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Summer Smoothies Nutrition Powerhouses! 20

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GOOD MORNING LAS VEGAS

4:30-7:00AM WEEKDAYS

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One Letter Separates Fit from Fat

Dear Friends,

Thank you to everyone who participated in or donated to the Susan G. Komen Race for the Cure(R) on May 7, 2016 at the Fremont Street Experience. This was the 16th year that LVAC has been a proud sponsor for the Race, and as it turns out, our best year yet! LVAC was voted the largest Corporate 500+ team and the largest fundraising Corporate 500+ team. If you haven't had a chance to check out all of the pictures we posted from the event, go to LVAC.com and click on the Race banner. Also, check out the LVAC team members at the Race in our Club Life section of this issue.

One letter is all that separates fit from fat, but what else differentiates the two words? There is actually some controversy on whether you can be both at the same time, and conflicting research studies that question the simultaneous condition of being fit and fat. The starting point of the discussion has to be, what is it to be fit or fat? Being fit, or fitness, is good health or physical condition, as a result of exercise and proper nutrition. Fitness is synonymous with health; it is also a state of being bodily and mentally vigorous and free from disease. Everyone has a certain percentage of body fat, so therefore being fat must relate to a certain percentage after which someone is no longer healthy because they have too much fat on their body. We also know that fat is not based on weight, or being overweight, as most fitness professionals have discounted BMI as an accurate measure of an individual's health. A study published as recently as March in the Journal of Obesity concluded that the Body Mass Index (BMI) is a poor measure of fitness. Most bodybuilders would be overweight by BMI standards because muscle has a higher density than fat. So how much is too much fat? Is it the point after which the percentage of fat becomes unhealthy, known as being obese, because obesity is a disease? One of the definitions of being fit is to be free from disease, and obesity increases the likelihood of acquiring additional diseases like heart disease, cancer, diabetes, and other chronic health conditions.

So at what point do we become obese? The American Council on Exercise categorizes obese men and women differently, with obese men considered 25% or more body fat and obese women at 32% or more in body fat. The leanest athletes typically compete at body fat levels of between 6- 13% for men, and 14- 20% for women. Body builders may compete at body fat percentages even lower than the leanest athletes. There are also two types of fat that we store on our bodies, visceral fat and subcutaneous fat, with visceral fat existing in the abdomen and surrounding the internal organs. Subcutaneous fat builds up under the skin, and has less of a negative impact on your health and is easier to lose than visceral fat. The more storage of visceral fat in the abdomen the greater chance of serious health problems such as cardiovascular disease, type 2 diabetes and high blood pressure. Since visceral fat is harder to lose, it requires both exercise and proper nutrition to make positive changes in body composition.

We come back to the question of whether we can be fit and fat at the same time? It depends on how we define fat, but if we define it as the condition of being obese, then an obese person can no longer be fit because they are (by definition) not free of disease. The health consequences of obesity range from increased risk of premature death to other serious chronic conditions that reduce the overall quality of life. If we define being fat differently, at body fat percentages lower than 25% and 32%, respectively, then the question becomes more controversial. In 2012, a study published in the European Heart Journal suggested that people can be overly fat and metabolically healthy and fit, showing no signs of insulin resistance, diabetes, or higher blood pressure or cholesterol. More recently, a group of Swedish researchers concluded otherwise. The study spanned three decades and included over 1.3 million men. The results showed that persons who had normal body fat levels and maintained a normal weight were less likely to die prematurely, as compared to the overweight individual who may have had a higher level of aerobic fitness. When it comes to aerobic fitness, most studies have shown that normal weight people perform better in terms of oxygen uptake (aka VO2). Most studies also suggest that the obese person will improve lung function by losing weight.

There is also controversy and some misperception when it comes to weight control. Is it better to control your weight through regular exercise, or by having proper nutrition and monitoring your caloric intake? In a study by professors at Florida Atlantic University, they evaluated the totality of research and concluded regular physical activity outweighs caloric restriction dieting. The authors of the Florida Atlantic Study also concluded, "most people have difficulty achieving and maintaining weight loss solely by restricting their caloric intake". This belief is the foundation of LVAC's Transform program, which is a combination of healthy and sustainable living. Exercise without a weight management program, or weight management without exercise, is unsustainable. You must incorporate both regular exercise and proper nutrition to achieve a truly healthy lifestyle.

LVAC owner and athletic icon, Don Wildman is an example of a truly healthy lifestyle. His athletic achievements at the age of 83 are rivaled only by the legendary godfather of fitness, Jack LaLanne. Jack LaLanne had a fitness level that was inconceivable for his age and always maintained a very low body fat percentage. Likewise, Don Wildman also maintains a very low body fat percentage and his athletic achievements are just as unbelievable.

I recently went to a show called Cavalia, where the performers were both horse and human. It was the most amazing display of athleticism I have ever seen. In this incredible show of gymnastics, acrobatics, and physical feats of strength and skill, the lack of body fat stood out as one of the main factors leading to their athletic performance. The human performers also had to have super human core strength, and usually core strength and body fat do not go hand-in-hand.

On behalf of the entire LVAC Team, we hope you have a healthy, fit, and athletic summer, and also that you look fabulous in your bathing suit!

To your health and fitness,

Todd Owens Smith
CEO/Chief Exercise Officer
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At 83, Don Wildman is an athletic icon and fitness legend.

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Meet Our cover girl Katrine Baker

Meet our cover girl, LVAC member Katrine Baker. While being born and raised in Las Vegas, Katrine is fluent in French, because her mom is from France and she has grandparents still living there. She lights up when she talks about her family. "My family is everything to me. We are a blended family, so I have a step dad, step mom and three sisters. My family has supported me from day one and I couldn't be more blessed."

When we asked her what type of workouts and sports that she enjoys she replied, "Soccer, soccer and more soccer! Soccer has been a main focus throughout my life. I spent four years on a soccer scholarship at Indiana State University, playing on a division 1 level. I was honored to serve as team captain my senior year. I graduated from Indiana State University with a Bachelor of Science in athletic training."

We also asked Katrine to share with members some information about her diet and workout programs. "I workout five times a week, two of which are cardio days where I usually run three miles. The other three days I lift weights. I try to focus on targeted functional power training."

"I eat about five times a day. Small, healthy meals keep my metabolism at the same rate, allowing me to maintain a healthy figure. However, I don't deny a hamburger or a French pastry if they happen to show up!"

Outside of the gym, Katrine enjoys hanging out with her family and friends. She loves to hike, swim and shop and she travels internationally every year.

For modeling inquiries, email katrinebaker@hotmail.com.



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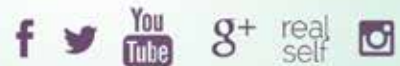
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success story

MARIO FALCON



Mario Falcon grew up in Yuma, Arizona and has been a resident of Las Vegas for the last nine years. He graduated from Northern Arizona University in 2004 with a bachelor degree in Hotel and Restaurant Management. He is currently employed as the VP of Data Management at Best Rate Referrals. He married his beautiful wife Gina this past February. He currently enjoys coaching U12 girls' soccer, where they just finished their season undefeated.

LVAC: What was the last straw that motivated you to begin your weight loss journey?

Mario: "Where do I begin? I was always the fat kid. Growing up I was always eating and always overweight. When my mother passed away in February of 2012, I hit rock bottom. I ballooned up to 575 pounds, and I didn't care about life anymore. One night I had a dream, which was very real, where my mom came and told me that I needed to do something about my health, or I would soon be joining her. I woke up in a cold sweat. That dream was very powerful, and it motivated me to begin changing my life."

LVAC: How does the Las Vegas Athletic Clubs factor into your story?

Mario: "Once I made the decision to begin to change, I joined LVAC and began going to the Eastern location. I did what I could—light weights and some walking. At that time, just going up a flight of stairs was a challenge. In January of 2014 I tried stepping on a scale and to my great joy it read 477 pounds. I had lost my first 100 pounds—my first official weigh-in was a success!

I felt that my journey back to health had begun." "Around that time, I discovered the pool at LVAC and began to swim. At first, I could barely swim a single lap. But, I continued to push myself for over eight months, until I was able to swim a full mile (32 laps) without stopping. I then added more aggressive weight training to my workout and began walking, then jogging and then running on the track. I am at LVAC on Eastern every morning at 4 a.m. until about 6:30 a.m., when I leave for work."

"Around that time, I discovered the pool at LVAC and began to swim. At first, I could barely swim a single lap. But, I continued to push myself for over eight months, until I was able to swim a full mile (32 laps) without stopping."

"I used to eat everything I could get my hands on. I actually hold the record at a local sushi restaurant for eating 17 rolls in one sitting! I have worked hard at changing my eating habits, little by little. I love to cook for myself, so I began focusing on eating fresh, wholesome foods—chicken breast, turkey and lots of greens and vegetables. Don't get me wrong, I still have a sweet treat once a month, but that's about it. Being motivated and energized by my healthy food choices and the weight loss I am experiencing, I feel like I have started to find

myself for the first time in my life."

LVAC: What are some of your future goals?

Mario: "Today, I weigh 271 pounds, and my goal is to reach 235 pounds. I am training to run my first half marathon, and I want to smash my 5K run times and help inspire and motivate others to start their own journey. Every day I look into the mirror and find something new that I like about myself. That has never happened to me before, because I could never find anything about myself that was good. I have a long way to go, because a journey like this is never really over, but I know I'm on the right path."

LVAC: What message would you like to share with other LVAC members?

Mario: "We all have adversity and tough times. Whether you have 5 or 150 pounds to lose, your journey is no easier than anyone else's. At LVAC, we all come together to motivate and inspire one another daily. We are all a family—no matter the color of our skin, our gender or our size. Losing my mother was one of the hardest experiences I have had, but I am very grateful she instilled in me her positive outlook on life. We are all strong and can do whatever we put our minds to. The support of my family and friends carried me throughout my journey and I am grateful. I also feel blessed to have found LVAC—it's my second home. I have been going for over two years now and everyone has been so helpful and friendly. I consider everyone at LVAC my family."

You can read more about Mario's inspiring story and follow his updates on his website at PUROPOSITIVE.com

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member spotlights

JET MITCHELL & ERICA RALEY

Since moving here over 20 years ago, Jet Mitchell considers Las Vegas her true home. Jet received an MBA from the University of Texas, Arlington, and J.D. from Boyd School of Law, University of Nevada Las Vegas. While she currently holds a license to practice law in Nevada, she has chosen instead to be “Professor Jet” at the College of Southern Nevada (CSN) teaching business management, marketing and small business management.

Jet was diagnosed with Stage IIIB breast cancer and wants everyone to know that even with a late stage diagnosis, there is both treatment and help. She advises women to receive a diagnosis and treatment right away. After her diagnosis, she had a head shave party at the start of her chemotherapy treatments (photo featured in the Fall issue of 2015 LVAC Magazine). Jet said, “The people I had around me were positive and believed in me and my recovery. While I was going through intense chemo treatments and aggressive radiation, the support I received from so many people was humbling. No one should face breast cancer treatments alone, which is why I believe that support from survivors is critical. The people who were by my side were my heroes, and they stood by me every step of the way. Their strength and support was stronger than any diagnosis or disease.” Jet also counseled, “If your support network is

light, join a local active support group, one with physical activity, to support you emotionally and to keep you moving. Activity and movement are key during and after treatments.”

Jet was no stranger to exercise, as she had been an avid runner for years. “I had no idea how important of a role LVAC would play in my treatment and health through and after cancer. While completely bald, and after my double mastectomy surgery and after each aggressive chemotherapy treatment, I ran the LVAC Green Valley track. The smiles and support from the employees, the trainers, and those working out was overwhelming.”

“I finished the Las Vegas Half Marathon three days after my final chemotherapy treatment. It was not my first half marathon (I think I have finished about 70 half marathons), but it is the only one I ran while completely bald, and one I will never forget. “I have run a half marathon in all 50 states, but the one I ran at home in Vegas, after my last chemo treatment in November 2015, will always be remembered.”

“I am happy I have a chance to thank my LVAC family for their support. A double mastectomy surgery, aggressive chemo and radiation treatments can be overwhelming. Being bald can feel awkward. Staying active and running



made me feel good, even on days when feeling good seemed unlikely. Every word of encouragement meant so much, and continues to empower me. Thank You!”



Las Vegas native Erica Raley has been an LVAC member for over 20 years. For the last two years, she has taken first place in the survivor category at the Susan G. Komen Race for the Cure®. Celebrating her win in this year’s 5K held great significance for her. Erica is now a ‘five-year cancer free’ survivor.

Erica was diagnosed with breast cancer in 2011, and underwent chemotherapy and radiation treatments. “I had a wonderful team of doctors at Comprehensive Cancer Center of Nevada”, she related. “Today I enjoy being a volunteer for the American Cancer society and working with other women who have received a diagnosis of breast cancer. I am so grateful for all of the support I received while going through initial diagnosis and the treatment. First, I want to thank God for always being there for me. I am truly blessed. I also want to thank my Aunt Phyllis. She has been by my side through all the ups and downs of life. I love you Aunt Phyllis, you are my angel. My boyfriend Michael has always given me strength and support. He is absolutely the best. Mi Amore!”

“I would like to tell all cancer survivors to never, never, ever give up! Together, we will beat this disease.”

Erica graduated with a B.A. degree from UNLV, and completed a master’s degree in educational counseling. She currently works for the Health & Human Services of the State of Nevada, in the Child and Family services division. She has a twenty-year-old daughter-an aspiring artist-who lives in Seattle. “My daughter is the center of my universe”, says Erica.

“I love to run, and during my treatment, working out at LVAC became a priority. Exercise was such an important part of my road to recovery. I truly appreciated LVAC’s friendly staff, the variety of group fitness classes I could choose from and all of the exercise options I had.”

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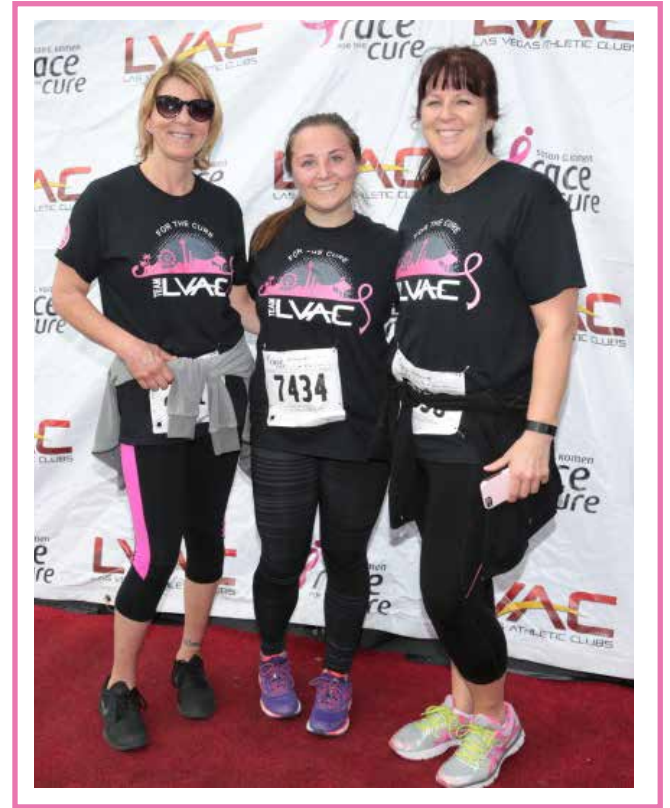
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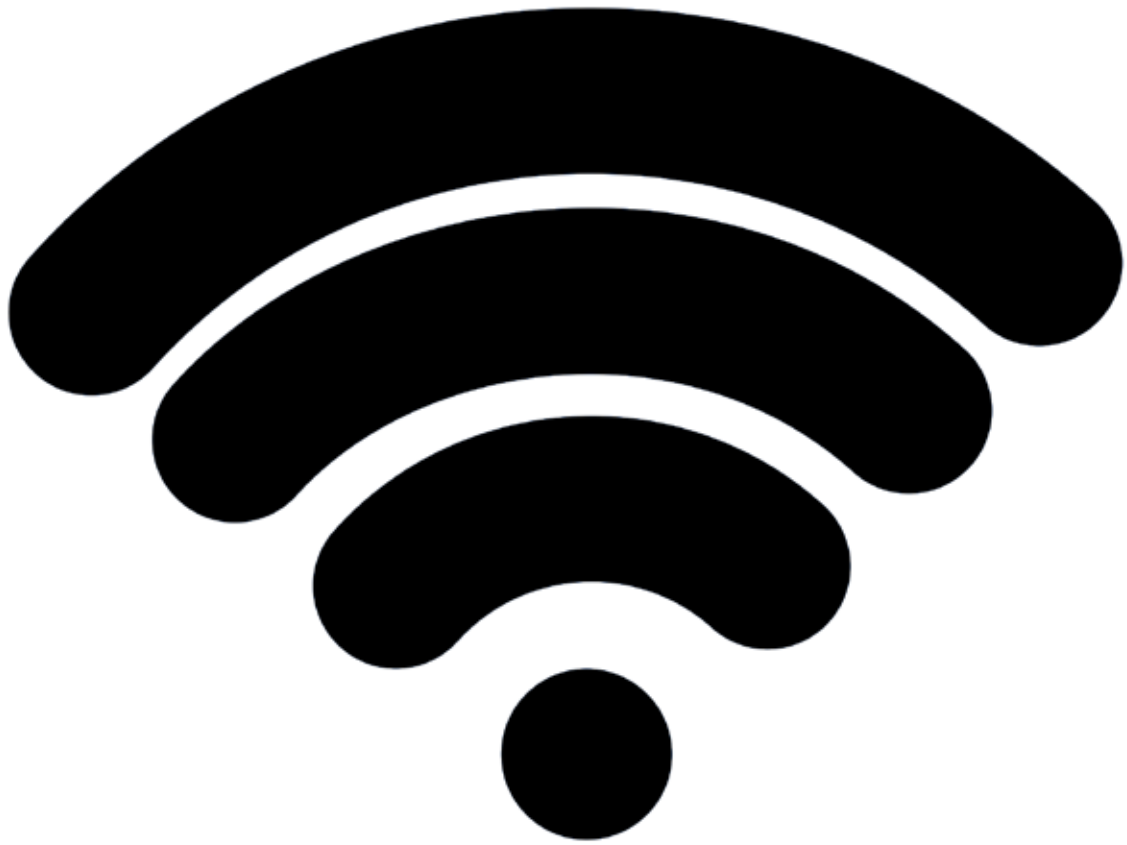


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WEEKNIGHTS



satisfying SUMMER SMOOTHIES

By Brittany Herlean and Tana Cogan

Packed with fresh fruits and veggies, smoothies are a delicious way to get your fill of energy-boosting proteins and other important vitamins and minerals. As the temperatures in Las Vegas rise, grabbing a smoothie is cool and refreshing as well as nutritious. Below you will find two smoothie recipes for three different fitness goal categories: weight loss, weight maintenance and building muscle.

If you want to lose weight or lean out then, the first category will be your best option. Choose between the Lean Green Machine and the refreshing Pink Grapefruit smoothie.

If you have achieved your ideal physique and want to maintain that hot body, the second category is best. Choose between the Very Berry or Tropical Pineapple smoothie.

If you are still working on building muscle, then you will want to look at the third category. These two smoothies may sound sinful, but they are packed with the nutrients your body needs to refuel after your hard work in the gym. We have created the Blueberry Pie or the Chocolate PB Cup if muscle gain is your goal.

A scoop or two of your favorite protein powder could be added to any of these recipes to boost your protein intake.

Goal: Weight loss

Lean Green Machine

- 6 kale leaves (stalks removed)
- 2 oranges (peeled)
- 2 cups pineapple
- 1 cup mango
- 8 ice cubes
- 2 cups coconut water

Pink Grapefruit Green Smoothie

- 1 grapefruit (peeled)
- 1 sweet apple (no core)
- 2 cups spinach (frozen)
- 1/2 banana (frozen)
- 8 ice cubes
- 2 cups water

Tip: Purchase the ingredients for your smoothie recipe and assemble smoothie bags with your recipe ingredients (minus the water or ice). Once you have your bags prepped, you will simply empty a bag into the blender; add water or ice and then blend. Ten minutes of preparation once a week will save time and extra mess. These smoothies are the ultimate summer 'grab and go'.

Goal: Maintain

Very Berry

- 1 cup frozen berries
- 1 banana, (frozen)
- 1/4 cup orange juice
- 1/2 cup kale
- 8 ice cubes
- 2 cups coconut water

Tropical Pineapple

- 1 cup pineapple
- 1 banana (frozen)
- 1/2 orange (peeled)
- 8 ice cubes
- 2 cups coconut water

Goal: Build Muscle

Blueberry Pie

- 1 cup blueberries
- 1/2 banana (frozen)
- 1/4 cup oats
- 1/2 cup Greek yogurt
- 1 Tbs almond butter
- 1/2 Tbs cinnamon
- 1/2 Tbs vanilla extract
- 2 cups vanilla almond milk
- 8 ice cubes

Chocolate PB Cup

- 1 frozen banana
- 2 Tbs peanut butter
- 1/2 Tbs vanilla extract
- 1/2 cup oats
- 1 scoop chocolate protein powder
- 1 Tbs honey
- Dash of cinnamon
- 8 ice cubes



Brittany Herlean is a mom of 3, cancer survivor and WBFF Fitness Pro. She is an LVAC group fitness instructor and personal trainer.

www.brittanyherlean.com
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Tana Cogan has been a personal trainer since she was 18 years old. Her greatest passion is helping others reach their goals.

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Veggie and Crème Fraiche Frittata

Ingredients

- 2 tablespoons crème fraîche, at room temperature (you can substitute sour cream)
- 2 tablespoons freshly grated Parmesan
- 1 teaspoon lemon zest
- 2 tablespoons unsalted butter
- 1 zucchini, cut into 1/2-inch dice (2 cups)
- 2 cups broccoli florets, washed and cut into 1 inch pieces
- 2 cups fresh baby spinach, washed and dried, stems removed
- 6 large eggs

Kosher salt and freshly ground black pepper to taste

Fresh dill or basil

Directions

Preheat the oven to 400 degrees.

In a small bowl, mix together the crème fraîche, Parmesan and lemon zest. Sprinkle with black pepper and set aside.

In an 8-inch oven-safe nonstick skillet, melt the butter over medium heat. Add the zucchini and broccoli, season with salt and pepper and sauté until the vegetables soften and develop some color, about 5 minutes. Add the spinach and cook long enough for the spinach to wilt.

Season the eggs with salt and pepper and whisk together in a medium bowl. Slowly add the eggs to the vegetable mixture and, using a wooden spoon, pull the set eggs from the edge of the skillet into the center and allow the bottom to set.

Spoon the crème fraîche mixture on top of the eggs and sprinkle with the Parmesan. Put the skillet in the oven. Bake until puffed and golden, about 8 minutes. Let cool slightly, then slide the frittata out of the skillet onto a cutting board. Cut into wedges and serve warm or at room temperature. Garnish with a sprig of fresh herbs.

Wrap leftovers (if there are any) tightly in plastic wrap and refrigerate. Leftover frittata is great for breakfast or lunch the following day.



Chicken Salad

Ingredients

- 2-12.5 oz. cans of chunk chicken breast (we like Kirkland Signature brand from Costco)
- 4 stalks of celery, chopped
- 1/3 cup red onion, chopped
- 1 cup red grapes, sliced into halves
- 1/3 cup plain Greek yogurt (you can also use olive oil mayonnaise)
- 1/4 cup raw, slivered almonds

Salt and freshly ground black pepper to taste

Directions

Place all ingredients into a bowl, and stir gently until fruit and chicken are combined with the yogurt. Season with salt and pepper to taste, and refrigerate until ready to serve. Can be served on a bed of greens, or with whole grain crackers or bread.

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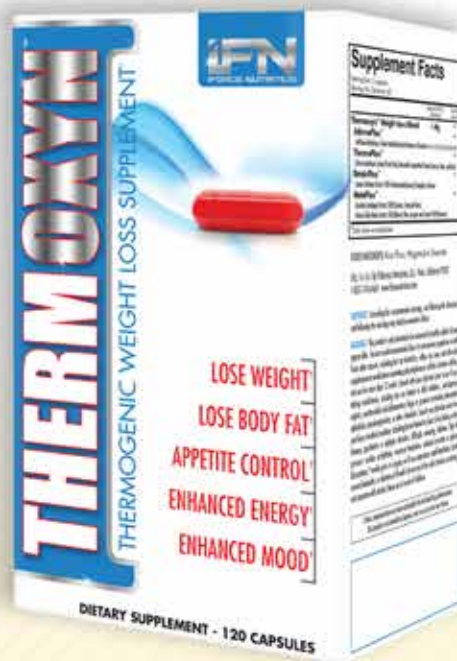
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FIT FACTS

If you have trouble *sleeping* at night...

- Try sticking to a set schedule, even on the weekends.
- Have a winding down routine at night.
- Make sure your bedroom is conducive to sleep.
- Most people sleep better in total darkness.
- Silence your smart phone. Better yet, keep it out of your bedroom.
- Skip caffeine after 5 p.m. and skip alcohol as it can disrupt your sleep.
- Choosing the right mattress, sheets, pillows and comforter can dramatically improve your comfort and quality of sleep, so make sure you think your bed is comfortable.
- Avoid doing anything you consider remotely stressful in your bedroom—like work.
- Make your bedroom a peaceful environment where you get the seven to eight hours of sleep your body needs for optimal health and performance.



“TO EAT IS A *necessity*, BUT TO EAT *intelligently* IS AN ART.”
FRANÇOIS DE LA ROCHEFOUCAULD

Today's children are more involved with screens than any previous generation, and many schools have eliminated recess and physical education. So it's not surprising that nearly one in three kids and teens in the United States are obese or overweight. But getting kids away from their screens and moving their bodies can be challenging.

That's why 10 years ago, the American Heart Association and the National Football League joined forces to create the **NFL PLAY 60 Challenge**, a four-week program to get kids to be active for the recommended 60 minutes a day in school and at home. Keeping up with technology, the AHA and NFL teamed up to create the AHA-NFL PLAY 60 mobile app. The app expands the NFL PLAY 60 Challenge from its original focus on physical activity in school to get youth active beyond the classroom.

For more information, visit the American Heart Association at heartinsight.heart.org



Continued on page 28

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

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Focus on COMPOUND MOVEMENTS

Compound movements, which involve more than one muscle group at a time, give you the biggest bang for your buck in terms of results for time invested. These lifts should always form the foundation of your program.

Most compound movements work your lower and upper body simultaneously. Instead of just targeting your triceps with kickbacks, get your shoulders involved with an overhead press. Instead of training your quads with the leg press machine, squat and work your quads, hamstrings, glutes, and lower back. Only when you get to more advanced levels and much more intricate training routines will isolation exercises take a greater focus in your program plan set-up.

LVAC Group Fitness classes like HEAT, Body Pump, Boot Camp, and Kettlebell all incorporate compound movements to give you the biggest bang (results) for your buck (time).



“It’s no secret that many people have trouble sticking with their **resolutions** throughout the year. I have to admit that a few of mine have fallen by the wayside. On first glance, that may seem like a failure. Actually, it’s the **opposite**. The resolutions that I’ve kept add up to many positive behavior changes in my life. Changing from an all-or-nothing mindset to a focus on slowly progressing toward clear, **attainable goals** can make all the difference.”

Scott Goudeseune
President and CEO
American Council on Exercise

EAT EGGS

AND DON'T THROW AWAY THE YOLK



Whole eggs are so nutritious that they’re often referred to as “nature’s multivitamin.” It is a myth that eggs are bad for you because of the cholesterol. Studies show that they have no effect on blood cholesterol in the majority of people. Additionally, a massive review study that included 263,938 individuals found that egg consumption had no association with the risk of heart disease.

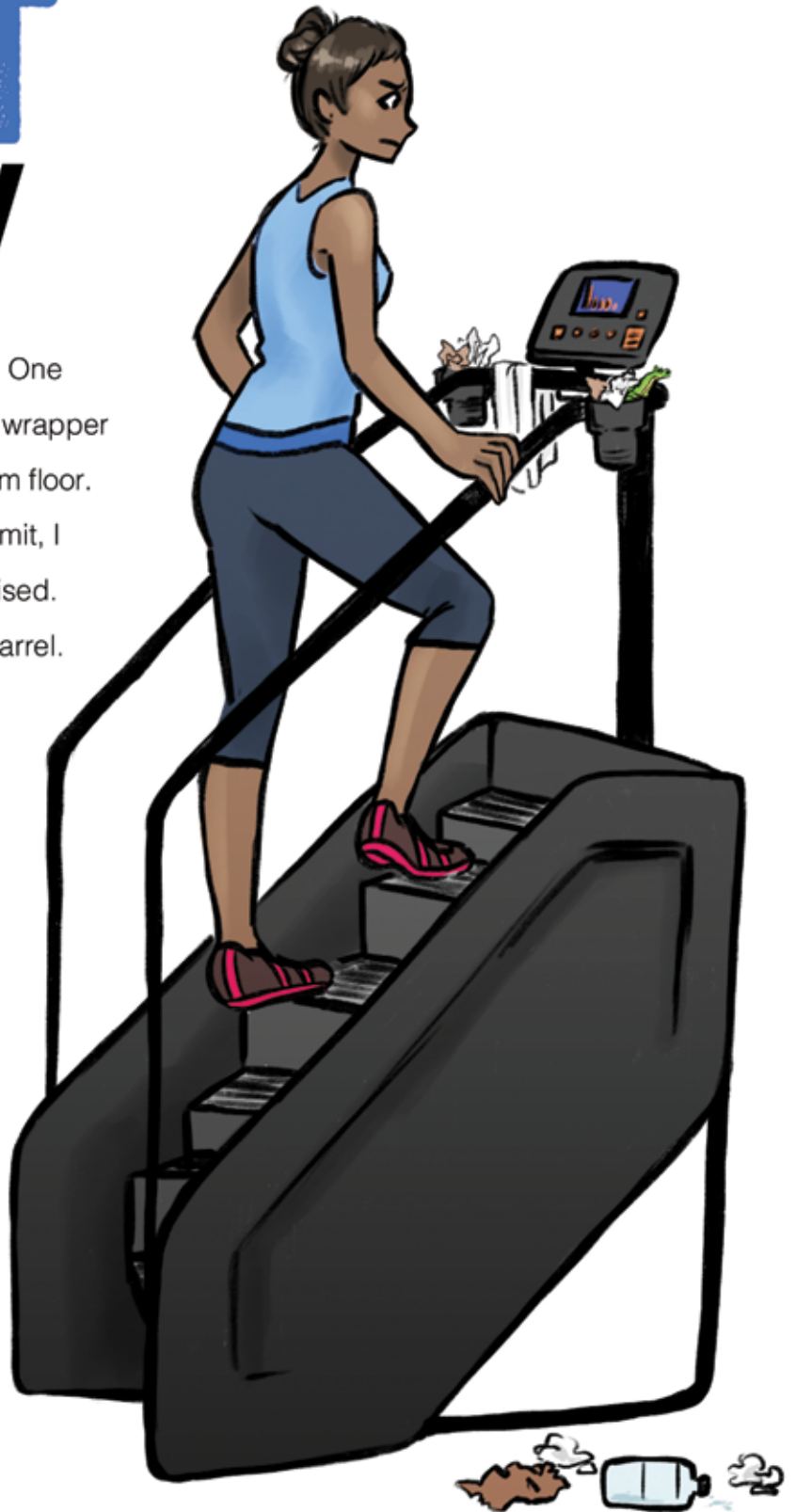
What we’re left with is one of the most nutritious foods on the planet, and the yolk is where almost all of the nutrients are found. Telling people to throw away the yolk is among the worst pieces of advice in the history of nutrition.

DON'T BE

THAT GUY

Artwork by Celina Garcia

I remember when I was 8 years old. One time, out of sheer laziness, I left the wrapper from my candy bar on the living room floor. My mom let me have it. I have to admit, I deserved it. That's not how I was raised. It's simple, trash goes in the trash barrel. I'm sure we all get a little skived out when we hop on a piece of cardio equipment and someone's used tissue, paper towel or Sparkletts bottle is stuffed in the compartments. While it's most likely harmless, it's the point that someone was just too lazy to pitch their trash in a trash receptacle. Don't be that guy! Any trash that you accumulate during your workout should be disposed of post haste. It's kind and courteous.





flavorful

CLEAN EATING

By Crystal Petrello

"Eat clean" is the most recent mantra of people trying to lose weight, stay fit, or merely avoid eating processed foods. The term 'clean eating' is now synonymous with healthy eating. Most professionals would agree with that statement because of the rules of clean eating. Clean eating means increasing the servings of fruits and vegetables in your diet and preparing more meals in your home to avoid eating processed, fast foods.

Eating clean however, is also perceived by many as mundane and flavorless. People fear dieting and/or eating clean because they think they will be hungry all day, they will have to eat like a rabbit, or what little food they are supposed to eat will taste like cardboard. Processed foods are typically perceived as more flavorful mainly due to the added sugar and salt. For those trying to eat healthier, removing these

two main ingredients from daily meals can be a shock. This registered dietitian can promise you that healthy eating does not have to be flavorless and bland. Many of my clients have made the move from the Standard American Diet (SAD) to clean eating and flavor was not sacrificed in order to obtain a healthy waistline.

A fast food burger seems full of flavor because of the fat, sugar, and additives. If we remove all of the ingredients that make us crave this food, we must replace them with excellent flavor packed options or of course, it will taste awful! The following recipes are quick-and-easy ideas to transition to a healthy eating regime that is packed with flavor but not unnecessary calories. For those of you that have been doing this clean eating thing for a while and are stuck in a taste rut, you will find some new ideas to spice up your routine!

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Certified Health Coach
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Sources:
 1. www.restaurant.org/Home
 2. www.sheffieldspices.com
 3. www.chefpaul.com/site.php
 4. www.mccormick.com/Grill-Mates
 5. www.foodinsight.org/sites/default/files/what-is-a-processed-food.pdf

Recipes



African Spiced Chicken

Ingredients

2 Tablespoons Ras el Hanout spice blend
3 Tablespoons extra virgin olive or canola oil
8 ounces of raw chicken

Directions

Mix spice blend with oil to blend. Rub oil mixture onto chicken. Place chicken on a baking sheet and cover with aluminum foil. Bake at 400 °F for 30-40 minutes or until

internal temperature of chicken reaches 165 °F. Take the foil off the chicken and continue to roast until the top becomes crispy and browned, about 5 more minutes.



Mediterranean Vegetable Dip/Salad Dressing

Ingredients

6-8 oz 2% fat plain Greek yogurt
2 Tablespoons Za'atar spice blend

Directions

Mix together yogurt and spice blend, then refrigerate for at least one hour to allow flavors to blend. Enjoy as a vegetable dip or add water to thin for a salad dressing.



3 Pepper House Spice

Ingredients

Find 3 types of dried peppers at your local grocery store. Dried peppers seen recently in the bulk section or already ground include allepo, Birdseye, pasilla, ancho, guajillo, morita, and puya.

Directions

Add each dried pepper in equal amounts to a blender or coffee grinder. Blend to powder.

Tips: Use to add a little heat to any dish. Add to olive oil and vinegar salad mixture to add new element, or sprinkle on air-popped pop corn for a little heat without too much salt.



Herby Garlic Roasted Vegetables

Ingredients

1 pound of mixed root vegetables and corn cut into 1" chunks (can include beets, sweet potatoes, carrots, celery root and kohlrabi and fresh or frozen corn)
6 fresh garlic cloves, peeled and finely diced
1/4 cup canola or extra virgin olive oil
3 Tablespoons of salt-free spice mix (such as Chef Paul Prudhomme Magic Seasoning Blends or McCormick Grill Mates)

Directions

In a large bowl, lightly toss vegetables, garlic, oil and spices together. Place coated vegetables onto a foil-lined baking sheet and roast in the oven at for 30-40 minutes until vegetables are just fork tender and the edges are becoming golden brown. Serve hot or at room temperature.

Tip: If you are serving meat with the meal, use a different seasoning for the meat so that the meal does not have a 'one note' flavor.

What Is Processed Food?

The International Food Information Council defines processed food as, "any deliberate change in a food that occurs before it's available for us to eat. It can be as simple as freezing or drying food to preserve nutrients and freshness, or as complex as formulating a frozen meal with the right balance of nutrients and ingredients" (1). This article refers to processed food that does involve complex formulating.

Defining SAD

The Standard American Diet (SAD) is generally defined as low in healthy fruits, vegetables, unsaturated fats and lean protein sources. SAD describes what the average American eats. The acronym SAD is not referring to the USDA Food Plate recommendations.

The Latest Trend In Spices

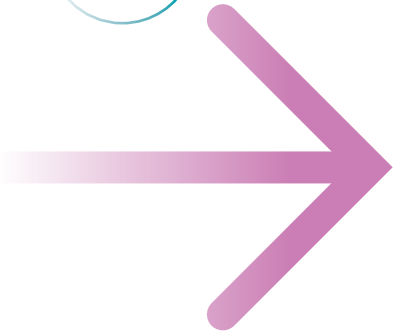
According to the 2016 National Restaurant Association, the latest trends in cuisine consist of Middle Eastern and African inspired dishes and flavors (2). Spice blends from these regions vary from house to house and throughout different markets in the regions. Sheffield Spice and Tea Company on South Eastern Avenue is a local spicery that carries a variety of spice mixes from these regions and others around the world (3). There are key taste notes from varying ingredients that will be experienced with each blend, but the blends will offer something new and exciting to a variety of meals.

Tips For Incorporating More Spices

- Simply add za'atar to any hummus or sandwich topping for an addition of a nutty, savory flavor.
- For heat lovers, try some Harissa spice; a red spice mix with Birdseye Chile Pepper that is rounded out with cinnamon and lemon.
- Try making a rub or paste with Ras el Hanout to completely change the flavor profile of a basic roasted chicken or beef dish. With a blend of at least 9 different spices including cinnamon, allspice, and cumin, this is an inviting way to try the flavors of Africa.
- Add a spice blend to your hummus to change it up a bit!



Class Descriptions



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

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

HIGH INTENSITY/CARDIO CLASSES

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

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



Class Descriptions

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



HIGH INTENSITY/CARDIO CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
KICK BOXING 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	60 Minutes	Total Body Workout	400	Body
LITE STEP/LITE WORKOUT A great class for when you want to move a little slower and get a steady workout for your heart. With a longer warm-up, slower paced but still motivating music, these classes are great for everyone, but especially beginners, people with injuries or tight joints, and women returning from difficult pregnancies. The large range of motion and fluid movement patterns will leave you feeling worked out and flexible.	60 Minutes	Lower Body	250	Step/Bench
NAVY SEAL 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!	60/90 Minutes	Total Body Workout	550	Various Types of Equipment
PILOXING™ Piloxing is a creative mix between Pilates and boxing, with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. This low-impact workout is done barefoot and incorporates movements from dance, punches inspired by boxing and core work based on Pilates. It is fun, a perfect fat burning workout.	60 Minutes	Total Body Workout	300	Body Weight
RPM™ CYCLE BY LES MILLS RPM is the indoor cycling workout based on outdoor riding, where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.	45 Minutes	Cardio	675	Indoor Stationary Bike
STEP 1, 2, 3 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.	60 Minutes	Lower Body & Core	600	Step Bench

DANCE CLASSES

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

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



Class Descriptions

DANCE CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>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.</p>	60 Minutes	Total Body Workout	400	Body Weight
<p>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.</p>	45 Minutes	Total Body Workout	510	Body Weight
<p>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”.</p>	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
<p>SANDBAG Want to improve your overall strength and conditioning? Our Sandbag X-Press class will do just that. Sandbags provide an unstable load which constantly targets muscle groups and stabilizers making your body stronger in a functional way. Sandbags change form as you lift them giving you a constant challenge within every aspect of your workout. Become the athlete you want to be by developing functional strength using this unstable load training. Our Sandbag X-Press training will provide the challenge you are looking for.</p>	30 Minutes	Total Body Workout	500+	Sandbag
<p>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.</p>	60 Minutes	Strength Endurance	560	Barbell, Plates & Height adjustable Step
<p>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.</p>	70 Minutes	Total Body Workout	600	Kettlebells
<p>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.</p>	60 Minutes	Total Body Workout	300	Bands, Resistance Balls, Weights, Body
<p>T.B.C. (TOTAL BODY CONDITIONING) An all over functional strength training workout that utilizes different tools to enhance strength and endurance.</p>	60 Minutes	Total Body Workout	250	Body Weight, Bands, Balls



Class Descriptions

MIND/BODY CLASSES

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

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



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



Class Schedules

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

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

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

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

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

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

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Class Schedules

GREEN VALLEY - AQUA CLASSES

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

WEST SAHARA - ROOM 1 (364-5822)

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

WEST SAHARA - ROOM 2

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

WEST SAHARA - AQUA CLASSES

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

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TRAFFIC & WEATHER EVERY 10 MINUTES



3
TEAM
TRAFFIC

WEATHER
AUTHORITY



JEFF MAHER



TOM HAWLEY



KELLY CURRAN

3
TODAY

WEEKDAYS 4:30-7AM

BEFORE YOU GO TO BED

WEATHER
AUTHORITY

3




JIM SNYDER



KEVIN JANISON

WEEKNIGHTS AT 11



Class Schedules

SOUTHWEST - ROOM 1 (798-5822)

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

SOUTHWEST - ROOM 2

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

SOUTHWEST - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30			HYDRO-TONE		HYDROFIT		
9:00						AQUAEROBICS	
9:30							
10:00						H2O CORE	
PM							
4:30							
6:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			

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Class Schedules

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

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

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

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

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

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

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Class Schedules

10:30	CYCLE			CYCLE			
NORTHWEST RAINBOW - ROOM 3 ON THE GROUND FLOOR (Cont'd)							
PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30		CYCLE		CYCLE			
1:30							
4:15		CYCLE					
4:30			CYCLE				
5:15	CYCLE						
5:30							
5:45			CYCLE	CYCLE			
6:00							
6:30	CYCLE	RPM CYCLE					
7:00			CYCLE				

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

EAST FLAMINGO (898-5822)							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP			BODYPUMP		
6:45		CxWORX					
8:00		YOGA-VINYASA FLOW*		ZUMBA	BODY FLOW		
9:00			ZUMBA	PILATES		ZUMBA	ZUMBA
9:15		ZUMBA			ZUMBA		
9:30	T.B.C.						
10:00			M.R.T.	ZUMBA		PILATES	
10:30	PILATES	BODY FLOW			M.R.T.		
11:00			CORE	BODY FLOW		M.R.T.	
11:30	ZUMBA		YOGA-GENTLE*		PILATES		
PM							
12:00		TAI CHI		TAI CHI		STEP 1	
1:00	YOGA-GENTLE*	ZUMBA					
4:00	BODYPUMP	M.R.T.					
4:30				M.R.T.			
5:00	CORE	PILATES					
5:30	KICKBOX		BODYFLOW	PILATES			
6:00		BODY PUMP					
6:30	CORE - 15 min		CORE	BODYPUMP			
6:45	BODYATTACK						
7:00			KICKBOX				
7:15		BELLYDANCE*					
7:30	ZUMBA						
8:00			MIXXEDFIT				

EAST FLAMINGO CLUB - AQUA CLASSES							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	RAPID LIQUID CARDIO	AQUAFIT	POSEIDON'S FURY	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO		
9:00						AQUAEROBICS	
10:00						H ₂ O CORE	
PM							
6:00	AQUAFIT	AQUAEROBICS		RAPID LIQUID CARDIO			



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Class Schedules

NORTH DECATUR - ROOM 1 (647-5822)

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

NORTH DECATUR - ROOM 2

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

NORTH DECATUR - AQUA CLASSES

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

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

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

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

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



Class Schedules

CENTRAL CLUB AT KAREN (734-5822)

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

CENTRAL CLUB AT KAREN - AQUA

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

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



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



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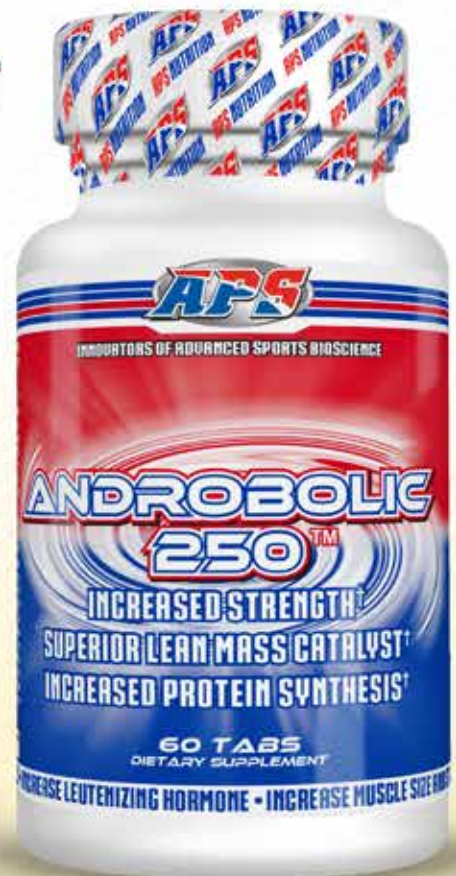
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