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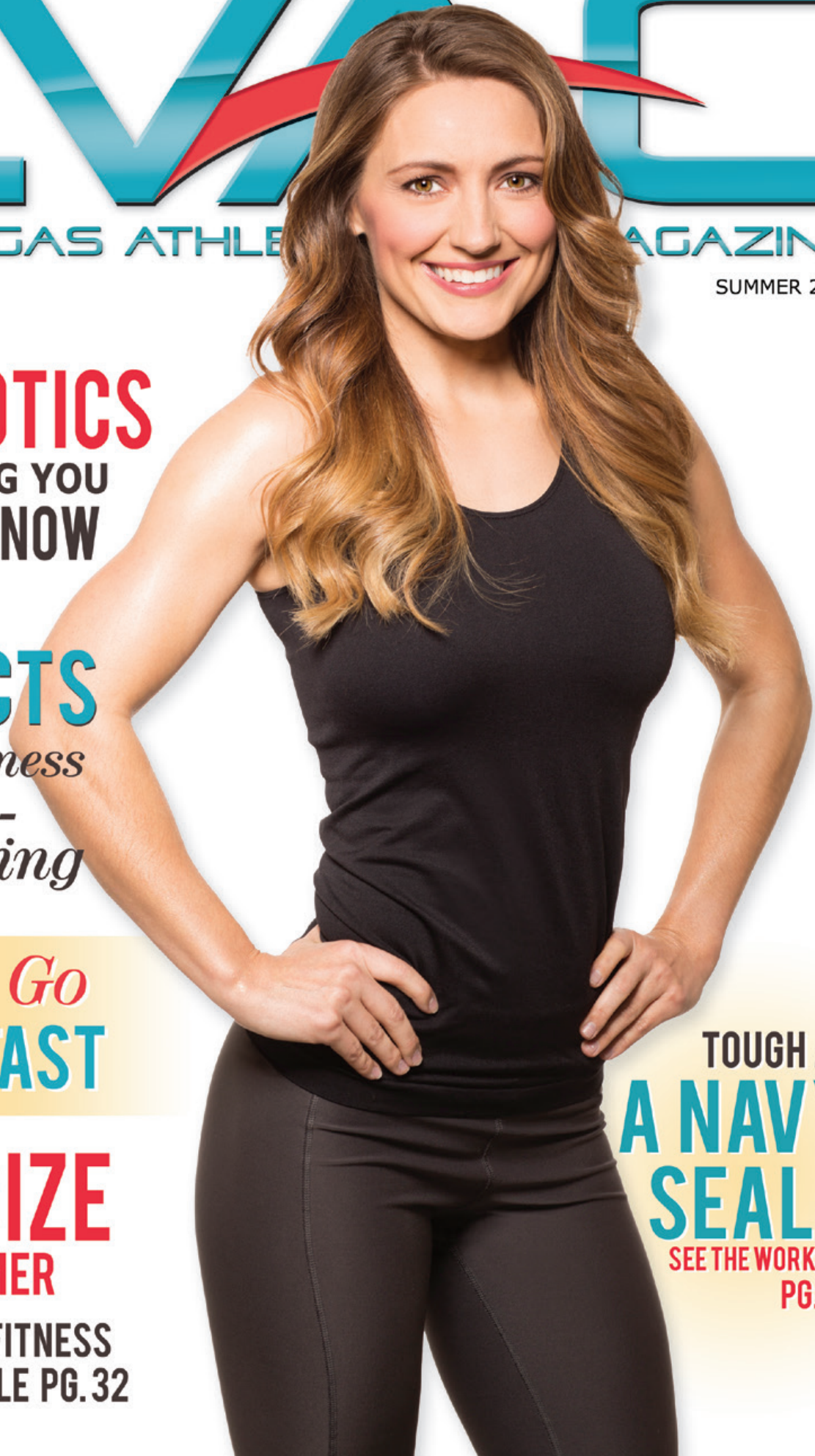
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**TOUGH AS
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Tough As A Navy Seal?
Here's How You Get There

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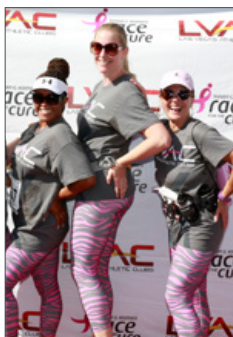
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Dear Friends,

As I open this letter, we would like to celebrate a healthy life with the memory of a beautiful woman who touched so many other lives. Maybe because of my last name, I have a special spot in my heart for someone with a last name of "Jones". We pay tribute in this issue to Mrs. Ginny Jones, who was there long before my father and Andy Palluck bought the company back in 1991. We lost a very special member of the LVAC family this year. Mrs. Jones worked for LVAC all the way up until a few years ago. She was passionate about helping people improve their lives through health and fitness. Ginny Jones was an excellent example of some of the core values of LVAC, motivating, inspiring and encouraging others—a truly special woman who helped LVAC get to where we are today. She will be missed, and we are grateful for her

wonderful contribution to LVAC.

At 5 am on Monday, May 18th, we opened the doors at our new North/Aliante club. We had 50-60 members pass through the doors in the first few minutes, and they seemed pretty happy at such an early hour to be the first ones to workout in the club. I was back at the club later that evening, and it was very exciting to see how many members came the first day to experience the newest addition to the LVAC family. If one part of the club stood out that first night it would have to be the track. I have never seen so many people at one time using the track. We invest a small fortune to build our tracks, and it shows that it is well spent by how it has been received. I hope you all have the opportunity to visit the new club, and if you can do so in the evening you

should be treated to a breath taking view of the Las Vegas skyline.

Opening the club was not without its fair share of glitches and hiccups, as we had unforeseen delays finishing the construction of the pool area. There was also a small delay opening our theatrical group fitness room, and we had some technology issues with our cardio theatre system as we continually attempt to upgrade that offering. But all-in-all we are very proud of the way the new club turned out.

With a small chain of athletic clubs, it is a huge team effort to open up one of these large clubs. We are very proud of our team and many thanks to everyone involved in opening the North/Aliante club. Hopefully with the design of this new club you can see the passion we have for health and fitness, and how important all the different areas of the club are to our members' motivation and club experience. It goes without saying that an awesome member experience keeps everyone motivated. The other main ingredient for a motivational experience is to have a fun environment. Members having fun is probably the most important factor when it comes to the member experience.

You will also see some adjustments in the next few months to our nutrition and accountability programs.

With the ever changing landscape of fitness training and technology, the dotFIT program can now be integrated with myfitnesspal, the Fitbit and the Jawbone UP. This means if you are logging your food on myfitnesspal you can automatically transfer it over to the dotFIT program. Therefore, instead of having two separate programs, now both will sync with each other. We believe dotFIT has a more sophisticated dashboard, and more robust progress tracking features. One of the myfitnesspal's strengths is the simple and easy mobile app to log foods and activities on. Myfitnesspal also has the HelloHealthy blog with frequent emails such as one of its most recent called "The Surprising Benefits of Cutting Back on Sugar". Please see the training page of the LVAC website for an introduction to myfitnesspal.

It's an exciting time to be a fitness enthusiast, and we want to do as much as we can to help our members achieve better results. Most importantly, we want to help you experience a healthy and fit way of life.

On behalf of the entire LVAC Team have a motivated and fun Summer, in and out of the club.

Yours in Health, Fitness and Fun,

Todd Owens Smith
CEO/Chief Exercise Officer
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Ginny Jones - an example of passionate life

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Meet our COVER GIRL

For inspiration and motivation, we always like to give our members a peek into the life of our cover model. Featured in this issue, Becky Earl was born and raised here in Las Vegas, enjoyed playing sports with her brothers and was on her high school's dance and cross-country teams.

Becky is the owner of a family photography business and a busy mom of four children; Sadie, age 9 (born on her mom's birthday), Jessie 8, Sawyer 5 and Jane 3. When asked how she possibly finds time to workout with such a busy schedule, she replied, "Finding a balance for all the things you need to get done in your day can be tricky. But when you make your health a priority, the benefits outweigh all other stresses in your life. That might mean waking up a little earlier than you would like, or doing activities that your children can join in on. Luckily, LVAC has an amazing childcare facility, which makes getting to the gym that much easier for me."

Becky also shared her philosophy about nutrition. "Eat clean 85% of the time. Live life the other 15%. It's all about finding balance and being realistic."

Her workout program? "I love, love, love weight lifting. I add in HIIT cardio when I feel like punishing myself! I also enjoy yoga when I can fit it into my schedule."

When asked why she chose to join LVAC, she replied, "Honestly, I love the people I have met. When you are able to go at the same time consistently, you can't help but make friends with people you see every day. Everyone I have met has been so helpful and they have freely shared their knowledge. I love the LVAC community."

"Being fit makes me a better mom. I have more energy to chase after four kids. When I workout, I eat better. When I eat better, I feel better. When I feel better, I'm happier. And everyone knows a happy mom is always the way to go! Being fit also makes me a better person because it takes dedication and perseverance, which are two very important qualities to possess in this life."

You can see Becky's photography at beckyearlart.4ormat.com.



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Drop Inches
Get Toned
Balance Cravings

LVAC Success Story

Eric Kidd: Obstacle Course Racing to LOSE WEIGHT



When I discovered endurance events, I knew that not only had I found something I love to do, I had also found something that would give me a reason to train hard.

Eric was born and raised in Saint Paul, Minnesota, moving to Las Vegas 10 years ago. He works in the luxury timepiece and jewelry industry. His Shitzu Pepper, is a constant companion. While Eric stands 6'3" and is 210 pounds, Pepper is only 11 pounds, so friends refer to them as the odd couple. Eric lost over 100 pounds in approximately one year's time. Here's his inspiring story.



Eric lost over

100 lbs.

LVAC: What was your motivation to change your lifestyle, lose weight and improve your fitness level?

Eric: My weight issues began in middle school. When I graduated from high school I weighed 270 pounds, and quickly gained an additional 30 pounds that summer. I didn't weigh myself at my heaviest point, but I am sure I reached 315 pounds. I was a multi-sport athlete in high school, but my weight kept me from excelling. I enjoyed lacrosse, and decided that I was going to train hard in order to be dominant on the field. That's when my weight loss journey began.

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

Eric: I started with jogging. I would jog up the block in my neighborhood as far as I could until I was out of breath, then I would walk back. The next day I tried to go a little farther. Now, I can run in excess of 5 miles without too much difficulty. It's all about taking small steps and being consistent—pushing yourself just a little more each day.

Now, even on lifting or specific obstacle routine days, I will always use the elliptical or run the track to

get my cardio training in. If I can't make it into the gym, I run a few miles outdoors.

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

Eric: My biggest struggle always has been and always will be my consumption of high sugar foods, especially late at night. I used to eat anything and everything. I also consumed a great deal of dairy. I have found that cutting out excess dairy products, and not consuming empty calories past 9 p.m. has helped in my weight loss and kept me from gaining weight. I also make a real effort to eat clean and add natural organic supplements and probiotics into my diet to help with digestion and boost my immune system.

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

Eric: I find that when I am in control of what I eat and I stay consistent with my cardio, I have an abundance of endurance. I wake up in the morning with energy and I have the motivation to get my morning errands done and then I am off to the gym.

I believe that consistency is the key to life. When I am consistent with my workouts and diet, I find that I am consistent in other areas of my life. My immune system stays strong and I feel good.

Also, setting goals is very important for staying motivated and on track. When I discovered endurance events, I knew that not only had I found something I love to do, I had also found something that would give me a reason to train hard. I lost 100 pounds in just over a year, and then gained about 50 pounds back. Why? Because as great as it felt to lose the weight, I never understood that having something to work for would keep me focused and motivated. Then, after a 12-mile course through mountains filled with military style obstacles, I crossed the finish line and finally understood why the struggle to lose weight was worth it. From that point forward I have maintained my weight by training for my next goal.

Remember, consistency is key. Be consistent in your training until you have conquered your goal. Then set another. My personal goal is to run 75+ miles in 24 hours in the 2015 Worlds Toughest Mudder event.

→ Before

Weight	315 lbs.
Waist	44 in.
Body Fat	33%

→ After

Weight	212 lbs.
Waist	36 in.
Body Fat	18%

LVAC: What advice would you give to LVAC members who are facing weight loss and lifestyle challenges?

Eric: Be consistent, set goals, focus not only on your fitness, but also on improving your health. Also, having a support system can make all the difference in your success. My family and close friends have been my biggest supporters in this journey. My parents and grandparents make it a point to attend every possible event. They have even traveled across the country to watch my cousin and I run endurance events. It is a great feeling to finish and have family waiting to celebrate with you!



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LVAC Club Life - Race for the Cure®



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A promotional poster for the TV show 'The Flash'. The background is a vibrant red and orange gradient. In the foreground, The Flash is shown in profile, running towards the right. He is wearing his iconic red and black suit with a yellow lightning bolt on his chest and a red helmet with a glowing yellow lightning bolt on the side. The text is overlaid on the image.

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A Tribute
To Our



Ginny

by Connie Stewart

The definition of a pioneer is 'one who goes before to show others the way.' Anyone who knew Ginny would readily agree that she was someone who constantly encouraged, motivated and mentored everyone around her. She was a person of integrity in her family life, in her career and in her faith. Ginny was a pioneer in the truest sense of the word.

Virginia Irene Eede Jones was born on March 26, 1938 in Calcutta, India, where her father was stationed. Her family returned to their native England where she grew up in Mill Hill, now a suburb of London. In addition to graduating high school there, she also enrolled in

dance classes. Always athletic, after graduation she began ice-skating and quickly excelled. When the Ice Capades came to London, Ginny was determined to audition. Over 100 girls showed up, and the competition was intense as there were only three girls to be offered a spot. Ginny walked away from the audition as one of the newest performers in the Ice Capades!

In 1956 the Ice Capades began a tour of the United States, which brought Ginny to America for the first time. For several years she continued to tour with the Ice Capades where professional scouts were always on the lookout to find the next 'star'. In 1962 Ginny was recruited to perform



Ginny with her beloved family: L-R, son Ken Jr., granddaughter Madison Lane, Ginny, husband Ken, granddaughter Kailey Grace, and daughter-in-law Shannon

with a partner in a show at the Lido in Paris. In 1965 Ginny and her partner were brought to Las Vegas to skate in the Lido at the Stardust. It was there that she would meet her husband of 48 years, Ken Jones.

Ken and Ginny were married in 1967. For the next few years, Ginny would continue to skate, and in 1969 their son Ken Jr. was born. A short time after she decided to retire her skates and returned to dance. Always the dedicated professional, she constantly sought ways

to improve her talent and for the next seven years landed several lead roles in various shows in Las Vegas.

Ken and Ginny's home was always open to friends and family, a gathering place where everyone was welcomed and loved. For over 40 years they held weekly Bible study classes and gave support and encouragement to anyone who passed through their front door. Ginny's faith was a source of strength to her and she shared it freely with everyone she met.

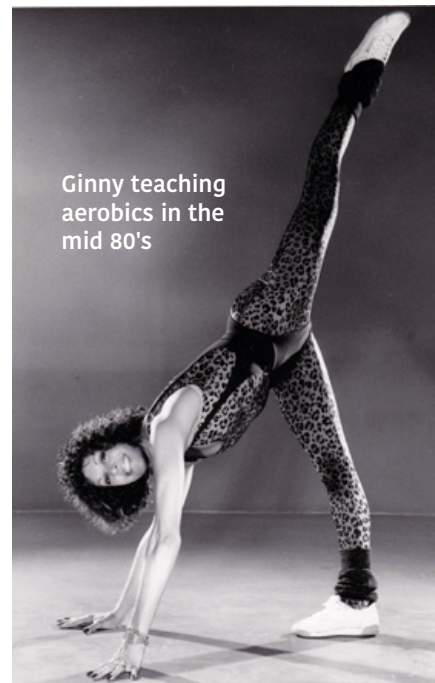


Ginny skating in the Lido-Paris, France

In 1975, she retired from professional dance, but soon found a way to turn her love of movement in a different direction-she began to teach 'aerobics'. Now known as group fitness, aerobics was the start of a new industry in which Ginny was again, a pioneer. Coming to LVAC in the seventies, she would continue to teach up to 12 classes a week for almost 40 years! Her enthusiasm, flawless technique, love of people, communication skills and dedication to her craft made her a premier instructor and a leader not only here at LVAC, but throughout the industry. She helped to shape the direction and future of group fitness, teaching all of us that worked with her what true professionalism looked like.

In 2013, shortly before retiring at age 75, she was honored at the Las Vegas Athletic Clubs Fitness Festival with a Lifetime Achievement Award. At the presentation, Melanie Byrne, then the group fitness director shared the following remarks, sentiments that are shared by everyone who knew her.

"I cannot count how many times I heard the phrase "I



Ginny teaching aerobics in the mid 80's

want to be like Ginny when I grow up!" She could run circles around any woman in her twenties, lift weights in class longer than the guys, teach three high intensity classes back-to-back and still have enough energy to help new members learn the moves after class. Ginny consistently came in early before her classes, so that she could walk along the rows of treadmills and personally invite people to come take her class. If people came in with a negative attitude, she had the most convincing way of helping everyone feel gratitude for life and leave class in high spirits!

Ginny Jones inspired, encouraged and mentored countless people to become Group Fitness Instructors, and with that created a domino effect of lives that were changed for the better. She was an outstanding instructor, supportive LVAC team member, but more importantly, she was a great friend."

In loving memory

GINNY JONES 1938-2015



PROBIOTICS

A Buyer's Guide

by Crystal Petrello

CRYSTAL PETRELLO MS, RDN, LD,
ACE CERTIFIED HEALTH COACH
702-575-7717 CRYSTAL@CRYSTALCLEAR.NUTRITION.COM

Bugs! Probiotics are bacteria that live in our bodies, mostly in our small and large intestine. Before you get grossed out, let's take a look at why we absolutely need these guys and why we might need more of them than we think. These belly-bugs help us digest our food, create vitamins and essential fatty acids, and support our immunity. Research continues to support the benefits of having a well-populated gut. In fact, a healthy human intestine contains 100 trillion bacteria.

You can eat probiotics in food or you can pop a pill. There are benefits to both. The benefit to eating probiotics in food is that you get nutrition at the same time. Many food sources however, do not have the variety and diversity of probiotics that a supplement can offer. The benefit of a supplement is that they are more convenient and you can pick-and-choose the diversity and type of strains in your supplement.

Fermented Food

Look for fermented foods and certain dairy products that contain probiotics. The following dairy products contain them: yogurt, cottage cheese, buttermilk, and Kefir. Fermented foods such as soy sauce, miso, tempeh, and fresh sauerkraut contain probiotics. When looking for yogurt that contains probiotics, look for the term "live" or "active" cultures on the label.

Supplements

There are many brands and types of probiotic supplements on the market. They are sold as probiotics or they are included in other vitamins. There is a lot of information about probiotics available and it can be confusing. The following is a point-by-point way of understanding that information to help you find the right probiotic for you.

Strain of Bacteria	Benefits
Lactobacillus acidophilus	<ul style="list-style-type: none"> → Maintain integrity of intestinal wall → Ease occasional digestive discomfort → Support immune system → Support vaginal health in women
L. fermentum	<ul style="list-style-type: none"> → Supports digestion → Activity against food borne pathogens
L. gasseri	<ul style="list-style-type: none"> → Vaginal health
L. paracasei	<ul style="list-style-type: none"> → Support liver function
L. plantarum	<ul style="list-style-type: none"> → Supports digestion → Activity against food borne pathogens
L. reuteri	<ul style="list-style-type: none"> → Supports digestion → Support immune system → Support oral health
L. rhamnosus	<ul style="list-style-type: none"> → Best for vaginal health support → Supports urinary health → Decrease incidence of traveler's diarrhea
L. salivarius	<ul style="list-style-type: none"> → Support immune system → Support oral health
Bifidobacterium bifidum	<ul style="list-style-type: none"> → Supports digestion → Decrease incidence of traveler's diarrhea
B. infantis	<ul style="list-style-type: none"> → Supports digestion → Decrease lower gastrointestinal distress
B. longum	<ul style="list-style-type: none"> → Supports digestion → Supports immune health
Bacillus coagulans	<ul style="list-style-type: none"> → Support digestion → Support vaginal health

TIPS FOR FINDING THE BEST PROBIOTIC SUPPLEMENT FOR YOU:

1

Delivery system

Encapsulated pills or other delayed-rupture technology ensure the bacteria survive the trip through your acidic stomach and reach your small intestine and colon.

2

Storage

Bacteria survive better at lower temperatures. There are shelf-stable probiotics and refrigerated probiotics. Technology has been developed to keep probiotics alive at room temperature. Bacteria can be preserved so that they go dormant (alive but not growing) and then when they reach the moist environment of our bodies they can grow again.

3

Expiration Dates

“Viable through end of shelf life” ensures the living microbes are in fact, still living. Pass on the probiotic if the label says “viable at time of manufacture,” which means everything in it could be dead by the time you consume it. This is more common with shelf-stable probiotics.

4

Amount

The most important thing to consider when choosing a probiotic strain is to ensure it has been tested for efficacy. A healthy human gut is populated with about 100 trillion bacteria (1). This means that a probiotic with 30 billion live cultures would take 9 years (of a daily dose) to replace the human flora.

5

Safety with Certifications

This recommendation goes for all supplements. Look for third party certifications that show the company has gone above and beyond what is expected by the FDA when it comes to Current Good Manufacturing Practices (CGMP). Some of these certifications are United States Pharmacopeia (USP), National Sanitation Foundation (NSF), and Natural Products Association (NPA).

6

Prebiotics

Prebiotics are food for our flora. The only clinical need for probiotic supplements is in formula for premature babies. So, do not purchase probiotics with prebiotics such as psyllium and inulin. This is truly something we should be getting from our food, specifically foods high in fiber. Spend money on a probiotic that utilizes the space in the capsule with the flora that is needed.

7

Diversity

Each person has the potential to respond to probiotics differently. Look for the specific strains of bacteria based on individual needs. There are estimated to be 500 different strains of bacteria in a healthy human gut (2). The chart on page 20 lists the 12 most commonly available in supplement form along with their benefits.



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TOUGH AS A

by Bret FitzGerald

NAVY SEAL?

When you think of a community of super fit people, several groups come to mind. The US Olympic track & field team, the Cleveland Cavaliers and the top-10 finishers at the Ironman Triathlon would all most certainly make the list. However, there is little dispute that the members of the United States Naval Special Warfare Command's top-tier warriors, known as the Navy SEALs are the most fit humans on earth. To wear the trident, one must complete a battery of training that is unlike any other known to man. Only after successful completion of the initial assessment phase, which includes a physical fitness component, can a sailor move on to BUD/S. What is BUD/S? The innocuous sounding

BUD/S is short for Basic Underwater Demolition/SEAL training and is a 6-month long regimen.

The hallmark of BUD/S is Hell Week, a five and a half daylong torture fest that weeds out the toughest of the tough. During Hell Week, recruits only sleep a total of 4-5 hours (about an hour a day). The rest of the time they are running on the sand, doing calisthenics and swimming miles in the cold waters off Coronado, CA, the west coast home of the Navy SEALs.

To even make it to BUD/S a Seal recruit must complete, with confidence, the following physical assessment. To the right are the bare minimums of what is expected.

TASK	MINIMUM TIME
Swim 500 yards <i>(sidestroke or breaststroke)</i>	12 minutes
Rest 10 minutes	
50 push-ups	2 minutes
Rest 2 minutes	
50 Sit-ups	2 minutes
Rest 2 minutes	
10 pull-ups	NA
Rest 10 minutes	
Run 1.5 miles	11 minutes

First, swim 500 yards (breaststroke or sidestroke) in under 12 minutes. After a short recovery period (10 minutes) one must complete a minimum of 50 push-ups in two minutes. Then, with only 2 minutes rest, the recruit must complete a minimum of 50 sit-ups in two minutes. After another two-minute recovery period, the sailor must perform a minimum of 10 pull-ups, without stopping to rest. Finally, after being given 10 minutes to recover, our hopeful special operator must run one and a half miles in under 11.

As a member of LVAC, it might be a fun way to rev up your program and try the "Can I Be a Navy Seal?" challenge.

Before taking the challenge, unless you are already "On The Teams", I suggest a few weeks of ramp-up training before trying the full assessment. Try doing 25% of all tasks a few times. Then, when you've got it down at 25%, go to 50%. Next do 75% a couple of times. By now you should do fairly decent on the Seal assessment test.



During Hell Week, recruits only sleep a total of 4-5 hours (about an hour a day). The rest of the time they are running on the sand, doing calisthenics and swimming miles in the cold waters . . .

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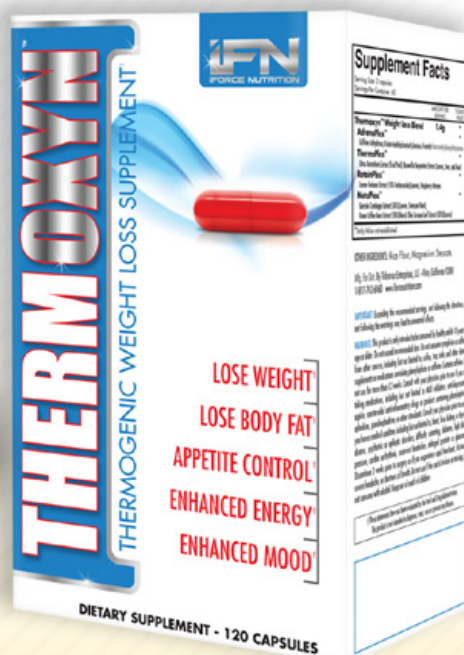
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FIT facts

Eat More Fruits and Veggies

We all know we need to eat more fruits and veggies, a minimum of 5 servings a day, but how much is a serving? Here are some basic guidelines:

One Serving =

- 1 small apple, 1 large orange, 1 banana
- 1/2 cup raw fruits or vegetables
- 1 cup of leafy greens
- 1 small bell pepper
- 1/2 cup berries or grapes



115
75

Take the part of your brain dedicated to your steak house's phone number and reassign it to your heart's vital signs. These include blood pressure (which ideally should be below 115 over 75), LDL cholesterol (under 100), resting heart rate (under 70), and fasting blood sugar (under 100). If your numbers aren't ideal, change your diet until they improve.

American Heart Association

Brushing is Not Enough

Who knew flossing could save your life?

If you plan to spend your later years eating more than yogurt and applesauce, invest in some floss. No matter how thoroughly or long you brush your teeth, you're missing a good portion of their total surface. That's like washing one armpit after a workout. But the dangers of skipping floss go beyond hygiene. The bacteria that linger can increase your risk of heart disease. "There are a lot of studies that suggest that oral health and gum disease in particular, are related to serious conditions like heart disease," says periodontist Sally Cram, DDS, a spokeswoman for the American Dental Association.

American Dental Association

Know Your Numbers...
Work to Make Them Better



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BEFORE



AFTER

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



BEFORE



AFTER

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

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FIT facts



Lifting is Good

Lifting is Good for the Gray Matter

Researchers at the University of Michigan found that men who performed three total-body weight workouts per week for 2 months lowered their blood pressure readings by an average of 8 points.

That's enough to reduce the risk of a stroke by 40 percent.

Campaign for Tobacco-Free Kids

“Today, massive and conclusive scientific evidence documents adverse effects of involuntary smoking on children and adults, including cancer and cardiovascular diseases in adults, and adverse respiratory effects in both children and adults.

Research reviewed in this report indicates that smoke-free policies are the most economic and effective approach for providing protection from exposure to secondhand smoke. Separating smokers and nonsmokers in the same airspace is not effective, nor is air cleaning or a greater exchange of indoor with outdoor air. Additionally, having separately ventilated areas for smoking may not offer a satisfactory solution to reduce workplace exposures.”

Richard Carmona, M.D., M.P.H., F.A.C.S., Surgeon General
Key Quotes from New Surgeon General Report on Secondhand Smoke

Finding simple strategies to help you eat less begins with portion control. Start being more aware of the food you eat with these tips.

Tip 1 Before Eating, Divide The Plate.

Here's a simple rule to portion a plate properly: Divide it in half. Automatically fill one side with fruits or vegetables, leaving the rest for equal parts protein and starch. This way, you begin to see what a properly balanced meal looks like. Spaghetti and meatballs? Steak and potatoes? They're really only half a meal that is incomplete without fruits and vegetables.

Tip 2 Pre-Portion Tempting Treats

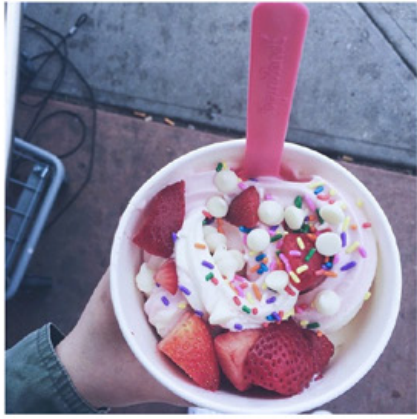
The bigger the package, the more food you'll pour out of it. When two groups were given half or 1-pound bags of M&Ms to eat while watching TV, those given the 1-pound bag ate nearly twice as much. Pour a reasonable serving into a separate bowl and put the bag away. When the bowl is empty, you're done.

Tip 3 Avoid A See-Food Diet

Office workers who kept candy in clear dishes on their desks dipped in for a sample 71% more often than those who kept their candy out of sight. If you enjoy having snacks around, keep healthier, low-calorie choices available. A bag of baby carrots, and apple or a banana in your office drawer will give you more energy and enjoyment than a bag of jelly beans.

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Refrigerator OATMEAL



Breakfast
To Go-
In a Jar!

This is seriously a brilliant idea. Using a combination of super nutritious foods, you can prepare in a few minutes enough 'breakfasts in a jar' to last for 3-4 days! Make up a batch the night before, and in the morning when everyone is in a rush to get out the door, breakfast is ready and waiting. It's easy to transport, you can eat it at your desk, kids love it-even as an after school snack and there are endless variations to try. What's not to love?

Using the basic overnight recipe, try your own variations.

Basic Overnight Oatmeal

- 1/4 cup steel cut oats
- 1/3 cup your choice of milk (organic if possible), you can also use almond or soy milk
- 1/4 cup low fat Greek yogurt
- 1-1/2 teaspoon chia seeds
- desired sweetener

1. Place the oats, milk, Greek yogurt and chia seeds into a 1/2 pint Mason jar along with desired sweeteners or flavors. **2.** Put a lid on the jar and shake to combine. Add your choice of fruit and stir gently until combined. Place into the refrigerator overnight. The jars can remain in the refrigerator up to 3 days, depending on the type and ripeness of the fruit you are using. Non-banana varieties may even last up to 4 days.

→ Cherry Chocolate Chunk

- 1/2 teaspoon pure vanilla extract
- 1 tablespoon finely chopped dark chocolate
- 1/4 cup chopped cherries (fresh or frozen)

→ Apple Cinnamon

- 1/2 cup diced fresh apple
- 1 tablespoon unsweetened applesauce
- 1 teaspoon honey
- 1 teaspoon cinnamon

→ Banana Chocolate

- 1/2 banana, sliced
- 2 teaspoons cocoa powder
- 1 tablespoon honey

→ Raspberry Vanilla

- 1/2 cup fresh raspberries
- 1 tablespoon of "Simply Fruit" (no sugar added) jam
- 1 teaspoon pure vanilla

→ Blueberry Maple

- 1/2 cup blueberries
- 1 tablespoon of pure maple syrup

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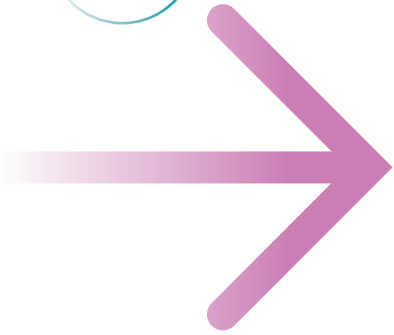
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Class Descriptions



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

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

HIGH INTENSITY/CARDIO CLASSES

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

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



Class Descriptions

HIGH INTENSITY/CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>KETTLEBELL POWER</p> <p>These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.</p>	70 Minutes	Total Body Workout	600	Kettlebells
<p>KICK BOXING</p> <p>Non-contact boxing will increase your heart rate and help burn fat and calories. This class also helps with coordination with kicking and punching moves that help improve balance and reflexes. Punches made with precision and power help to build upper and lower body muscles as well as abdominal muscle strength from the various positions required to perform many of the kickboxing moves</p>	60 Minutes	Total Body Workout	400	Body
<p>LITE STEP/LITE WORKOUT</p> <p>A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.</p>	60 Minutes	Lower Body	250	Step/Bench
<p>NAVY SEAL</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>PILOXING™</p> <p>Piloxing is a creative mix between Pilates and boxing, with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. This low-impact workout is done barefoot and incorporates movements from dance, punches inspired by boxing and core work based on Pilates. It is fun, a perfect fat burning workout.</p>	60 Minutes	Total Body Workout	250 to 300	Body Weight
<p>RPM™ CYCLE BY LES MILLS</p> <p>RPM is the indoor cycling workout based on outdoor riding, where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.</p>	45 Minutes	Cardio	675	Indoor Stationary Bike
<p>STEP 1, 2, 3</p> <p>Classes performing moves on and off a step platform will provide both cardiovascular and muscular endurance. Incorporating both upper and lower body movements together will improve your coordination and agility; and the constant push up onto the step will increase leg strength. This intense cardiovascular workout will make your heart and lungs work more efficiently and the calorie burning aspect of the exercise will help you maintain a healthy weight.</p>	60 Minutes	Lower Body & Core	600	Step Bench

MIND/BODY CLASSES

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

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



Class Descriptions

MIND / BODY CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>BODYFLOW™ BY LES MILLS This Yoga, Tai Chi and Pilates workout will leave you feeling long, strong, centered and calm. The 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.</p>	55 Minutes	Joint Flexibility & Tight Muscles	390	Barbell, Plates & Height Adjustable Step
<p>BODYVIVE™ BY LES MILLS Les Mills is the low-impact, whole body group fitness workout that uses tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left feeling invigorated, rejuvenated and energized.</p>	55 Minutes	Cardio/Mobility/Core	420	Resistance Tube & Ball
<p>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!</p>	60-70 Minutes	Mind/Body	120	Yoga Matt Body Weight
<p>GENTLE YOGA MIX The yoga postures or asanas exercise every part of the body, keeping all the systems in radiant health. It combines all the movements needed for physical health with the breathing and meditation techniques that develop a state of inner peace and tranquility. Postures are held and performed slowly and meditatively, combined with deep abdominal breathing. These asanas work on all the various systems of the body, creating suppleness in the spine and flexibility. Each series of asanas is followed by one that provides the opposite stretch and any asana that works primarily on one side is always repeated on the other for balance and unity.</p>	60-70 Minutes	Mind/Body	120	Yoga Matt Body Weight
<p>INTEGRATIVE YOGA Breath, awareness and movement come together to enhance the well-being of body, mind, spirit. Different styles of hatha yoga blend into an intuitive practice, including mindfulness practice, deep relaxation and quiet contemplation.</p>	60-70 Minutes	Mind/Body	150	Yoga Matt Body Weight
<p>IYENGAR YOGA Named after & developed by B.K.S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision & alignment in the performance of asana and breath control. The development of strength, mobility and stability is gained through the asanas.</p>	60-70 Minutes	Mind/Body	150	Yoga Matt Body Weight
<p>TAI CHI The traditional slow, focused, moving meditation health exercise. Tai Chi has been associated with reduced stress, anxiety, depression, and enhanced mood in both healthy people and those with chronic conditions. It has been shown to improve aerobic capacity, increase energy, and build muscle strength.</p>	60 Minutes	Mind/Body	150	Body Weight
<p>VINYASA FLOW YOGA Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated from Sanskrit as meaning "connection". In terms of yoga asana, we can interpret this as a connection between movement and breath.</p>	60-70 Minutes	Mind/Body	250	Yoga Matt Body Weight
<p>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.</p>	60 Minutes	Mind/Body	200	Yoga Matt Body Weight

DANCE CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>BELLY DANCE Learn traditional belly dance moves that firm and tone the waist and hips. No experience necessary.</p>	75 Minutes	Total Body Workout	350	Body Weight Yoga Mat
<p>DANCE IT OUT™ This is a total body, high energy, cardio dance workout that is infused with 20 plus styles of dance including Hip Hop, Bollywood, Line Dancing, Ballroom, 80's, Broadway, and much more. This is a non-judgmental supportive environment, where students of all fitness levels, ages, shapes and sizes have the time of their lives while getting fit.</p>	60 Minutes	Total Body Workout	250	Body Weight



Class Descriptions

DANCE CLASSES CONTINUED

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

STRENGTH CLASSES

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

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



Class Descriptions

AQUA CLASSES

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

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



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



Class Schedules

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

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE		RPM CYCLE			
5:30							
6:00	RPM CYCLE	PILATES	RPM CYCLE	CYCLE			
7:00							
8:15	CYCLE		CYCLE		RPM CYCLE	CYCLE	
9:00		CORE		CYCLE			CYCLE
9:15						M.R.T.	
9:30	CYCLE	KICKBOXING	CYCLE		CYCLE		
10:15				BODYFLOW			VINYASA FLOW YOGA*
10:30	PILATES	BODYFLOW			PILATES	BODY ATTACK	
10:45			ASHTANGA YOGA*				
11:30						CYCLE	SHBAM
PM							
12:00	CYCLE - 45 min.	RPM CYCLE		RPM CYCLE			
12:30			ZUMBA		VINYASA FLOW YOGA*	SH'BAM	BODYFLOW
1:00	YOGA BLEND	VINYASA FLOW YOGA		VINYASA FLOW YOGA*			
1:30						WILLPOWER & GRACE	RPM Cycle
2:30							CORE
3:15		BODYFLOW					
4:00							GENTLE YOGA
4:15			VINYASA FLOW YOGA*				
4:30		BOOTY BLAST B.A.R.		BOOTY BLAST B.A.R.			
5:30	VINYASA FLOW YOGA	CYCLE	RPM CYCLE	CYCLE	RPM CYCLE		
6:30	BODYCOMBAT	HOT HULA FITNESS	PILATES	VINYASA FLOW YOGA*			
7:00							
7:30	RPM CYCLE		BODYSTEP	RPM CYCLE			

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

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

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

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Class Schedules

GREEN VALLEY ANTHEM - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00						AQUAEROBICS	
9:00	AQUAFIT		AQUAFIT	AQUAEROBICS	AQUAFIT	AQUAEROBICS	HYDRO-TONE
10:00	MOBILITY PLUS	MOBILITY PLUS	MOBILITY PLUS		MOBILITY PLUS		
11:00			MOBILITY PLUS				
PM							
12:00	AQUAEROBICS		AQUAFIT		AQUAEROBICS		
6:00		HYDRO-TONE*		HYDRO-TONE			
6:30			AQUA ZUMBA				

WEST SAHARA CLUB - ROOM 1 (364-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODY PUMP		BODY PUMP/CxWORX			
8:00	STEP 2					BODYSTEP	
9:00						BODY PUMP	BODY PUMP
9:30	ZUMBA	ZUMBA	BODYCOMBAT	ZUMBA	ZUMBA		
10:00							CxWORX
10:15						BOOTY BLAST B.A.R.	
10:30	BODY PUMP	CxWORX	BODY PUMP	M.R.T.	BODY PUMP		
11:15						CxWORX	
11:30			BOOTY BLAST				
PM							
12:00	PILATES		BOOTY BLAST			ZUMBA	ZUMBA
12:15					PILATES		
12:30		BELLYDANCE**					
1:00	ZUMBA						KICKBOX
1:15					ZUMBA		
3:00				BALLET BARRE			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM	ZUMBA	BODY PUMP		
5:00		CORE - 15 min					
5:30	BODYSTEP	ZUMBA	CxWORX	BODY COMBAT	ZUMBA** (90min)		
6:00			BODYATTACK				
6:30		BODYPUMP		BODY PUMP			
6:45	ZUMBA		BODYPUMP				
7:30		HOT FUSION		MIXED FIT			
7:45			8STRIKES*				

WEST SAHARA CLUB - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30					CYCLE		
6:00			CYCLE				
9:00		CYCLE*				ASHTANGA YOGA*	
9:15				RPM CYCLE*			
9:30	RPM CYCLE		YOGA BLEND*				
10:00							IYENGAR YOGA**
10:15						RPM CYCLE	
10:30	LITE STEP				LITE STEP		
11:30	FLEXIBILITY				FLEXIBILITY		
PM							
4:00				PILATES			
5:30	RPM CYCLE	RPM CYCLE	CYCLE	BODY FLOW	RPM CYCLE		
6:30		VINYASA FLOW YOGA*	IYENGAR YOGA*	BODYSTEP			

WEST SAHARA - AQUA CLASSES

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

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

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WEEKNIGHTS


the **BIG**
BANG
THEORY
6 & 7

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


THE **CW**
LAS VEGAS

Channel 33
Cable 6





Class Schedules

EAST FLAMINGO CLUB (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP			BODY PUMP		
6:45		CxWORX					
8:00		VINYASA FLOW YOGA*		ZUMBA	VINYASA FLOW YOGA*		
9:00			ZUMBA	PILATES		ZUMBA	ZUMBA
9:15		ZUMBA			ZUMBA		
9:45							
9:30	TBC Total Body Conditioning						
10:00			M.R.T.	BODYCOMBAT		PILATES	
10:30	PILATES				M.R.T.		
11:00			CORE	VINYASA FLOW YOGA*		M.R.T.	
11:30			GENTLE YOGA*		PILATES		
11:45	ZUMBA						
PM							
12:00						STEP 1	
12:30							
1:00	GENTLE YOGA*	ZUMBA					
1:30							
4:00	BODY PUMP	M.R.T.		M.R.T.			
5:00	CORE	PILATES		PILATES	BODY ATTACK		
5:30	KICKBOX		BODYFLOW				
6:00		BODY PUMP		BODY PUMP	BODY PUMP		
6:30	CORE - 15 min		CORE				
6:45	BODYATTACK						
7:00			KICKBOX		SH'BAM		
7:15		BELLYDANCE*		SH'BAM			
7:30	ZUMBA						
8:00			ZUMBA				
8:30							

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 ₂ O CORE + MORE	
PM							
6:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			

CENTRAL CLUB AT KAREN (734-5822)

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

CENTRAL CLUB AT KAREN - AQUA

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

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



Class Schedules

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

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

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

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

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

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Class Schedules

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

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

NORTHWEST RAINBOW - AQUA CLASSES

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

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

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

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

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

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Class Schedules

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE				CYCLE		
6:00	RPM CYCLE	CYCLE	CYCLE	CYCLE	CYCLE		
7:00		YOGA BLEND*	GENTLE YOGA MIX	YOGA BLEND*			
7:45	YOGA BLEND					CYCLE	
8:00					ZUMBA		
8:15			BODYVIVE				
8:30		CYCLE		CYCLE			
9:00						YOGA BLEND	
9:15	CYCLE		PILATES		CYCLE		CYCLE
9:45		YOGA BLEND*		YOGA BLEND*			
10:00						HotHulaFitness	
10:30	BODY FLOW		CYCLE		YOGA BLEND		BODY FLOW
11:15		KETTLEBELL*		BOOTY BLAST		CYCLE	
11:30			M.R.T.				
PM							
12:00							VINYASA FLOW YOGA*
12:15						KETTLEBELL*	
12:30	CYCLE	YOGA BLEND	CYCLE	BODYCOMBAT	GENTLE YOGA MIX*		
1:30		ZUMBA	YOGA BLEND				
2:00	BEGINNING YOGA			PILATES			
2:30						POWER YOGA*	
4:15	RPM CYCLE	BODY FLOW	RPM CYCLE	BODY FLOW	RPM CYCLE		
5:30	VINYASA FLOW YOGA*	RPM CYCLE	PILATES	CYCLE			
5:45					HotHulaFitness		
6:30		BODY FLOW		BODY FLOW			
6:45	CYCLE		CYCLE		BOOTY BLAST		
7:30				BELLYDANCE			
7:45		BODY COMBAT	BODY FLOW				
8:00	PILATES						
8:30				HotHulaFitness			

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

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

NORTH (N. DECATUR/215) - ROOM 1 (647-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP		
7:00							
8:00				BODYATTACK		BODYATTACK	
8:30							
9:00	ZUMBA	BODYPUMP		BODYPUMP	ZUMBA**	BODYCOMBAT	BODYATTACK
9:30			ZUMBA				
10:00	BODY PUMP						BODYPUMP
10:15				H.E.A.T.*			
10:30		BODYATTACK			PIYO	ZUMBA	
11:00	CxWORX		PIYO				
11:30		ZUMBA		ZUMBA		BODYPUMP	
11:45							
PM							
12:00	ZUMBA		BODYCOMBAT		BODYCOMBAT		ZUMBA
12:30		SCULPT + TONE		SCULPT + TONE			
1:00	LITE WORKOUT		VINYASA FLOW YOGA*		VINYASA FLOW YOGA*		
1:30							
2:00							
3:00							
4:00							
5:00							
5:30	H.E.A.T.	STEP 1	BODYSTEP	STEP	KICKBOXING		
6:00							
6:30	ZUMBA	KETTLEBELL*	BODYPUMP	KETTLEBELL*	CxWORX		
7:00							
7:30	BODYPUMP				BODYPUMP		
8:00		ZUMBA	MIXXEDFIT	ZUMBA			
9:00							

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

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



Class Schedules

NORTH (N. DECATUR/215) - ROOM 2 (647-5822)

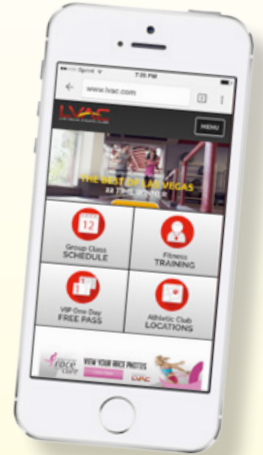
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		RPM CYCLE		RPM CYCLE			
6:00	RPM CYCLE	CYCLE	CYCLE	RPM CYCLE	CYCLE		
7:00	BODYATTACK		HIIT (30 min)				
7:30					IYENGAR YOGA		
8:00		GENTLE YOGA					ZUMBA
8:15						PIYO	
9:00	CYCLE		CYCLE	RPM CYCLE	RPM CYCLE		CYCLE
9:15		RPM CYCLE					
9:30						CYCLE	
10:00							PILATES
10:15	VINYASA FLOW YOGA*	PIYO	VINYASA FLOW YOGA	GENTLE YOGA*	BODYFLOW		
10:30						BODYFLOW	
11:00							
PM							
12:00	BODYCOMBAT				HOT HULA FITNESS	BODYCOMBAT	CYCLE
12:30		PILOXING					
1:00						ZUMBA	
1:30		TAI CHI					
3:00							
3:45				TAI CHI			
2:30	BOOTY BLAST BAR		BOOTY BLAST BAR				
4:00							
5:30	ZUMBA	RPM CYCLE	ZUMBA	BODYFLOW	BODYATTACK		
6:00							
6:30	RPM CYCLE	CYCLE	CYCLE	CYCLE	U-JAM		
7:00							
7:30	BELLY DANCING	SH'BAM	PILOXING	SH'BAM	CYCLE		
8:00							

NORTH (N. DECATUR/215) - AQUA CLASSES (647-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	AQUA AEROBICS	AQUA FIT	AQUA AEROBICS	AQUA FIT	AQUA AEROBICS		
9:00	AQUA ZUMBA	MOBILITY PLUS	AQUA ZUMBA	MOBILITY PLUS	AQUA ZUMBA	AQUA FIT	
9:30							
10:30						AQUA BOOT CAMP	
PM							
6:30	AQUA FIT	AQUA BOOTCAMP	AQUA FIT	AQUA BOOTCAMP			



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



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