conditioning program based on the principles of MAX Interval Training. Inspired from the popular home DVD program, INSANITY has now come to the gym with an abridged "signature" experience. We have found some of the best instructors to provide you with that same intensity, encouragement and motivation to Dig Deep!  By using MAX interval training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results and a more efficient metabolism and witnessing an amazing change in their body. INSANITY is for people who are willing to work hard... who like to sweat... and who like a challenge... INSANITY - For people who understand "Digging Deep" will get results!	30/60 Minutes	Total Body Workout	450	Body
<b>KETTLE BELL POWER</b> These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.	70 Minutes	Total Body Workout	600	KettleBells



# LVAC CLASS DESCRIPTIONS

## HIGH INTENSITY/CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>Kick Boxing</b></p> <p>Non-contact boxing will increase your heart rate and help burn fat and calories. This class also helps with coordination with kicking and punching moves that help improve balance and reflexes. Punches made with precision and power help to build upper and lower body muscles as well as abdominal muscle strength from the various positions required to perform many of the kickboxing moves</p>	60 Minutes	Total Body Workout	400	Body
<p><b>Lite Step/Lite Workout</b></p> <p>A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.</p>	60 Minutes	Lower Body	250	Step/Bench
<p><b>Navy SEAL</b></p> <p>This two and a half hour long workout integrates swimming, with calisthenics and running, not in sequence, but mixed up in drills. This is NOT a class you can show up for late. This is probably going to be the hardest 2.5 hour workout you have ever taken!</p>	60/90 Minutes	Total Body Workout	550	Various Types of Equipment
<p><b>Piloxing™</b></p> <p>Piloxing is a creative mix between Pilates and boxing, with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. This low-impact workout is done barefoot and incorporates movements from dance, punches inspired by boxing and core work based on Pilates. It is fun, a perfect fat burning workout.</p>	60 Minutes	Total Body Workout	250 to 300	Body Weight
<p><b>P.I.T. Pure Intensity Training</b></p> <p>Looking for something to really challenge your workout? Exclusively at LVAC, P.I.T. will have your muscles burning from head to toe! Mixing old calisthenics with modern-day functional training, this will be one of the newest programs to add to your existing exercise regimen!</p>	60 Minutes	Total Body Workout	600	Various Types of Equipment
<p><b>RPM™ Cycle by Les Mills</b></p> <p>RPM is the indoor cycling workout based on outdoor riding, where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.</p>	45 Minutes	Cardio	675	Indoor Stationary Bike
<p><b>Step 1, 2, 3</b></p> <p>Classes performing moves on and off a step platform will provide both cardiovascular and muscular endurance. Incorporating both upper and lower body movements together will improve your coordination and agility; and the constant push up onto the step will increase leg strength. This intense cardiovascular workout will make your heart and lungs work more efficiently and the calorie burning aspect of the exercise will help you maintain a healthy weight.</p>	60 Minutes	Lower Body & Core	600	Step Bench
<p><b>Triathlon Class</b></p> <p>This class will introduce you to the multiple stage, three continuous and sequential endurance disciplines: lap swimming, indoor cycling and running to simulate a triathlon race. If you're training for a Sprint, Half or Full Triathlon, this class will help you get you ready for race day.</p>	60-90 Minutes	Total Body Workout	600 to 800	Various

## MIND/BODY CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>Ashtanga (Intro/Prep) Yoga</b></p> <p>Ashtanga moves through a set series of poses always done in the same order, moving through sun salutations and performing each pose individually to build flexibility and stamina. To help you learn the series safely and effectively, LVAC currently offers these classes in shorter versions, moving slower in "Prep" to help you learn the series.</p>	60-70 Minutes	Mind/Body	150	Yoga Matt Body Weight
<p><b>Beginning Yoga</b></p> <p>For those looking for a slower practice or looking to begin your yoga practice journey, this class offers the most basic postures and sun salutations to introduce you to the benefits of the Yoga. Beginning Yoga focuses on alignment and is a great place to learn the basics of this gentle format.</p>	60-70 Minutes	Mind/Body	120	Yoga Matt Body Weight
<p><b>BodyFlow™ by Les Mills</b></p> <p>This Yoga, Tai Chi and Pilates workout will leave you feeling long, strong, centered and calm. The 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.</p>	55 Minutes	Joint Flexibility & Tight Muscles	390	Barbell, Plates & Height Adjustable Step

# LVAC CLASS DESCRIPTIONS

## MIND/BODY CLASSES CONTINUED

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

## STRENGTH CLASSES

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

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

# LVAC CLASS DESCRIPTIONS

## STRENGTH CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<b>T.B.C. (Total Body Conditioning)</b> An all-over functional strength training workout that utilizes different tools to enhance strength and endurance.	60 Minutes	Total Body Workout	250	Body Weight, Bands, Balls

## DANCE CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<b>Belly Dance</b> Learn traditional belly dance moves that firm and tone the waist and hips. No experience necessary.	75 Minutes	Total Body Workout	350	Body Weight Yoga Mat
<b>Dance it Out™</b> This is a total body, high energy, cardio dance workout that is infused with 20 plus styles of dance including Hip Hop, Bollywood, Line Dancing, Ballroom, 80's, Broadway, and much more. This is a non-judgmental supportive environment, where students of all fitness levels, ages, shapes and sizes have the time of their lives while getting fit.	60 Minutes	Total Body Workout	250	Body Weight
<b>Hip Hop Dance – (Previously listed as Street Jam)</b> From R&B and House to Club, Hip Hop Dance utilizes upbeat music from a variety of genres. The results – an energetic class that not only teaches you Hip Hop movements and technique, but instills rhythm and precision in your muscle memory.	60 Minutes	Total Body Workout	400	Body Weight
<b>HotHulaFitness®</b> Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HotHulaFitness® isolates your larger muscle groups, increasing strength and definition to your core gluteus, quads and arms.	60 Minutes	Total Body Workout	350	Body Weight
<b>Sh'Bam™ by Les Mills</b> This class features simple but seriously hot dance moves that will shape you up and let out your inner star. The soundtrack is made up of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics and modernized LATIN Beats.	45 Minutes	Total Body Workout	510	Body Weight
<b>Zumba®</b> This is a cardio based class using international rhythms. Zumba is a great cardio workout! 70% Latin based rhythms with 30% from genres such as Bollywood, Hip Hop, African, and many other genres that will keep you moving. This high energy, aerobic class allows you to burn calories and body sculpt while enjoying the "fitness party".	60-90 Minutes	Total Body Workout	650	Body Weight

## AQUA CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<b>Ai Chi</b> A slow, focused, moving meditation water exercise that will help improve wellness and balance.	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
<b>AquaAerobics</b> This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training. Class consists of a warm-up to increase the heart rate, a cardio section, with some vigorous activity that can be easily modified. Class ends with abdominal work, body toning and a stretch.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
<b>Aquafit</b> This class combines segments of cardio and strength training using training intervals and water approved weight resistance tools.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles

# LVAC CLASS DESCRIPTIONS

## AQUA CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>AquaBootCamp</b> With the combination of resistance bands, medicine balls, and other equipment, you will get an amazing workout that will challenge your perception about Aqua training. With the focus on strength and endurance conditioning, everyone in this AquaBootCamp class will reap the benefits of their hard work. This class accommodates all level of fitness and challenges everyone individually. Let AquaBootCamp be the motivation you need to become a better "you".</p>	60 Minutes	Total Body Workout	450	Body Weight Paddles Med Balls Noodles Tubes
<p><b>Aquakickbox</b> This vigorous workout combines punches and kicks in the water and use the natural resistance of the water to help you increase your stamina, core strength and flexibility. No boxing gloves needed!</p>	60 Minutes	Total Body Workout	300	Body Weight Paddles
<p><b>Aquasculpt</b> This class uses buoyant aquatic equipment to help tone your upper and lower body, as well as improve your core muscle to stabilize your body in water.</p>	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
<p><b>H<sub>2</sub>O Core + More</b> Postural core training to increase mobility, flexibility, strength and muscular endurance based on Pilates and Yoga exercises in the water. (Offered at our Sandhill location only.)</p>	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
<p><b>Hydrofit</b> A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.</p>	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
<p><b>Mobility Plus</b> An aqua class for those with arthritis and other uncomfortable, chronic orthopedic conditions and those who are returning to exercise after injury or illness. A good recommended class for pregnant or post-pregnancy exercise.</p>	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
<p><b>Water Jogging</b> A simple cardio class in the water, using the natural resistance to increase strength and cardiovascular health.</p>	60 Minutes	Total Body Workout	350	Body Weight Paddles Noodles



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

# LVAC CLASS SCHEDULES

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP - 45 min	BODY PUMP		ZUMBA		
6:00	BODYATTACK	BODY PUMP	BODYSTEP	BODY PUMP	BOOTCAMP	BODY PUMP	
6:30							
7:00						BODYSTEP	
8:00	HEALTHY BACK	YOGA* - Vinyasa Flow	TAI CHI*	HEALTHY BACK	TAI CHI*	BODYCOMBAT	BODY ATTACK
9:00	BEAT-IT-OUT					CxWORX - 30 min	
9:15			TURBO KICK	MRT/BEAT-IT-OUT	STEP 2		BODY PUMP
9:30		BOOTCAMP				STEP 3	
10:15	BODY PUMP				BODY PUMP		
10:30		BODYSTEP	MRT	BODY ATTACK		ZUMBA	KICKBOX
11:15	CxWORX - 30 min				CORE - 30 min		
11:30		ZUMBA	PILATES	P.I.T		YOGA	CxWORX - 30 min
<b>PM</b>							
12:00	ZUMBA				ZUMBA** 90 min.		BOOTY BLAST B.A.R.
12:30		BODY PUMP	BODY PUMP				
12:45						BODY PUMP	
1:00	KETTLEBELL POWER						
1:30		BODYCOMBAT	KICKBOX	INSANITY	KICKBOX		ZUMBA
1:45						BODYCOMBAT	
2:00	BOOTCAMP						
2:30			INSANITY- 30 min		BODY PUMP		
3:00							
3:30	MRT						
4:00		BODY PUMP	BOOTCAMP	BODY PUMP			BODY PUMP
4:30	ZUMBA						
5:00			FLEXIBILITY	CxWORX - 30 min			
5:15							BELLYDANCE*
5:30	BODYSTEP	BODY ATTACK	BODYCOMBAT	8STRIKES*	INSANITY		
6:30	BODY PUMP		BODY PUMP		BODY PUMP		BODYCOMBAT
7:00		STEP - Intermediate		BODYSTEP - 45 min			
7:45	ZUMBA		ZUMBA		ZUMBA		
8:00		BODYCOMBAT		BODY PUMP			
9:00	BODYPUMP	ZUMBA	BODY PUMP				
9:15				ZUMBA			

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

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

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

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**FOR AN UP-TO-DATE  
CLASS SCHEDULE VISIT**

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# LVAC CLASS SCHEDULES

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## GREEN VALLEY ANTHEM - ROOM 2 ON THE SECOND FLOOR CONTINUED

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30			BODYSTEP	RPM CYCLE			
7:45	CYCLE						
8:30				YOGA* - Vinyasa Flow			
8:45	YOGA* - Vinyasa Flow						

## GREEN VALLEY ANTHEM - AQUA CLASSES

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

## EAST FLAMINGO CLUB (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP - 45 min			BODY PUMP		
6:45		CxWORX - 30 min					
8:00		YOGA* - Vinyasa Flow		ZUMBA	YOGA* - Vinyasa Flow		
9:00			ZUMBA	CORE - 30 min.		ZUMBA	
9:15		SH'BAM - 30 min			ZUMBA		
9:30	TBC Total Body Conditioning			BODYCOMBAT			ZUMBA
9:45		BODY JAM - 30 min					
10:00			MRT			BODYVIVE	
10:30	PILATES	YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow	MRT		
11:00			CORE - 30 min.			MRT	BODYPUMP
11:30			GENTLE YOGA*		PILATES		
11:45	ZUMBA						
PM							
12:00		TAI CHI		TAI CHI		STEP 1	
12:30					ZUMBA STEP		
1:00	GENTLE YOGA*	ZUMBA					
1:30					KICKBOX		
3:00							
4:00	BODY PUMP	MRT		MRT			
4:30			SH'BAM - 45min				
5:00	CORE - 30 min.	PILATES		PILATES	BODY ATTACK		
5:30	KICKBOX		BODYFLOW				
6:00		BODY PUMP		BODY PUMP	BODY PUMP		
6:30	CORE - 15 min		CORE - 30 min.				
7:00	BODYATTACK - 30 min		KICKBOX		SH'BAM		
7:15		YOGA* - Integrative		YOGA* - Integrative			
7:30	ZUMBA						
8:00			ZUMBA				
8:30		BELLYDANCE					

## EAST FLAMINGO CLUB - AQUA CLASSES

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

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

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

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

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# LVAC CLASS SCHEDULES

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODY PUMP		BODY PUMP/CxWORX*			
8:00	STEP 2			YOGA BLEND		BODYSTEP	INSANITY
9:00						BODY PUMP	BODY PUMP
9:30	ZUMBA	ZUMBA	BODYCOMBAT	ZUMBA	ZUMBA		
10:00							CxWORX 30 min
10:15						BOOTY BLAST B.A.R.	
10:30	BODY PUMP	CxWORX - 30 min	BODY PUMP	MRT	MRT		FLEXIBILITY - 30min
11:15						CxWORX - 30 min	SH'BAM - 45 min
11:30					CxWORX - 30 min		
<b>PM</b>							
12:15					PILATES		
12:00	PILATES		BOOTY BLAST B.A.R.				ZUMBA
12:30		BELLYDANCE**					
1:00	ZUMBA					ZUMBA	KICKBOX
1:15					ZUMBA		
3:00				BALLET BARRE			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM - 45min	ZUMBA	BODY PUMP		
5:00		CxWORX - 30 min					
5:30	BODYSTEP		CxWORX - 30 min	BODY COMBAT	ZUMBA		
5:45		ZUMBA					
6:00			BODYATTACK - 45 min				
6:30				BODY PUMP/CxWORX*	SH'BAM - 45 min		
6:45	ZUMBA	BODYPUMP	BODYPUMP				
7:45		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		CYCLE*		RPM CYCLE		YOGA* - Ashtanga	
9:15					CYCLE		
9:30	RPM CYCLE		YOGA BLEND*				
10:00							YOGA* - Iyengar
10:15						RPM CYCLE -45 min	
10:30	LITE STEP				LITE STEP		
11:30	FLEXIBILITY - 30 min		RPM CYCLE		FLEXIBILITY - 30 min		
<b>PM</b>							
12:30							
4:00				PILATES			
5:30	RPM CYCLE	RPM CYCLE	CYCLE	BODY FLOW	RPM CYCLE		
6:30		BODYSTEP	YOGA* - Iyengar	BODYSTEP			

## WEST SAHARA - AQUA CLASSES

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

## CENTRAL CLUB AT KAREN (734-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODY PUMP	CYCLE	BODY PUMP	CYCLE			
7:00							
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE	CYCLE	RPM CYCLE
9:30						NAVY SEAL BOOT CAMP	
10:00	LITE WORKOUT	MRT	LITE WORKOUT	BODY PUMP	LITE WORKOUT	BODY PUMP	GENTLE YOGA
11:15		FLEXIBILITY - 45 min		FLEXIBILITY - 45 min			ZUMBA
11:30						ZUMBA	
<b>PM</b>							
12:00	ZUMBA	RPM CYCLE	ZUMBA	RPM CYCLE	ZUMBA		
12:30						BELLYDANCE*	BOOT CAMP*
1:00		CxWORX - 30 min		CxWORX - 30 min			

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

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

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:15					YOGA BLEND		
1:30		YOGA*- Integrative		YOGA*- Integrative			
4:30	ZUMBA		BODY COMBAT	ZUMBA			
5:00					BOOT CAMP		
5:30	BODY PUMP	ARMY RANGER BOOT CAMP (Meet outside Group X room)	BODY PUMP	BOOT CAMP*			
5:45		CYCLE					
6:00					ZUMBA		
6:30	8STRIKES*						
6:45			BOOT CAMP*	KICKBOX			
7:00		STEP & TONE					
7:45				CORE - 15 min			
8:00	ZUMBA	ZUMBA	HIP HOP DANCE	ZUMBA			

## CENTRAL CLUB AT KAREN - AQUA

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODY PUMP		BODY PUMP			
6:00	BODY PUMP	CxWORX - 30 min	BODY PUMP		BODY PUMP		
6:30		INSANITY - 30 min					
7:00			BODYATTACK				
8:00		STEP 2		P.I.T. Pure Intensity Training	BODYVIVE	BODYATTACK	BOOTCAMP
9:00	CxWORX - 30 min	CORE - 30 min				KETTLEBELL POWER*	CxWORX - 30 min
9:15			PILATES				
9:30	BODYATTACK	BODY PUMP		BODY PUMP	ZUMBA		
9:45							KICKBOX
10:00							
10:30	BODY PUMP	KICKBOX	MRT	BODYCOMBAT	MRT	BODY PUMP	
10:45							BODYPUMP
11:30	BODYCOMBAT	MRT	ZUMBA	BODYVIVE	BODYCOMBAT		
11:45						BODYCOMBAT	CxWORX - 30 min
PM							
12:15						CORE - 30 min	
12:30	BODY PUMP	PILATES	BODY PUMP	ZUMBA	BODY PUMP		BELLYDANCE*
1:30		ZUMBA*			CxWORX - 30 min	ZUMBA	
1:45	ZUMBA		CxWORX - 30 min				
2:00							ZUMBA
2:15			BODYCOMBAT				
3:15		BODYATTACK			ZUMBA		BODY PUMP/Cx
3:30			BOOT CAMP				
4:00				BODY PUMP			
4:15	BODY PUMP	ZUMBA					
4:30			MRT		INSANITY		
5:00			CxWORX - 30 min	CxWORX - 30 min			
5:30	SH'BAM - 45 min	BODY PUMP	BODYATTACK	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					BODYCOMBAT		
7:15	CxWORKS - 30 min.						
7:30		CxWORKS - 30 min.	KETTLEBELL POWER*				
7:45	ZUMBA			BODY PUMP			
8:00		BODY PUMP			ZUMBA		
9:00			ZUMBA				

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

5:00	CYCLE		CYCLE		CYCLE		
6:00		CYCLE	CYCLE	RPM CYCLE	RPM CYCLE		
7:30						CYCLE	
8:30							CYCLE

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

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# LVAC CLASS SCHEDULES

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## NORTHWEST RAINBOW - ROOM 2 ON THE SECOND FLOOR CONTINUED

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15	RPM CYCLE		CYCLE		RPM CYCLE		
9:30		RPM CYCLE		CYCLE			RPM CYCLE
10:00						CYCLE	
10:30	CYCLE		RPM CYCLE		CYCLE		
<b>PM</b>							
12:30		CYCLE		CYCLE	CYCLE		
1:30						RPM CYCLE	CYCLE
4:15	RPM CYCLE	CYCLE					
4:30			CYCLE	CYCLE			
5:45		RPM CYCLE - 45 min		CYCLE			
6:00	CYCLE		CYCLE		CYCLE		
7:00		RPM CYCLE		RPM CYCLE			
7:30	CYCLE						
8:30			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			
8:00	YOGA* - Iyengar		YOGA* - Iyengar	GENTLE YOGA MIX *		YOGA BLEND	
8:30					CxWORX - 30 min		
9:00						CxWORX - 30 min	YOGA* - Vinyasa Flow
9:15					BODYFLOW		
9:30	PILATES	BODYFLOW	PILOXING	ZUMBA		BODYVIVE	
10:30				CxWORX - 30 min		PILOXING	
10:45	BODYVIVE		BEGINNING YOGA				
11:15		GENTLE YOGA *		YOGA* - Vinyasa Flow			
11:45	CxWORX - 30 min					INSANITY - 30 min	
<b>PM</b>							
12:00							YOGA* - Vinyasa Flow
12:15						BODYFLOW	
12:30	YOGA* - Vinyasa Flow	PILOXING	YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow		
2:00							
2:30	BOOTY BLAST B.A.R.		BOOTY BLAST B.A.R.				
4:00				BODYATTACK			
4:15	YOGA Blend	BODYFLOW					
5:15	HIIT - 30 min						
5:30		BOOTY BLAST B.A.R.	SH'BAM - 45 min	BODYCOMBAT			
5:45	FLEXIBILITY - 30 min				BODYFLOW		
6:30	CxWORX - 30 min		BODYFLOW - 30 min	BODYVIVE			
6:45		DANCE WITH ME					
7:00					BODYFLOW		
7:15	BODYFLOW		YOGA BLEND *				
8:00		YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow			

## 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	AI CHI - 30min	MOBILITY PLUS	AI CHI - 30min			
<b>PM</b>							
12:30			AQUAFIT				
4:30	AQUAFIT						
5:30	AQUAFIT			AQUASCULPT - 45min			
6:00		AQUAKICKBOXING	AQUAFIT				
6:15				AQUAEROBICS			
6:30	AQUAEROBICS						

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP			
6:00	BODY PUMP		BODY PUMP	ZUMBA	INSANITY	BODY PUMP	
7:00	ZUMBA			CxWORX - 30 min		CxWORX - 30 min	
8:00	BOOT CAMP		HIIT - 45 min		BOOT CAMP*		BODYSTEP - 45 min

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

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

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

# LVAC CLASS SCHEDULES

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

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

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

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	POSEIDON'S FURY**		AQUAFIT**		HYDROFIT		
9:00		AQUAEROBICS		AQUAEROBICS		AQUAFIT	
9:30					AI CHI - 30 min		
10:00		AQUAFIT		AQUAFIT		AQUA ZUMBA	
<b>PM</b>							
4:30		POSEIDON'S FURY**		POSEIDON'S FURY**			
6:00				AQUA KICKBOX			
6:30		AQUAFIT - 90 min					

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

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

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

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