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**About Our Cover Girl**

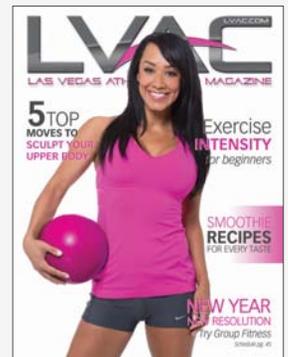
Melanie was raised in Vancouver, Canada and moved to Las Vegas six years ago. She enjoys running, beach volleyball, and football.

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# Stay Well, Live Well Be Well... 2015



Don Wildman as he finishes the Snowbird Ultra Hill Climb on September 13, 2014.

Dear Friends,

As we welcome in a new year, we also welcome a new club to the LVAC Family. We are very excited about our newest addition, and unless we have some unforeseen circumstances, the doors should open in North Las Vegas this Spring.

We would like to take the opportunity to recognize what one of our athletic icons accomplished last year. Don Wildman, one of the LVAC owners, spent the month of September up near Salt Lake City training for the Huntsman World Senior Games in early October. As part of his training, he competed in the Snowbird Ultra Hill Climb, which starts down in the Salt Lake valley and climbs to the top of the tram at the Snowbird Ski Resort. The first part of the ride is on a road bike, climbing over 3,500 feet and 10 miles. Then the riders hop off their road bikes in the Snowbird parking lot, and quickly transition onto a mountain bike, to ride another four miles on a dirt trail and another 3,000 foot elevation gain to the top of the mountain. Don Wildman started his ride at 9 am and finished the first ten miles in less than an hour and a half, with less than a ten minute transition onto the mountain bike, finishing the last four miles at 12:45 p.m. From the bottom to the top, Don finished the race in 3 hours 45 minutes, first place in his age group and the only competitor 65 and older to compete in the 14 mile ultra hill climb. At the age of 81, Don Wildman is doing what no one else would dare that is 16 years his junior.

The following month, Don Wildman went on to compete in the World Senior Games in St. George, Utah. In Don's first two events, the hill climb and the time trial on the road bike, he not only finished first in his age group (80- 85) but he blew away the old world record. In his third event, the criterium, he unfortunately crashed and broke five ribs and a scapula. Instead of competing the next week in his final race on the mountain bike, he had to spend a day in the hospital and several days thereafter recuperating from the accident. Fortunately for Don, his fiancé is a nurse, which is a very good thing if you are "The Wildman". We salute Don on his amazing achievements, and are inspired by his desire to compete at this level on a world-wide stage.

In the Summer issue of the LVAC magazine I wrote about a popular area of wellness called functional medicine. The main emphasis of functional medicine is focused on nutrition and how it can contribute to chronic disease and illness. I decided after writing about the topic that it would be worthwhile to explore it in more depth, by taking the battery of tests to find out the results. The two main tests utilized were a blood and saliva analysis and a very extensive questionnaire, which was interpreted by an M.D. specializing in functional medicine. The results showed two significant health concerns: (1) an elevated iron level in my blood, and (2) a high level of cortisol- which is a stress related hormone. Cortisol also plays havoc on digestion, and can contribute to among other difficulties a leaky gut. Left unchecked these two problems could create a host of health issues for yours truly down the road and lead to chronic illness. Normally, you would like to have the nickname of "Ironman" if you are in the fitness industry, but not so much in this instance. The elevated iron level could lead to cancer or Alzheimer's disease, and can be caused by a genetic predisposition or the regular consumption of alcohol. The M.D. recommended as a first step that I give as much blood as possible to lower the level of iron in my blood. Obviously, the

regular consumption of alcohol and a genetic predisposition toward a higher iron level are also a consideration. Secondly, the level of cortisol is a more difficult problem to deal with, and also contributed to my lack of sleep and ability to sleep well. Elevated cortisol also causes spiking of the blood sugar, and inflames the gastrointestinal and immune system. The immune system protects us from viruses and bacteria, and when it is not functioning properly it attacks healthy tissue (auto-immunity) causing inflammation. The second recommendation was to go through a three week detoxification/cleansing, leaving out red meat, dairy, gluten, and eggs (also alcohol and caffeine) from my diet and using a nutrient rich supplement. The second week of the cleanse I had to leave out chicken, turkey, and fish as well. The M.D. also had me work with a neuromodulation technique (NMT) specialist. The best way to describe NMT is a form of informational medicine and similar to muscle testing, and more of an alternative medicine technique that I would liken to "voodoo wellness"! That said, it is similar to acupuncture, very hard to comprehend but has many devoted followers. There is still a question mark on NMT, but it's similarity to muscle testing (aka applied kinesiology) puts it in good company. I will become more of an advocate of NMT if the next time I take the functional medicine tests I see a dramatic change in my cortisol level. They also detected a moderate level of insulin resistance, most likely caused by all of the above, and a carbohydrate rich diet.

One of the main reasons for the functional medicine testing was to find out how sensitive I was to gluten, as my chiropractor recommended I go gluten-free almost two years ago. Researchers believe 30- 40 percent of us maybe gluten sensitive, and for this group gluten causes inflammation, especially in the gut. The M.D. determined that I was moderately sensitive to gluten, but the results were inconclusive, so I am going to err on the side of caution. Another major reason for the functional medicine testing was to find out the cause of my skin rashes including eczema. Eczema is superficial inflammation, and the elevated cortisol would certainly be a contributing factor. Finally, my functional medicine specialist recommended I use the 23andMe DNA testing service, which provides ancestry-related genetic reports. My ethnic ancestry and genetic background results showed my Basque (Spanish) relatives hundreds of years ago, as well as my Germanic and Swedish ancestry. I have not had my genetic information interpreted yet by my functional medicine specialist, but the hope is that it will shed some light on how my genes operate in conjunction with my diet, environment and other factors that influence my health. In 2015, there will be some new health goals that are focused on more than just the amount of exercise, or number of calories.

Many thanks to all of you who gave to our Make-A-Wish gift drive. It means so much to bring the holiday cheer to children with life-threatening medical conditions.

On behalf of the entire LVAC Team- for 2015, let's Stay Well... Live Well... and Be Well.

Stay Well,  
Todd O. Smith  
Chairman and CEO



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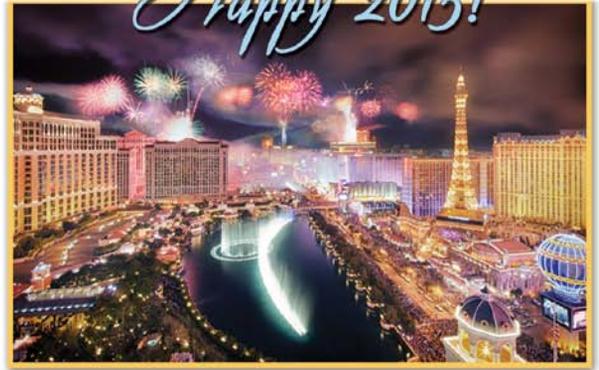
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# Don't be that Guy

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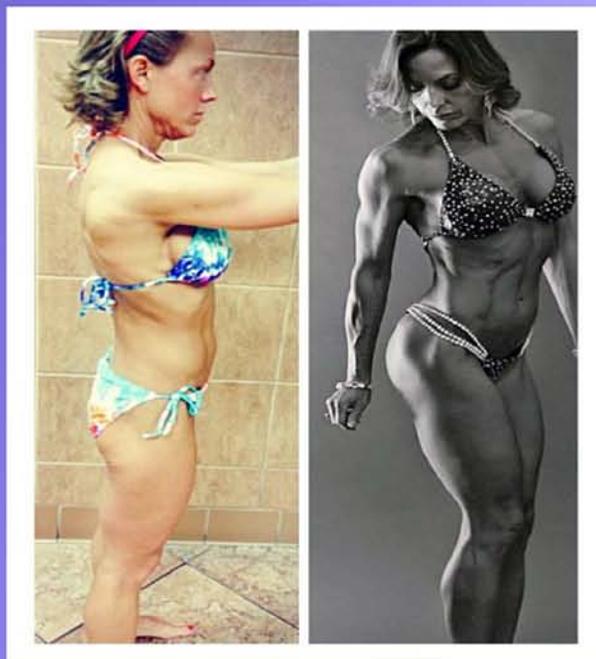
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# Success Story

## Jennifer Snowden

**L**VAC member Jennifer Snowden was born in Salt Lake City, Utah and graduated from BYU with a bachelor's degree in Communication. She and her husband Lawrence are the parents of two boys, two and four years old. A stay at home mom, she is involved with volunteer work and enjoys camping, being in the outdoors and anything girly. Her favorite thing is spending time with her wonderful family.

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

*Jennifer:* I had always been a fairly normal build and weight, but after having two babies back to back, I found myself 60 pounds overweight. Even though the scale told me I was overweight, I told myself for having two babies, I looked pretty good. Then one day I found myself at a birthday party with my son. It was at one of those indoor kid gyms, and it had an entire wall of full length mirrors. I will never forget the feeling I had when I looked into those mirrors. I couldn't believe what I was seeing. I made a commitment then and there to change my life. I spoke with my husband (who had also put on quite a bit of "sympathy" weight) and we decided to lose the weight together.

**LVAC: What type of exercise and workout routine has helped you to succeed? How do you make your workouts fit into your busy schedule?**

*Jennifer:* When my husband and I decided to lose the weight, we were living in North Las Vegas, so we enrolled in a local gym. I started with just two Zumba classes per week. I decided I needed to do group fitness classes because I just didn't have the dedication to do an entire workout on my own. I knew if I was by myself I would cheat and give up after a few minutes, but if I was in a class, I felt more accountable to finish it. Beginning a workout routine is the worst. As is usually the case, my husband started dropping

weight right away, while I hadn't lost a single pound in 4 weeks! I was frustrated, disappointed and discouraged (and annoyed that my husband had it so easy), but I made that commitment to change my life and I was going to stick to it, even if it killed me. Finally, after 6 weeks, I lost three pounds! Victory was mine! (I had to celebrate small accomplishments, it was the only way to keep motivated). I kept up the Zumba classes until we decided to move to the Summerlin area. I looked around and found LVAC, but was hesitant to join. I felt it was a gym for people who were in great shape and not for average people like me, but I decided to give it a try anyway.

I started out with Zumba classes again and loved them. After a while I decided to try a body pump class, which had always scared me because I felt it was way above my fitness level. Boy, was I wrong! The minute I added weights to my workout routine I saw results I never thought I could achieve. Soon I found myself doing three body pump classes every week. I also added two body attack or body combat classes to my schedule. My hard work definitely paid off, and I was able to lose 60 pounds. People look at my old pictures and they can't believe I am the same person. That old Jennifer

**"The minute I added weights to my workout routine I saw results I never thought I could achieve!"**

seems so long ago. I feel better. I have more energy and stamina. I love working out now, but it does take commitment. I get up at 5:15 a.m. to make it to the body pump classes before my kids are up and husband goes to work. Then, I go back three days a week with my boys to do my cardio classes. You have to make exer-

---

**"An hour of sleep is way more appealing than an hour at the gym, but the rewards of the gym are far greater."**

---

cise a priority and a part of your weekly routine, or you will never stick to it. An hour of sleep is way more appealing than an hour at the gym, but the rewards of the gym are far greater. It's not something that happens overnight, either. So many people get frustrated because they don't lose 10 pounds in a week. There is no quick fix to permanent weight loss. This journey has taken me two and a half years. You can't think of it as a temporary diet to drop a few pounds. You need to make it a lifestyle, as in change for the rest of your life.

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

*Jennifer:* Before I started losing weight, I ate whatever I wanted and as much as I wanted. I could easily polish off an entire Capriotti's Bobby sandwich, plus a bag of chips, salad and a cookie. I probably could have been a competitive eater if I had wanted to. No Cheesecake Factory cheesecake was too rich, no Papa John's pizza too large. I knew I had to make major changes to my diet. I also knew this would be the hardest part. I love food. Wait, let me rephrase. I love food! I love everything about food. The way it smells. The way it looks. The way it melts in your mouth. The way it tastes. I have a powerful sweet tooth. Baked goods and chocolate are my particular weaknesses. My dream retirement was being a See's candy lady while living on a diet of Hostess products (actually, that is still my dream retirement). To say changing my diet would be the most difficult part was the understatement of the century,

but I knew I had to do it. I also knew there was no easy way to do it, so I just went off sugar cold turkey. I swear I developed a twitch from going through Hostess withdrawals! So many people want a magic pill, but there is no easy solution, no magic pill or miracle diet. It simply comes down to four words: eat less, move more. That's exactly what I did. I cut out sugar, stopped drinking my calories and went to water, ate smaller portions, cut out fatty foods like cheeses (which I love; I consider myself a mac-n-cheese connoisseur) and ate more fruits and vegetables. The vegetables were especially difficult for me. I had the palette of a two year old. Anything green just grossed me out, so I had to start small, slowly integrating veggies into my diet. Now, I have a salad almost every night with dinner. I've learned to like broccoli, peppers, sweet potatoes, and beans. Veggies are like free calories.

My food scale has really helped me manage portion sizes and learn the calories in common foods. Keeping a food journal helps too. I keep my journal right in my kitchen so I can write down everything I eat as soon as I eat it. I find I can actually eat more when I am accurate in my food journal, because often I realize I haven't eaten as many calories as I thought I had. I have

also learned how to use food substitutions, such as unsweetened almond milk for milk, applesauce for oil when I bake, etc. I substitute lighter meals when I go out to eat. There are so many restaurants now that offer light menus. A lot of restaurants also list their nutrition information online, so you can make wise choices when selecting your meal.

It comes down to making that commitment every day to eat healthy. Truthfully, it is a challenge for me every day. You would think after 2 1/2 years of making good choices that it would be easier, but it's not. Those cookies look as good today as they did when I first started this journey. You just have to weigh what is more important to you - that delicious minute it takes to eat the cookie, or a lifetime of health and well-being. Or, if you really want that cookie, just eat one, not the whole plate like I used to!

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

*Jennifer:* My life is completely different now that I have lost weight. The most important change for me is the confidence I have to be around people again. When I was overweight, I was embarrassed to meet new people, and even more embarrassed to see old friends. Now, not only have I regained my confidence, but I am doing things I never thought I would do. I am currently competing in the Mrs. Nevada pageant which will be held Sunday, March 1. Never in a million years did I think I would be in a position to do that! I have more energy to play with my two boys. I love shopping and being active, whereas before, I would dread shopping. I felt nothing ever looked good on me

and it was a constant reminder of how unhealthy I was. When I was overweight I would never want to have pictures taken. There are very few pictures of me when I was overweight, and even when I did have my picture taken, I would always put one of my children in front of me to hide my body. Now, I love taking pictures with my boys and preserving those sweet memories with them.

Because of my weight loss, I want to be active all the time. Instead of driving to the park, we ride our bikes. We go on walks together as a family. I feed my children so much healthier than I used to. Overall, we are just a happier family. Now I try to support other women who want to lose weight, because I know how hard it is. Many women get so discouraged and they feel like they will never lose the weight, but I am proof that it can be done. It's not easy, but if you have the slightest desire to change your life and get healthy, run with it! Baby steps turn into great strides. You don't have to do it overnight. Setting realistic goals is crucial. If you set yourself up for failure or tell yourself you can't, you won't. Don't let setbacks make you give up. Start again. Trust me, if I can do it, anyone can do it!

---

*"I decided I needed to do group fitness classes because I just didn't have the dedication to do an entire workout on my own. I knew if I was by myself I would cheat and give up after a few minutes, but if I was in a class, I felt more accountable to finish it."*

---



**Before**  
Weight: 185 lbs  
Dress Size: 14



**After**  
Weight: 125  
Dress Size: 2

**“I REGRET  
THAT  
WORKOUT.”**

**- SAID NO ONE, EVER.**



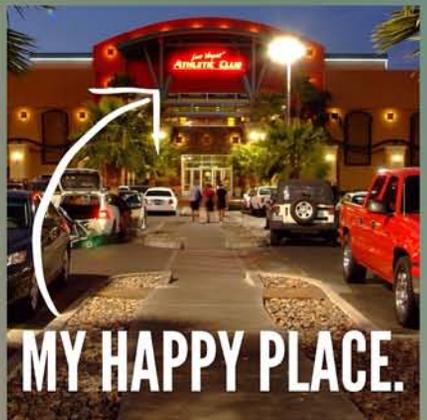
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Tom Cardilla, personal trainer Nancy Dickinson, and Tom's service dog, Lady.

## LVAC Member Spotlight

# Thomas Cardilla

It would be almost impossible to travel through this life without encountering some degree of adversity. All of us have faced things that are tough, but very few of us can say that we have dealt with the type of adversity that Thomas Cardilla has overcome in his life.

**T**homas was born March 1, 1958 in New Jersey. He grew up in a family of five siblings. When he was three and his younger brother was 14 months old, they both contracted meningitis, an infection that causes inflammation of the protective membranes covering the brain and spinal cord. His younger brother died of the disease. Tom did recover, but the infection left him with a profound hearing loss. Learning to cope with hearing loss at such a young age had its challenges, particularly when educators and other adults told him that because he couldn't hear, he couldn't learn. He taught

himself to read lips, and despite having never received the help and training he needed, completed his education by attending a trade school where he learned to become a truck driver.

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***"I believe that movement is healing. Tom is living proof of that."***

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During his early adult years, he became very proficient in martial arts, earning a 3rd degree black belt in Karate. About

the time Tom turned 30, the work dried up in New Jersey, so he moved to Las Vegas in hopes of finding employment. While driving a truck, he was involved in a horrible accident where his truck rolled three times, crushing the cab, fracturing his spine in multiple places and injuring his spinal cord. He spent a year in the hospital recovering, but his injuries left him without the use of his legs and placed him in a wheel chair.

Less than a year later, he was crossing the street at Nellis and Lake Mead when a car hit his wheel chair, breaking both of his legs in four places, and once



again, fracturing his cervical and lumbar spine. Tom says, "This was a really dark time in my life." Tom is a man of great faith and with the help of his nephew and friends; he slowly recovered from his injuries a second time.

Tom spent the next 20 years in a wheelchair. About 7 years ago, he received a service dog, a gift that would change his life. Lady has been a faithful servant, trusted friend and wonderful companion. About the same time Lady came into his life, he

***"I've been through enough to learn that nothing will stop me from moving on. I still have the courage, strength and power to overcome anything. You just have to believe in yourself and God will always be with you."***

began to experience changes in his legs, including sensations of hot and cold that he had not felt in years. He joined the Las Vegas Athletic Clubs in hopes of capitalizing on these changes and getting some of his strength and function back. It was then that Nancy Dickinson, LVAC group fitness instructor and personal trainer noticed Tom as he struggled to stand or perform other exercises.

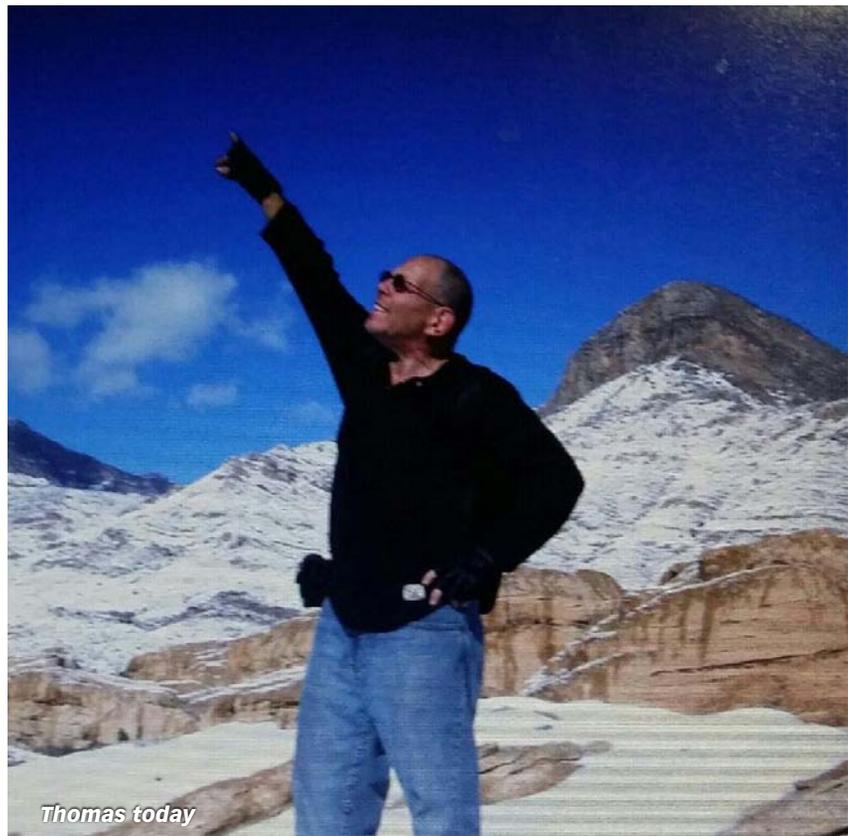
"I knew initially that he just needed a friend, someone who would listen to his story and his concerns." Gradually, they developed a great relationship and Nancy began inviting him to join her personal training group. Her focus was to integrate him into the group and to develop strength and balance as he began the process of learning to use his legs again. Tom responded very quickly. Nancy said, "I will never, ever forget the look on Tom's face the first time he did a simple lunge. He looked at his legs, and then he looked up at me-his face was filled with joy and gratitude. There wasn't a dry eye in the entire group!"

Tom continued his workouts for the next few years, and he felt like he was in the best shape of his life. Last winter, a week, two weeks, then a month went by with no word from Tom. When Nancy was finally able to contact him, she learned that he had suffered a stroke. It was devastating news. She said, "When he came back to the gym that first day, he had a severe limp and was overweight. His posture was horrible. I couldn't believe after three years of hard work and what I call miraculous improvement, we were faced with this."

They began with a circuit of basic functional movements, focused on strengthening his left side, which the stroke had weakened. Once again, Tom was willing to put in whatever amount of work it would take to overcome this latest challenge. Today, a year after his stroke, you can see he and Lady briskly walking down the sidewalk towards the gym to join the group for their workout.

Nancy said of Tom, "He is an amazing person. He has taught me so much; it has been a privilege to work with him. I always tell him that there is nothing he can't do in the gym, and there's nothing he can't do outside the gym. I believe that movement is healing. Tom is living proof of that."

Tom said, "I'm so glad I came to LVAC. It's fantastic. And I feel very fortunate to be able to work with Nancy. She has helped me to accomplish things I did not feel were possible. When I suffered the stroke, I thought I was done, but I came back to fight. I've been through enough to learn that nothing will stop me from moving on. I still have the courage, strength and power to overcome anything. You just have to believe in yourself and God will always be with you."



*Thomas today*

AMERICAN COUNCIL  
ON EXERCISE

PRESENTS

# HOW SUGAR AFFECTS YOUR BODY

According to the U.S. Department of Agriculture, the average American consumes roughly 47 pounds of cane sugar and 35 pounds of high-fructose corn syrup per year. Not only does the average person underestimate just how much sugar they consume, many assume that sugar's effect on the body is purely weight-related. In truth, weight loss and weight management are just two reasons to decrease sugar in the diet. The key is to understand exactly how sugar, both simple table sugar and high-fructose corn syrup, affects the human body from head to toe.

**WHICH OF THESE SUGAR EFFECTS WILL BE THE ADDED MOTIVATION YOU NEED TO DECREASE THE SUGAR IN YOUR DIET?**

**BRAIN:  
IMPAIRS MEMORY**

Researchers at UCLA have found that fructose may actually damage memory and slow learning. Results of studies with rats indicate that sugar can affect connections in the brain and have a detrimental effect on these functions. While the study also found that omega 3s can help negate those effects, your best bet is to avoid sugar whenever possible.

**BRAIN, STOMACH:  
INCREASES APPETITE**

While it's true that sugar is little more than empty calories that have a tendency to add up to extra pounds on the scale, researchers are also finding that it may trigger you to eat even more calories! A preliminary study out of Yale found evidence that fructose may actually increase appetite by interfering with the body's satiety hormones among other things.

**CIRCULATORY SYSTEM:  
INCREASES RISK OF  
HEART DISEASE**

Over the years, saturated fat has earned notoriety as a cause of heart disease, but new research is showing that sugar can have a big impact on heart health as well. In fact, recent studies indicate that at certain levels, sugar intake may even double the risk of heart disease. Hypotheses for this increased risk include sugar's effect on weight, blood pressure, triglycerides and even a negative impact on insulin.

**MOUTH:  
CREATES A BREEDING  
GROUND FOR BACTERIA**

Even if you brush, floss, and rinse if you eat sugar you may be doing some serious damage to your teeth and gums. Eating sugar increases the acidity in your mouth creating a perfect environment for bacteria. These increased bacteria can wreak havoc on tooth enamel and cause plaque and gingivitis that may even progress to periodontal disease.

**PANCREAS:  
INCREASED RISK OF  
DEVELOPING DIABETES**

This effect of sugar on the body may seem like a no brainer, but until recently there was limited evidence that sugar played a direct role in diabetes. After examining sugar availability in the food supplies and diabetes rates in the populations of 175 countries, scientists found a direct correlation between rising levels of sugar in the food supply and rising rates of diabetes, independent of obesity rates.

**HEART, JOINTS:  
INCREASES JOINT  
INFLAMMATION**

Chronic inflammation caused by processed sugars and other refined carbohydrates has been shown to have various negative effects on the body from increased risk of heart disease to muscle and joint pain.

**ENTIRE BODY:  
AFFECTS ENERGY LEVELS**

Simple carbohydrates, like sugar, are processed quickly by the body and cause blood sugar to spike and then crash. As blood sugar crashes, so does energy. On the other hand, complex carbohydrates, like whole grains, are processed slower by the body for steady and long-lasting energy.



# What's Your Reason?

**F**rom time to time we hear great stories or valuable insights from our members about how fitness impacts their lives and fuels their motivation for working out. Here are a few of our favorites.

Katie McGuire has been an LVAC member since 1994. At age 74, she attends group fitness classes at least three times a week and incorporates walking and weight training into her workouts. Recently, she spent a day at Knott's Berry Farm in California, celebrating her 7-year-old granddaughter Elie Pruitt's birthday. They rode the rides over and over, running from one place to the next, laughing and having a great time. Towards late afternoon, still going strong, they stopped for a break. While washing their hands, her granddaughter looked up at her with a slightly puzzled expression, and said, "So.... seventy three, huh?"

**"I enjoy working out because it makes me happy.**

Regardless of what kind of day I am having, after I work out I always feel better. I use my work out as a time to meditate and relax my mind. The goals I set and achieve in the gym help me set and achieve goals outside of the weight room. Also, the results I achieve in the gym help boost my self-confidence."

-David Jefferson

**"I played fast pitch softball for 13 years and was on dance teams in high school and in college.**

I have always enjoyed staying active and physically fit doing what I love. My motivation is now my grandchildren!"

-Cheri Linden

**"I competed in athletics in school and have always loved the way I feel when I move in an athletic way.** My two kids are also very athletic, so keeping up with them over the years has been a major motivator. Being healthy adds years to your life."

-Patricia Norman

**"People in my family have experienced medical problems because of weight issues, so I wanted to get into a habit of eating healthy and excising** early so I didn't have the same problems. I began teaching group fitness because of LVAC group fitness instructors Aryann and Alecia. They are awesome examples and help me stay motivated. I really love being healthy and fit."

-Rachael Slaughter

**I have many reasons for working out.** Setting new goals each year and working to achieve those goals keeps me training consistently. I always want to do better in each race

I complete, whether it is a marathon, short distance triathlon, half ironman or a full ironman. Setting new goals at the beginning of each year gives me motivation to work harder and not miss any workouts, even on days when I don't feel like working out. As a personal trainer and triathlon coach, I feel I have to be an example for my clients, so that also keeps me motivated. In addition, the benefits of feeling good physically and mentally have become a motivation to continue training.

-Cyndee Platko

**"I just wanted to say thanks to this gym. I don't know what makes this gym so different from all the other gyms I've been to.**

Whenever I enter any LVAC I feel like I could work out forever. When I moved to Vegas in May of this year I weighed 230 pounds. I joined the Rainbow location in June. I have been going everyday since joining. I am now currently at 187 pounds. My goal is to reach 160 pounds and gain muscle so I can compete in my first show. I don't care if I win; I just want to compete. Once again, thanks LVAC."

-Jason Tamayo

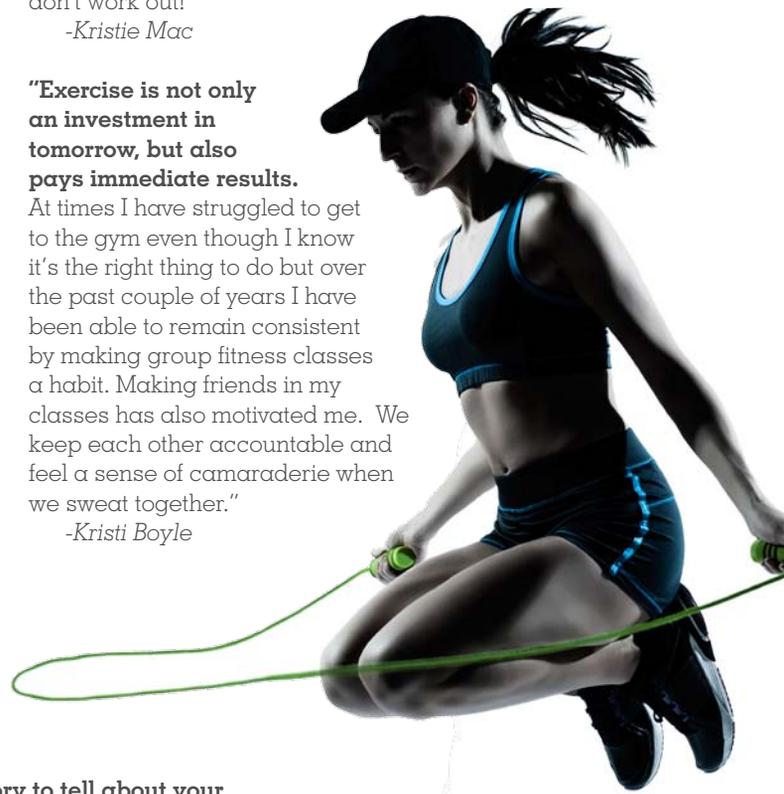
**"Working out is the best stress reliever in the world.** My family and I have always enjoyed exercise and I've made it my career. Exercise makes you healthier, happier and stronger both physically and mentally. I wonder why people don't work out!"

-Kristie Mac

**"Exercise is not only an investment in tomorrow, but also pays immediate results.**

At times I have struggled to get to the gym even though I know it's the right thing to do but over the past couple of years I have been able to remain consistent by making group fitness classes a habit. Making friends in my classes has also motivated me. We keep each other accountable and feel a sense of camaraderie when we sweat together."

-Kristi Boyle



If you have a great story to tell about your reason for staying fit, #LVACWhatsyourreason



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

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

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Classes Overview

Always bring a towel and water in a closed container. Give your body and bra movements. If you are new to a class, allow your body to back off by practicing know if you are new and if you have any injuries or are pregnant.

Class Descriptions

- Aqua Description
- Cardio Description
- Mind Body Strength Description
- Group Fitness FAQ & Rules
- Special Announcements (for Workshops and Class Cancellations, Hot and tomorrow's schedules)

Info on demo classes and how to learn to teach Group Fitness, like our Group

Class Schedules

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Microblog and Mobile Devices

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

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

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

Mobile applications for iPhone and Android are now available for download. Mobile website is also available at [m.lvacmembers.com](http://m.lvacmembers.com)

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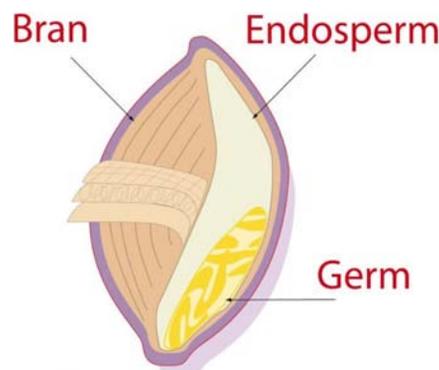
# Fit Facts

## What's the difference between a whole grain and a processed or enriched grain?

**W**hole grains contain all the essential parts and naturally occurring nutrients of the entire grain seed in their original proportions. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver the same rich balance of nutrients that are found in the original grain seed.

Refined grains are processed to remove the bran and the germ. Most refined grains are then enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.

Choosing whole grains over processed and enriched foods is always the better nutritional choice as the bran and germ stripped during processing contain much of the plant's fiber and nutrients.



**Grain Anatomy**

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***"Be thankful for what you have, you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."***

***-Oprah Winfrey***

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Dr. Palluck can make your teeth  
*Whiter... Straighter...*

*... & More  
Beautiful!*

Fact... Only 50% of Americans are satisfied with the appearance of their teeth.

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

*New Patients receive  
FREE teeth whitening  
(A \$300 Value)*



Sufia Palluck, DDS



*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.*

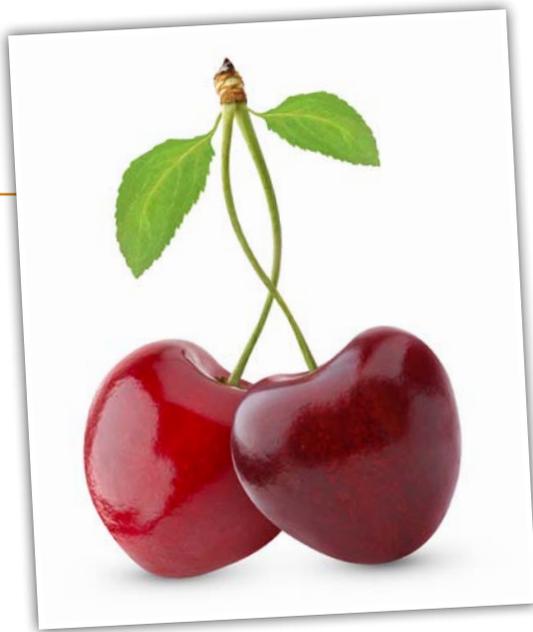


*This patient wanted to improve her smile by reshaping her teeth. Dr. Palluck used all-porcelain veneers to create a **natural-looking smile** that is more aesthetically pleasing by elongating and reshaping her teeth.*

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# Add, Don't Subtract

When it comes to weight loss, forget diet denial. Try adding foods to your diet instead of subtracting them.

Add in healthy goodies you really love, like deep-red cherries, juicy grapes, or crunchy snow peas. Slip those favorite fruits into your bag lunch and breakfast cereal. Add the veggies into soups, stews, and sauces.

"Adding in really works, taking away never does," says registered dietitian David Grotto, RD, LDN, author of 101 Optimal Life Foods. Remember to keep an eye on overall calorie consumption, and don't forget to add in some type of physical activity, whether it's doing a few dance moves before dinner, shooting hoops, or taking a brisk walk.

"The costs associated with not investing in real food are too great, and we need to acknowledge honestly the far-reaching consequences that the current school lunch program has had in every area of American life. By allowing fast-food culture into the cafeteria, we have effectively endorsed that industry's values, helped facilitate the obesity epidemic, widened the achievement gap and aided an addiction to junk. Even in the short term these costs, both tangible and intangible, dwarf the budget for a universal-and real-school food program."

-Alice Waters, American chef, author, proprietor of Chez Panise and founder of The Edible Schoolyard Project at Berkeley, California. As quoted in IDEA Fitness Journal, October 2014





## Weight Loss and Food Labels

### Get Bronzed

without the sun, or self-tanners. Mix 1 teaspoon organic sunscreen and a pinch of loose mineral bronzer in your palm, then blend it over your face for an instant, protective glow.

**D**on't fall for the fat-free and low-fat labels. Experts find that many people take the term 'fat-free' as an invitation to pig out. On the contrary, generally when fat is totally removed from a cookie like product, the fat is replaced with high amounts of sugar to lend more flavor. As a result,

insulin levels peak in the body, which in turn, leads to weight gain. In savory food products, when the product is "fat free", lots of salt (sodium) is usually added to enhance the flavor profile. Always read the food label so you can accurately measure what is in the food you are eating.

### Use Your Power For Good

Most homes have a "nutritional gatekeeper" who controls 72 percent of the food eaten by everyone else. The person who chooses food, buys it, and prepares it wields power. If that's you, take advantage of it.



# Serve Good-For-You Foods Family-Style

Not all portion-control strategies are about eating less. You can have as much as you want of some foods. Place the foods you want your family to eat more of—salads and vegetable sides—within easy reach on the dining table. In a soon-to-be-published study, experts found people who kept baby carrots in plain sight ate 2 more servings of vegetables throughout the day.

**YOU CAN'T SPELL  
CHALLENGE  
WITHOUT  
CHANGE**

**IF YOU'RE GOING TO RISE TO THE  
CHALLENGE, YOU HAVE TO BE  
PREPARED TO CHANGE**





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# Women's Workout

## January 2015

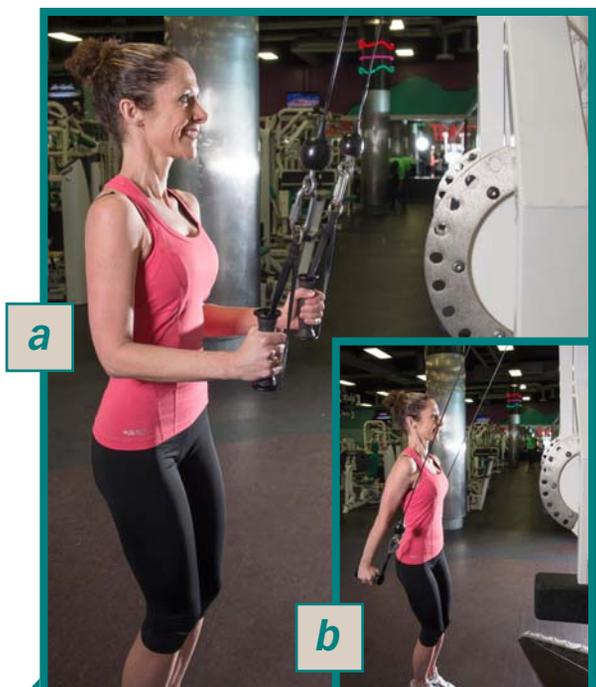
**M**aintaining upper body strength is imperative for women. A lean, strong upper body has an appealing aesthetic. Posture, balance, everyday function and independence depend on your ability to lift, push and pull. A strong upper body will increase your athletic performance, put less strain on your back, and give you the confidence

you need to manage the physical demands that are part of every woman's life.

LVAC personal trainer Teena Gurtler designed the following workout. We asked her for 5 of her favorite moves to strengthen and tone your upper body. If the moves are new to you, start slowly. Master one, and when

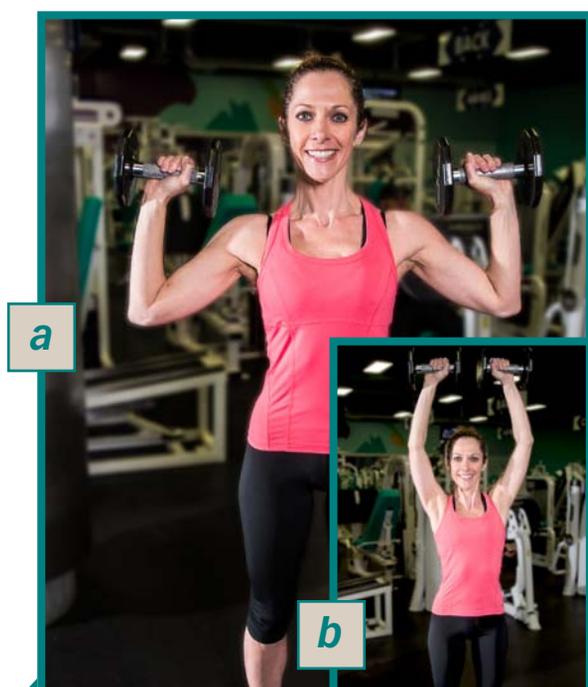
you can do it perfectly, move on to the next.

Choose a weight that creates muscle fatigue by the end of a set, but allows you to maintain control and good form throughout the movement. Gradually work up to completing three sets of 12-15 repetitions for each exercise.



### Cable Triceps Extension

1. Place the cable bars in the position shown and select your desired weight.
2. Keeping your back straight, engage your abdominal wall (pull your navel toward your spine) and lean slightly forward from the hip. Keeping the elbows close against your side, grasp the handles with the palms facing down. Your forearms should be parallel to the floor, lifting the weight slightly off the stack. This is your beginning position.
3. Push the bar down, moving only at the elbows, until your arm is fully extended. (Do not pop or lock the elbows) Pause for a moment, then slowly raise forearms to the beginning position.
4. Keep your head up and your eyes looking forward throughout the movement.



### Dumbbell Overhead Press

1. Stand with your feet shoulder width apart, with knees slightly bent and abdominal wall contracted. Raise the dumbbells to head height, your elbows facing out and your upper arm parallel to the floor, elbow bent at a 90-degree angle.
2. Maintaining strict technique, with no leg drive or leaning back, press the weight overhead, extending through the elbow until the weights are directly above your head.
3. Pause, and then slowly return the weight to the starting position.



1. Place the pulleys in the position shown, and select the resistance to be used.
2. Standing in the center of the cable arms, hold the pulleys in each hand. Step forward onto an imaginary straight line, with your weight loaded into the heel and glute of the forward leg. Your torso should have a small forward bend from the waist. Exhale as you push your arms forward until they are fully extended. Pause for a moment.
3. Inhale and slowly return your arms back in a wide arc, until you feel a stretch throughout your chest. Pause for a moment, then repeat.
4. Keep in mind that throughout the movement, the torso should remain stationary—the movement should only occur at the shoulder joint.

## Cable Chest Press



1. Adopt the extended pushup position with a dumbbell in each hand.
2. Position your feet to approximately shoulder width.
3. Contract the abdominal muscles by drawing the navel toward the spine, and maintain a straight spine.
4. Row one dumbbell up towards the chest by bending the elbow. Keep your elbow close your body.
5. Return to the start position and repeat for your other arm. This is one repetition.

## Dumbbell Plank Row



1. Stand with pulleys to each side. Bend torso forward slightly by flexing at the hips and knees. Bend the elbows slightly and rotate shoulders so that initially, your elbows face the back.
2. Bring the cable handles together in a hugging motion with your elbows in a fixed position. Keep your shoulders internally rotated so that your elbows are pointed upward at the top of the movement and out to the side at the bottom.
3. Control the weight as you slowly return to starting position and feel a deep stretch through the chest and into the armpit.

## Cable Standing Fly

Teena Gurtler was born in Sydney, Australia and was raised on the Gold Coast, Queensland, Australia. She began dancing at age four and has worked as a professional dancer since she turned 16. She was a performer for many years at Warner

Bros. Movie World and Dream World Australia, and toured as a dancer in Malaysia, China and Singapore. Teena has also performed with her husband, magician Tim Kole at the Las Vegas Flamingo Hilton in the 'Radio City Rockettes' show.

In her downtime, Teena loves to be with her husband and stepdaughter Skyler, and take their golden retriever Alpha on long walks. Her favorite place to be is by the water. Like a true Aussie, she loves the beach!



# Supplements, Food, and Juicing

By Crystal Petrello MS, RDN, LD, ACE Certified Health Coach

**T**his time of year you are probably expecting an article about weight loss. This article will offer you more than that. We first need to ask ourselves, "What is the purpose for weight loss?" We all have our different reasons: to be the size we were pre-first baby; increase mobility; decrease the severity of symptoms from chronic diseases; the list goes on and on. But isn't the ultimate goal of weight loss to live a full and long life? This article will walk you through the foods and supplements, in their various forms, that have been shown aid in living an energetic and healthier life. This article will not talk about exercise because I am not a personal trainer. That does not negate the importance that physical activity has to health and wellness.

## Food First

We know we need energy, in the form of calories, to

live. Do you feel different after you have a meal from a fast food restaurant versus having a "balanced" meal consisting of vegetables, whole grains, and healthy protein? One difference comes from vitamins, minerals, fiber, and phytochemicals. The other difference is where the ingredients are from. Fast food is usually highly processed with multiple chemicals that are included during the manufacturing process. Also, there is usually not a vegetable option to substitute for the fries. This is what is meant by empty calories. You are eating calories with negligible amounts of vitamins, minerals, etc. for health.

## Fruit and Vegetable Smoothies

Whole food smoothies are a great short cut for getting more fruits and vegetables into your daily regimen. The whole food component is important because it will contain all the phytochemicals you can get from juicing but also

add fiber that juicing does not provide. The most important part of smoothies is to make sure you fill your blender with more vegetables than fruits. The natural sugar in fruit can healthfully offset the bitterness from putting all that kale in your smoothie.

That same natural sugar in fruit, however, can add calories to your recipes faster than vegetables. For instance, a cup of kale is 33 calories and one red apple with the skin on is 116 calories (2, 3). Thus, a variety of 3 cups of raw vegetables (possibly kale, carrots, and celery) and 1 apple makes up your smoothie it would be a total of about 250 calories. Whereas if the reverse is done with more fruit than vegetables, you would have about 375 calories. Feeling fuller on fewer calories is a great tip for weight loss and for achieving the goal of eating (or drinking) 9-11 servings of fruits and vegetables a day.

## Supplements

For some, going into a supplements shop is like being a kid in a candy store. For others this experience can be incredibly overwhelming. In the future, I will write more articles about specific types of regimens, ingredients, and the manufacturing methods of supplements. But the foundation of any supplement wellness program is an excellent multivitamin, medicinal mushroom blend, and a probiotic. The reason for the 3 types are: probiotics help with immunity in the present; the mushroom supplements have been shown to have many healthful properties for future health; and the multivitamin provides all nutrients for all-around prevention. Typically, the ingredients in a multivitamin will include properties that we cannot consume in a typical day from our food. For instance, my multivitamin contains spirulina but I am certainly not going to be adding this blue-green algae to my salad. Not my favorite taste profile!

Supplement companies offer their multivitamins in several ways. **As a consumer, in order to narrow down the options answer these two questions:**

1. Are you are male or female?
2. How many capsules or tablets are you willing to take a day for optimal results?

I prefer the optimal result I can get, so I choose a female multivitamin consisting of 4 tablets a day that are packed with vitamins, minerals, and phytochemicals geared towards supporting female health issues, such as breast health.

Our bodies have billions of bacteria that produce vitamins for us such as Vitamin K, and aid in the maintenance of our immune system. Harvard Medical School has stated, "If these gut-dwelling bacteria become depleted—usually because of disease, stress, poor diet, or medications like antibiotics—health problems can result." (4). There are many types of bacteria that make this belly bacteria. To increase the amount and diversity of bacteria in your stomach, I recommend a probiotic with 12-15 different strains and at least 30 billion cultures.

Medicinal mushrooms have been used for thousands of years in traditional Chinese Medicine. There is a plethora

**Wellness Activity:** Write down all that you eat in a typical day. Now add up the servings of fruits and vegetables you eat in a day. A serving is 1 cup raw or 1/2 cup cooked. It can vary for the amount of fruit, but for our purpose this will give you a general idea.

How many servings of fruits and vegetables do you usually eat? According to the Center for Disease Control, the average American eats about three (3) servings of fruit and vegetables a day. That certainly falls short of the recommended 9 to 11 servings a day. Eating more fruits and vegetables has been correlated to disease prevention. With such importance the main complaint I hear as a dietitian is "There is no way I could eat that much in day. I would be eating all the time!" The advice I give, especially for those who have weight loss goals, is to add fruit and/or vegetables to every meal and snack. A breakfast idea would be to add either an apple or maybe a breakfast burrito filled with veggies. For snacks, change up your candy bar and soda to some nut butter and a fruit or vegetable. My favorite is natural peanut butter with carrots and celery. Fill half of your plate with vegetables at lunch and dinner. For those of you concerned about getting enough meat: a 3 ounce piece of meat has about 21 grams of protein. The whole grains or legumes (black, pinto, and other beans) and vegetables that fill the rest of your plate also contain protein. For adults we need about 0.8-1 gram/kg of weight. This about 69-86 grams a day for a 190 pound person. As you can see from the above meal example, one can get enough protein while filling their plate with healthy and filling vegetables.

of research about the disease prevention and management effects they demonstrate. Different mushrooms have different properties such as anti-viral, anti-tumor and anti-cancer, and anti-bacterial. The main beneficial property of a mushroom is the carbohydrate (polysaccharide) called the beta-glucan. Medicinal mushroom supplements can contain one or a variety of mushrooms in a daily dose. For general health, I use a supplement that has a variety of mushrooms such as Reishi, Cordyceps, Lions Mane, and Chaga.

## Take home points:

- Aim for 9-11 servings of fruits and vegetable servings daily and add a smoothie for variety.
- Choose a multivitamin with properties specific to your needs.
- Add probiotics and medicinal mushroom supplements for immunity.
- Have fun being active. Exercise is fun if you choose something you enjoy!

**Crystal Petrello MS, RDN, LD, ACE Certified Health Coach**  
Crystal Clear Wellness and Nutrition- Owner and lead clinician  
702-575-7717 | Crystal@crystalclearnutrition.com

## SOURCES:

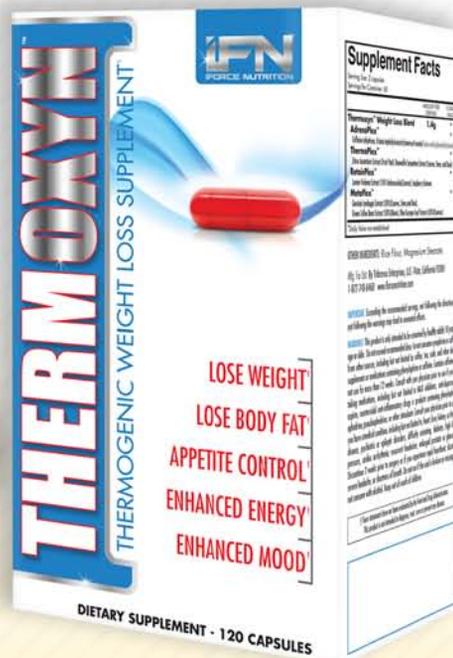
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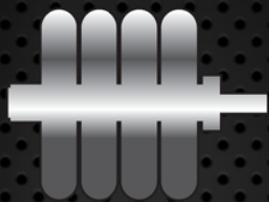


**& 5 STAR YELP REVIEWS**

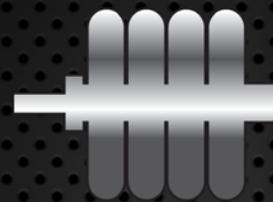
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# Fitness Intensity

By Bret FitzGerald

**S**ome exercise is always better than none, but exercising at the correct intensity can help you get the most out of your physical activity. How do you know if you are overdoing or more likely, under-doing it?

## Exercise Intensity 101

How do you know how hard you should be exercising? For most healthy adults, the recommendation is 150 minutes a week of moderate aerobic activity, like fast walking, or 75 minutes a week of vigorous aerobic activity — such as running or a cycle class. You can also do a combination of both, which is what most people do.

For strength training, do some form of resistance training at least twice a week. Consider free weights, machines, or activities that use your own body weight. Try to include every major muscle group at least once a week, including chest, back, arms, shoulders, core and legs.

To obtain the most health benefits from exercise, your exercise intensity must generally be at a moderate or vigorous level. For weight loss, the more intense your exercise, or the longer you exercise, the more calories you burn.

But try not to go too hard every day. Overdoing it can increase your risk of soreness, injury and burnout. If you're new to regular exercise and physical activity, you may need to start out at a light intensity and gradually build up to a more intense intensity.

So think about your reasons for exercising. Do you want to improve your fitness, lose weight, train for a competition or do a combination of these? Your answer will help determine the appropriate level of exercise intensity. Be realistic and don't push yourself too hard, too fast. Fitness is a lifetime project, not a sprint. Of course, if you have any medical conditions or you're not sure what your exercise intensity should be, talk to your doctor.

## Measure your exercise intensity

When you're doing aerobic activity, such as walking or biking, exercise intensity correlates with how hard the activity feels to you. Exercise intensity also is reflected in your breathing and heart rate, whether you're sweating, and how tired your muscles feel.

### There are two basic ways to measure exercise intensity:

- **How you feel.** Exercise intensity is a subjective measure of how hard physical activity feels to you while you're doing it — your perceived exertion. Your perceived level of exertion may be different from what someone else feels doing the same exercise. For example, what feels to you like a hard run can feel like an easy workout to someone who's more fit.
- **Your heart rate.** Your heart rate offers a more objective look at exercise intensity. In general, the higher your heart rate during physical activity, the higher the exercise intensity.

You can use either way of gauging exercise intensity. If you like technology and care about the numbers, a heart rate monitor might be a useful device for you. If you feel you're in tune with your body and your level of exertion, you will likely do fine without a monitor.

### Try gauging your intensity by how you feel.

Here are some helpful clues to help you judge your exercise intensity.

#### Moderate intensity

Moderate activity feels somewhat hard. Here are clues that your exercise intensity is at a moderate level:

- Your breathing quickens, but you're not out of breath.
- You develop a light sweat after about 8 minutes of activity.
- You can carry on a conversation, but you can't sing.

#### Vigorous intensity

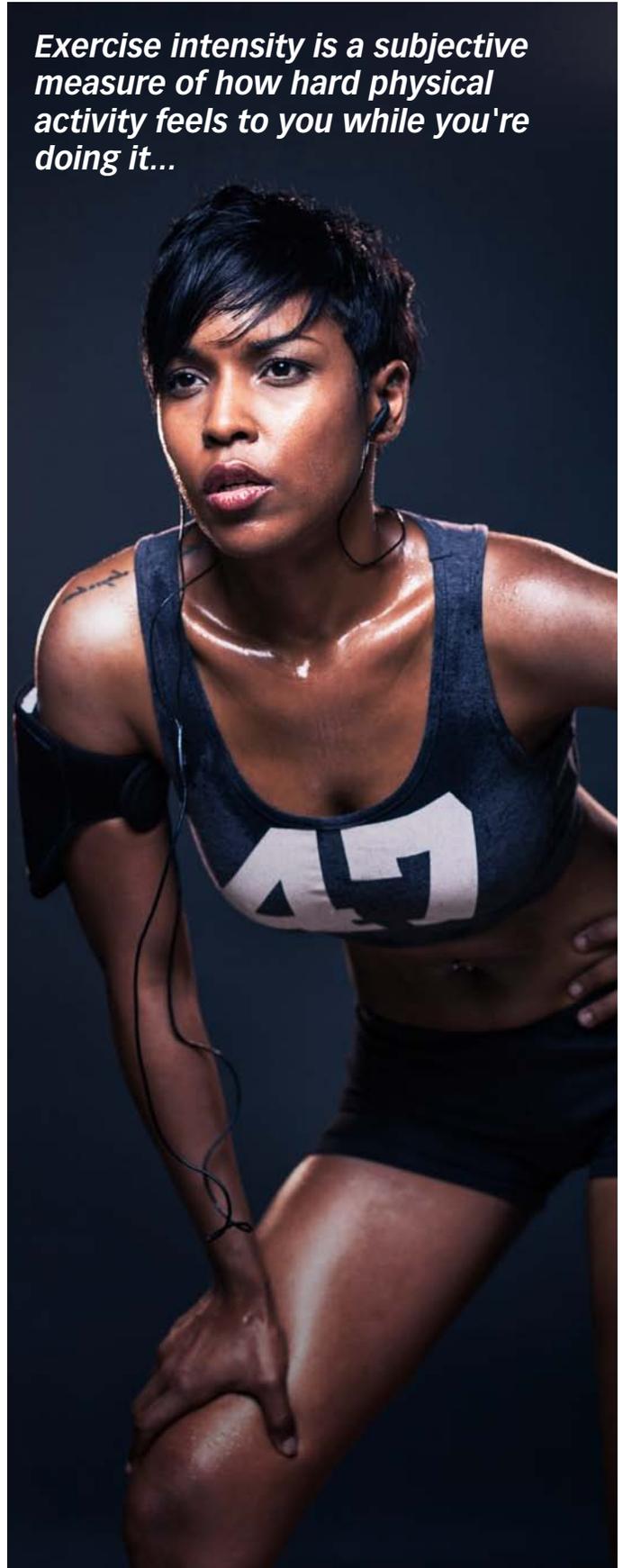
Vigorous activity feels challenging. Here are clues that your exercise intensity is at a vigorous level:

- Your breathing is deep and rapid.
- You develop a substantial sweat after about 5 minutes of activity.
- You can't say more than a few words without pausing for breath.

#### Overexerting yourself

Beware of pushing yourself too hard too often. If you're short of breath, in pain or can't work out as long as you'd planned, your exercise intensity is probably higher than your fitness level allows. The good news is you will naturally come to a stop.

*Exercise intensity is a subjective measure of how hard physical activity feels to you while you're doing it...*





---

*...research has shown that interval training, which includes short bouts (60 to 90 seconds) of higher intensity exercise interspersed throughout your workout, is well tolerated.*

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### **Gauging intensity using your heart rate.**

Another way to gauge your exercise intensity is to see how hard your heart is beating. To use this method, you first have to figure out your maximum heart rate — the upper limit of what your cardiovascular system can handle during physical activity.

The basic way to calculate your maximum heart rate is to subtract your age from 220. For example, if you're 40 years old, subtract 40 from 220 to get a maximum heart rate of 180. This is the maximum number of times your heart should beat per minute while you're exercising.

Once you know your maximum heart rate, you can calculate your desired target heart rate zone — the level at which your heart is being exercised and conditioned but not overworked.

### **Here's how heart rate matches up with exercise intensity levels:**

- Moderate exercise intensity: 50 to 70 percent of your maximum heart rate
- Vigorous exercise intensity: 70 to 85 percent of your maximum heart rate

If you're not fit or you're just beginning an exercise program, aim for the lower end of your target zone (50 percent). Then, gradually build up the intensity. If you're healthy and want a vigorous intensity, it's okay to opt for the higher end of the zone.

### **Target heart rate tips**

It's important to note that maximum heart rate is just a guide. You may have a higher or lower maximum heart rate, sometimes by as much as 15 to 20 beats per minute. If you want a more definitive range, consider discussing your target heart rate zone with a personal trainer.

Generally only elite athletes are concerned about a high degree of precision. They may also use slightly different calculations that take into account gender differences in target heart rate zones. These differences are so small that most casual athletes don't need separate calculations for men and women.

Also note that several types of medications can lower your maximum heart rate and, therefore, lower your target heart rate zone. Ask your doctor if you need to use a lower target heart rate zone because of any medications you take or medical conditions you have.

Interestingly, research has shown that interval training, which includes short bouts (60 to 90 seconds) of higher intensity exercise interspersed throughout your workout, is well tolerated. This type of training is very effective at increasing your cardiovascular fitness.

### **The rewards of exercise intensity**

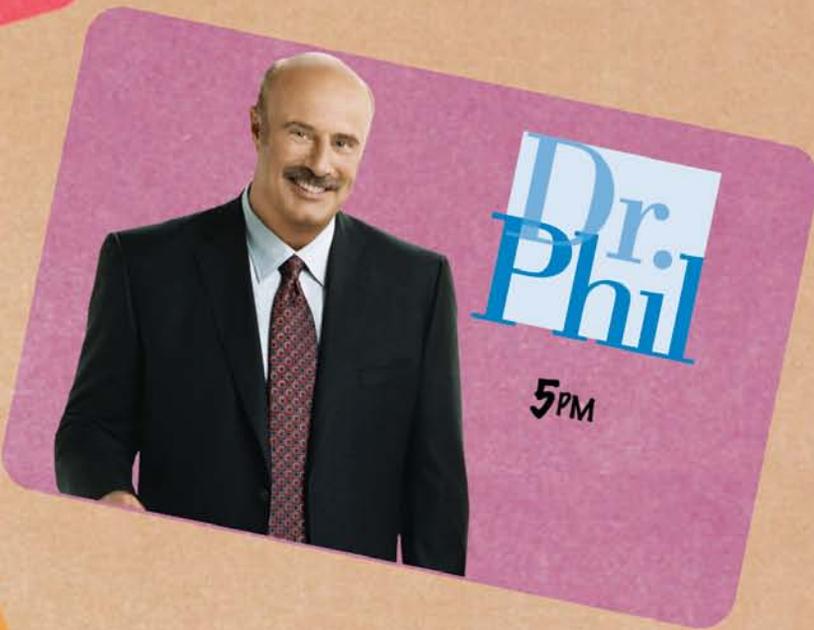
You'll get the most from your workouts if you're exercising at the proper intensity for your health and fitness goals. This is how you will maximize your fitness. If you're not feeling any exertion or your heart rate is too low, pick up the pace. If you're worried that you're pushing yourself too hard or your heart rate is too high, back off a bit.

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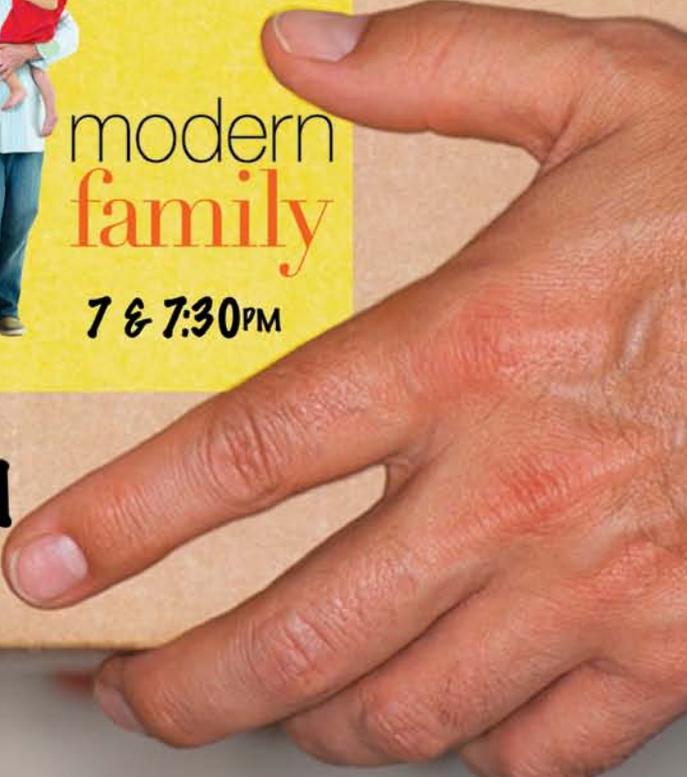
DR. PHIL 5  
JUDGE JUDY 6 & 6:30  
MODERN FAMILY 7 & 7:30



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# CLUB LIFE

January 2015



Member Frederick Vega, (who turned 80 this year!) and his granddaughter Brianna Stutz competing in the Las Vegas Rock 'n' Roll Marathon & Half Marathon, November 16, 2014.

Member Jackie Oswald running Goldilocks Las Vegas, at Red Rock Canyon, October 25, 2014. The Goldilocks cycling and running event for women raises money that goes to charities that provide real-hair wigs to women undergoing cancer treatment'. Hair donations are also collected at the event. For more information, go to [www.brooksee.com/glv](http://www.brooksee.com/glv)



Members Brian Chandler and Sarah Muniz at the Rock 'n' Roll Las Vegas Marathon & Half Marathon on November, 16, 2014. The event was held to benefit the Crohn's & Colitis Foundation of America.



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# CLUB LIFE

January 2015



The Octane Lateral MMR/HIIT Fitness Challenge, held at LVAC Northwest and Green Valley locations, November 4, 2014. From L-R: LVAC Coach Malik Carey, Playroom Attendant Ilsa Martinez, Personal Trainer Lisa Huse, Personal Trainer Thomas Lopez, Assistant Fitness Director Kristie Mac, Fitness Director Bruce Rognlie, Coach Josh Bledsoe, LVAC Chairman and CEO Todd Smith.



LVAC personal trainer and GFI Jennifer Dietlan and her client, Janiel Green at the Pumpkin Man Triathlon, October 25, 2014 in Boulder City, Nevada. It was Janiel's first triathlon, and they completed the sprint distance.

Member Jeanne Heiserman (age 60 and a grandmother of 3!) at the Ride2Recovery Honor Ride. Honor Rides are one day events held around the country to raise money and promote awareness for the Ride 2 Recovery program, whose goal is to benefit mental and physical rehabilitation programs for our country's wounded veterans and healing heroes, and features cycling as the core activity. To donate or participate in an Honor Ride, go to [ride2recovery.com](http://ride2recovery.com)

# CLUB LIFE

LVAC Employee Holiday Party



Jhasmin Javellana and Jasmine Iverson



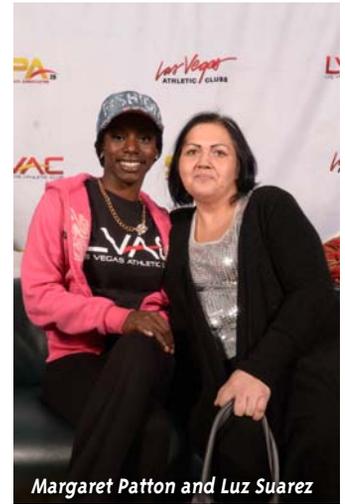
Gabriel Davis and his son, Xavier



Erica Osório



Maricela Leon and Brittany Hazard



Margaret Patton and Luz Suarez



Erin Mavromatis and her husband, James



Susie Trumps



# Popcorn Shrimp

## Ingredients

- 1 pound raw shrimp, 16-20 count (peeled and deveined)
- 4 slices whole wheat bread or sprouted grain bread
- 1 cup freshly grated Parmesan cheese (you can use reduced fat)
- 2 eggs

## Seasonings for crumb batter:

- Garlic powder, sea salt, Mrs. Dash, freshly ground black pepper

---

## Directions: Set oven to 375F.

- Toast the bread. Add the toast to a blender or food processor and process until the toast forms fine breadcrumbs.
- In a bowl, mix the breadcrumbs, garlic powder, sea salt, Mrs. Dash, fresh ground black pepper (to your taste) and the Parmesan.
- In another bowl, whisk the eggs together until they are fluffy.
- Dip the raw shrimp into the whisked egg, then lay shrimp onto the breadcrumbs and pat gently until coated. Turn the shrimp over and repeat on the opposite side.
- Spray a cookie sheet with an olive oil, non-stick cooking spray. Place the coated shrimp on a baking sheet.
- Repeat the process until all of the pieces of shrimp are covered in breadcrumbs and on the baking sheet.
- Bake the shrimp in the oven for approximately 7 minutes. When the shrimp begins to curl, and the color of the flesh turns pink, the shrimp is done. (Overcooking the shrimp will make them tough).

## Suggestions for Serving:

- Serve on a platter with a ramekin of cocktail sauce and fresh lemon wedges.
- Serve shrimp atop a crisp, leafy green salad.
- Serve with brown rice or rice pilaf and a steamed vegetable.
- Serve inside a warm whole-wheat tortilla with sliced avocado, shredded cabbage and a squeeze of fresh lime juice.
- Cut each shrimp into 3-4 pieces. Combine 2-3 small-diced Roma tomatoes, several tablespoons of extra virgin olive oil and 1-2 tablespoons of julienned (slim strips) fresh basil into a bowl with a sprinkle of sea salt. Add shrimp and stir lightly. Place a spoonful of the shrimp mixture onto slices of freshly toasted french bread. Sprinkle with a pinch of freshly grated parmesan for delicious shrimp bruschetta.



# Smoothies

Nothing beats a smoothie when it comes to convenience, versatility and high nutrient content. We asked around to find some LVAC members who are smoothie aficionados, and came up with great ideas that you can use to create your favorite anytime smoothie.

## Chocolate, Peanut Butter, and Banana Smoothie

### Ingredients

- 1 scoop of Orgain Organic Chocolate Protein (my personal favorite found at Costco as well as online)
- 2 heaping handfuls of baby spinach
- 1 frozen banana
- 1 tablespoon of natural peanut butter or almond butter
- ¼ cup of raw oats

*"This is my go-to smoothie recipe in the morning because I absolutely hate making breakfast. If I drink this at night, I omit the oats and use half a banana. I've found that when I don't add the oats in the morning, I'm a lot hungrier throughout the day."*

-Chloe

## Protein Packed Ice Latte

### Ingredients

- 2 cups of your favorite coffee (black)
- 2 scoops of vanilla protein
- 2 teaspoons of honey
- Ice

*"If you are more of a mocha person, substitute chocolate protein powder for the vanilla."*

-Billy

## Orange Creamsicle

### Ingredients

- 6 -8 oz orange juice
- 2 scoops of your favorite vanilla protein
- 1/2-cup fat free yogurt
- Ice

## Green Heaven

### Ingredients

- 8 oz cold water
- Two large handfuls of baby spinach (organic if possible)
- 1 scoop vanilla protein powder
- ½ frozen banana
- ½ cup frozen strawberries
- ½ cup frozen blueberries
- 1 tablespoon flaxseed oil
- 1 tablespoon freshly ground flaxseed

*"I like to use this for breakfast, or as a late afternoon snack. I make it in the morning, and take half in a plastic smoothie cup and keep it in the refrigerator at work. I look forward to drinking it when I hit that 4 p.m. slump!"*

-Connie



# 9 Great Smoothie Tips

- 1** Place liquid and soft items into your blender first, and blend well. Then add frozen items one at a time.
- 2** Beef up the nutrient content of your smoothie by adding freshly ground flaxseed, flaxseed oil, or chia seeds. The seeds give your smoothie a bit of nutty crunch and all of these additives are great for combating inflammation.
- 3** Be creative by trying new fruits and vegetables in your smoothies. How about pomegranate seeds, shredded carrots, beets, kale, pineapple, apples, oranges, grapes, citrus fruits, raspberries, blackberries, avocados or dandelion greens. Yup, dandelion greens! They are very nutrient dense.
- 4** To freeze fresh fruit, wash, peel and dice into small cubes. Make sure fruit is dry and place it (single layer) onto a cookie sheet. Place the cookie sheet into the freezer. Once frozen, remove fruit from tray, and store in a freezer bag.
- 5** To freeze a banana, take off the peel and wrap the banana tightly in saran wrap before placing into freezer.
- 6** If using fresh fruits or vegetables remember, the fresher the juice and ingredients you use in your smoothie, the better the flavor and nutrition. Use organic ingredients in your smoothie whenever possible, not only to increase nutrition and avoid pesticides, but also for better taste.
- 7** Using dates is a great way to sweeten your smoothie. Remove the pits and soak them overnight or for at least an hour before blending. If using a sweetener, stick to the good ones. Honey, maple syrup, and stevia are excellent choices.
- 8** Don't skimp on the base of your smoothie. Use high quality water (filtered or spring water), almond milk, coconut milk, or fresh juice.
- 9** If you like ice in your smoothies, try freezing coconut water or fruit juices in ice cube trays. Not only does this give your smoothie more flavor, it also adds nutrients, including magnesium, potassium and other electrolytes.

# LVAC CLASS DESCRIPTIONS

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

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

## HIGH INTENSITY/CARDIO CLASSES

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

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

# LVAC CLASS DESCRIPTIONS

## HIGH INTENSITY/CARDIO CLASSES CONTINUED

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

## MIND/BODY CLASSES

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

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

# LVAC CLASS DESCRIPTIONS

## MIND/BODY CLASSES CONTINUED

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

## 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><b>Belly Dance</b> 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><b>Dance it Out™</b> This is a total body, high energy, cardio dance workout that is infused with 20 plus styles of dance including Hip Hop, Bollywood, Line Dancing, Ballroom, 80's, Broadway, and much more. This is a non-judgmental supportive environment, where students of all fitness levels, ages, shapes and sizes have the time of their lives while getting fit.</p>	60 Minutes	Total Body Workout	250	Body Weight
<p><b>Hip Hop Dance – (Previously listed as Street Jam)</b> From R&amp;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.</p>	60 Minutes	Total Body Workout	400	Body Weight
<p><b>HotHulaFitness®</b> Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats. HotHulaFitness® isolates your larger muscle groups, increasing strength and definition to your core gluteus, quads and arms.</p>	60 Minutes	Total Body Workout	350	Body Weight

# LVAC CLASS DESCRIPTIONS

## DANCE CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p><b>Sh'Bam™ by Les Mills</b> This class features simple but seriously hot dance moves that will shape you up and let out your inner star. The soundtrack is made up of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics and modernized LATIN Beats.</p>	45 Minutes	Total Body Workout	510	Body Weight
<p><b>Zumba®</b> This is a cardio based class using international rhythms. Zumba is a great cardio workout! 70% Latin based rhythms with 30% from genres such as Bollywood, Hip Hop, African, and many other genres that will keep you moving. This high energy, aerobic class allows you to burn calories and body sculpt while enjoying the "fitness party".</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><b>BodyPump™ by Les Mills</b> Les Mills is the original barbell class. Designed for all ages and fitness levels, BODYPUMP delivers real results, real fast. This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music and easy to follow moves, BODYPUMP strengthens, tones, and defines the body.</p>	60 Minutes	Strength Endurance	560	Barbell, Plates & Height adjustable Step
<p><b>Kettle Bell Power</b> These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.</p>	70 Minutes	Total Body Workout	600	Kettlebells
<p><b>M.R.T. (Muscle Resistance Training)</b> A muscle-resistance training class designed to enhance muscle tone, definition and endurance using bands, medicine balls, weights, as well as your own body-weight for resistance. Movements that will improve your functional fitness, as well overall strength and endurance.</p>	60 Minutes	Total Body Workout	300	Bands, Resistance Balls, Weights, Body
<p><b>T.B.C. (Total Body Conditioning)</b> 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

## 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
<p><b>Ai Chi</b> A slow, focused, moving meditation water exercise that will help improve wellness and balance.</p>	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
<p><b>AquaAerobics</b> This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training. Class consists of a warm-up to increase the heart rate, a cardio section, with some vigorous activity that can be easily modified. Class ends with abdominal work, body toning and a stretch.</p>	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
<p><b>AquaBootCamp</b> With the combination of resistance bands, medicine balls, and other equipment, you will get an amazing workout that will challenge your perception about Aqua training. With the focus on strength and endurance conditioning, everyone in this AquaBootCamp class will reap the benefits of their hard work. This class accommodates all level of fitness and challenges everyone individually. Let AquaBootCamp be the motivation you need to become a better "you".</p>	60 Minutes	Total Body Workout	450	Body Weight Paddles Med Balls Noodles Tubes

# LVAC CLASS DESCRIPTIONS

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<b>Aquafit</b> This class combines segments of cardio and strength training using training intervals and water approved weight resistance tools.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
<b>Aquakickbox</b> This vigorous workout combines punches and kicks in the water and use the natural resistance of the water to help you increase your stamina, core strength and flexibility. No boxing gloves needed!	60 Minutes	Total Body Workout	300	Body Weight Paddles
<b>Aquasculpt</b> This class uses buoyant aquatic equipment to help tone your upper and lower body, as well as improve your core muscle to stabilize your body in water.	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
<b>H<sub>2</sub>O Core + More</b> Postural core training to increase mobility, flexibility, strength and muscular endurance based on Pilates and Yoga exercises in the water. (Offered at our Sandhill location only.)	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
<b>Hydrofit</b> A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.	60 Minutes	Total Body Workout	300	Body Weight Paddles Noodles
<b>Mobility Plus</b> An aqua class for those with arthritis and other uncomfortable, chronic orthopedic conditions and those who are returning to exercise after injury or illness. A good recommended class for pregnant or post-pregnancy exercise.	60 Minutes	Total Body Workout	200	Body Weight Paddles Noodles
<b>Water Jogging</b> 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 SCHEDULE**



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

# LVAC CLASS SCHEDULES

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

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP	BODY PUMP		ZUMBA		
6:00	BODYATTACK	BODY PUMP	BODYSTEP	BODY PUMP	BOOTCAMP	BODY PUMP	
7:00						BODYSTEP	
8:00	HEALTHY BACK	YOGA BLEND	TAI CHI*	HEALTHY BACK	TAI CHI*	BODYCOMBAT	BODY ATTACK
9:00	BEAT-IT-OUT					CxWORX	
9:15			TURBO KICK	MRT/BEAT-IT-OUT	STEP 2		BODY PUMP
9:30		BOOTCAMP				STEP 3	
10:15	BODY PUMP				BODY PUMP		
10:30		BODYSTEP	MRT	POWER GLIDE + SCULPT		ZUMBA	KICKBOX
11:15	CxWORX				CORE		
11:30		ZUMBA	PILATES	BOOTCAMP		BEGINNING YOGA	CxWORX
<b>PM</b>							
12:00	ZUMBA				ZUMBA**		BEAT-IT-OUT
12:30		BODY PUMP	KETTLEBELL*	KICKBOX			
12:45						BODY PUMP	
1:00	KETTLEBELL*						
1:30		BODYCOMBAT			KICKBOX		ZUMBA
1:45			KICKBOX			BODYCOMBAT	
2:45					BODY PUMP		
3:30	MRT						
4:00		BODY PUMP		BODY PUMP			BODY PUMP
4:30	ZUMBA		ZUMBA				
5:00		BODY ATTACK		CxWORX			
5:15							BELLYDANCE*
5:30	BODYSTEP		BODYFLOW	8STRIKES*			
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				
9:15				ZUMBA			

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

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

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

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

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

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\*Must present LVAC Membership Card to receive discount. Offer expires March 31, 2015.

\*\*Limited Services Available.

# LVAC CLASS SCHEDULES

## GREEN VALLEY ANTHEM - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00						AQUAEROBICS	
9:00	AQUAFIT	AQUAEROBICS	AQUAFIT	AQUAEROBICS	AQUAFIT	AQUAEROBICS	AQUA BOOTCAMP
10:00	MOBILITY PLUS	MOBILITY PLUS	MOBILITY PLUS		MOBILITY PLUS		
10:45			MOBILITY PLUS				
PM							
12:00	AQUAEROBICS		AQUAFIT		AQUAEROBICS		
6:00		AQUA BOOTCAMP**		AQUA BOOTCAMP**			
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			YOGA BLEND		BODYSTEP	HIIT
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	MRT	MRT		FLEXIBILITY
11:15						CxWORX	SH'BAM
11:30					CxWORX		
PM							
12:00	PILATES		BOOTY BLAST				ZUMBA
12:15					PILATES		
12:30		BELLYDANCE**					
1:00	ZUMBA					ZUMBA	KICKBOX
1:15					ZUMBA		
3:00				BALLET BARRE			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM	ZUMBA	BODY PUMP		
5:00		CxWORX					
5:30	BODYSTEP	ZUMBA	CxWORX	BODY COMBAT	ZUMBA - 90min		
6:00			BODYATTACK				
6:30		BODYPUMP		BODY PUMP			
6:45	ZUMBA		BODYPUMP				
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*		RPM CYCLE*		YOGA* - Ashtanga	
9:15					CYCLE		
9:30	RPM CYCLE		YOGA BLEND*				
10:00							YOGA* - Iyengar
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		YOGA* - Vinyasa Flow	YOGA* - Iyengar	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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# LVAC 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		YOGA* - Vinyasa Flow		ZUMBA	YOGA* - Vinyasa Flow		
9:00			ZUMBA	CORE		ZUMBA	ZUMBA
9:15		SH'BAM DANCE			ZUMBA		
9:45		BODY JAM					
9:30	TBC Total Body Conditioning			BODYCOMBAT			
10:00			MRT			PILATES	
10:30	PILATES	YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow	MRT		
11:00			CORE			MRT	BODYPUMP
11:30			GENTLE YOGA*		PILATES		
11:45	ZUMBA						
PM							
12:00		TAI CHI		TAI CHI		STEP 1	
12:30					ZUMBA		
1:00	GENTLE YOGA*	ZUMBA					
1:30							
4:00	BODY PUMP	MRT		MRT			
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 DANCE		
7:15		YOGA* - Integrative		YOGA* - Integrative			
7:30	ZUMBA						
8:00			ZUMBA				
8:30		BELLYDANCE*		ZUMBA			

## EAST FLAMINGO CLUB - AQUA CLASSES

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

## 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	RPM CYCLE
9:30						NAVY SEAL BOOT CAMP	
10:00	LITE WORKOUT	MRT	LITE WORKOUT	BODY PUMP	LITE WORKOUT	BODY PUMP	GENTLE YOGA
11:15		FLEXIBILITY		FLEXIBILITY			ZUMBA
11:30						ZUMBA	
PM							
12:00	ZUMBA	CYCLE	ZUMBA	RPM CYCLE	ZUMBA		
12:30						BELLYDANCE*	BOOT CAMP**
1:00		CxWORX		CxWORX			
1:15					YOGA BLEND		
1:30		YOGA* - Integrative		YOGA* - Integrative			
4:30	ZUMBA		BODY COMBAT	ZUMBA			
5:00					BOOT CAMP		
5:30	BODY PUMP	ARMY RANGER BOOT CAMP	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		

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

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## 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	BOOTCAMP
8:15				P.I.T. Pure Intensity Training			
9:00	CxWORX	CORE				KETTLEBELL*	CxWORX
9:15			PILATES				
9:30	BODYATTACK	BODY PUMP		BODY PUMP	ZUMBA		
9:45							KICKBOX
10:30	BODY PUMP	KICKBOX	MRT	BODYCOMBAT	MRT	BODY PUMP	
10:45							BODYPUMP
11:30	BODYCOMBAT	MRT	ZUMBA	BODYVIVE	BODYCOMBAT		
11:45						BODYCOMBAT	CxWORX
<b>PM</b>							
12:30	BODY PUMP		BODY PUMP	ZUMBA	BODY PUMP		BELLYDANCE*
12:45						CORE	
1:30		ZUMBA*	CxWORX		CxWORX	ZUMBA	
1:45	ZUMBA						
2:00							ZUMBA
2:15			BODYCOMBAT				
3:15					ZUMBA		BODY PUMP/CxWORX*
3:30							
4:00				BODY PUMP			
4:15	BODY PUMP				KETTLEBELL*		
4:30		BODYATTACK	MRT				
5:00			CxWORX	CxWORX			
5:30		BODY PUMP	BODYATTACK	BODY STEP	BODY PUMP		
6:15					CxWORX		
6:30	BODY PUMP	KETTLEBELL*	KETTLEBELL*	ZUMBA			
7:00					BODYCOMBAT		
7:15	CxWORX						
7:45	ZUMBA			BODY PUMP			
8:00		HOT HULA FITNESS	ZUMBA		ZUMBA		

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00				BODYATTACK			
7:30							
8:00	YOGA* - Iyengar		YOGA* - Iyengar	GENTLE YOGA*		YOGA BLEND	
8:30					CxWORX		
9:00					BODYFLOW	CxWORX	
9:15							
9:30	PILATES	BODYFLOW	PILOXING	ZUMBA		BODYVIVE	
10:30				CxWORX		PILOXING	
10:45	BODYVIVE		BEGINNING YOGA				
11:15		YOGA BLEND*		YOGA* - Vinyasa Flow			
11:45	CxWORX						
<b>PM</b>							
12:00						HOT HULA FITNESS	YOGA* - Vinyasa Flow
12:30	YOGA* - Vinyasa Flow	PILOXING	YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow		
2:00					TAI CHI		
2:30	BOOTY BLAST BAR		BOOTY BLAST BAR				
4:15	YOGA BLEND						
5:30		BOOTY BLAST B.A.R.	SH'BAM	BODYCOMBAT			
5:45					BODYFLOW		
6:00	SH'BAM						
6:15		DANCE IT OUT					
6:30			BODYFLOW	BODYVIVE			
6:45	CxWORX						
7:00					BODYFLOW		
7:15	BODYFLOW		YOGA BLEND*				
8:00		YOGA* - Vinyasa Flow		YOGA* - Vinyasa Flow			

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

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

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



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## Q: What makes **excel HR™** laser hair removal unique from other laser hair removal technologies?

### *More coverage than ever before*

**excel HR's** signature **truPulse™** technology delivers consistent and sustained energy in each and every pulse—efficiently reducing the number of treatments required.

## Q: What areas can be treated?

Due to **excel HR's** superior technology exceptional results are achievable on all hair types—fine or course. Commonly requested areas include under arms, legs, bikini area, Brazilian, chin, upper lip as well as men's chest and back.

## Q: The Hairy truth about shaving vs. **excel HR™**

### *Superior patient comfort*

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# LVAC 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	CYCLE	CYCLE		
7:30						CYCLE	
8:30							CYCLE
9:00						CYCLE - 45min	
9:15	RPM CYCLE		CYCLE		RPM CYCLE		
9:30		RPM CYCLE		CYCLE			RPM CYCLE
10:00						CYCLE	
10:30	CYCLE		RPM CYCLE		CYCLE		
11:30						CYCLE+RUN - 90min	
<b>PM</b>							
12:30		CYCLE		CYCLE	CYCLE		
1:30						RPM CYCLE	CYCLE
4:15	RPM CYCLE	CYCLE					
4:30			CYCLE	CYCLE	RPM CYCLE		
5:15	CYCLE						
5:45		RPM CYCLE	CYCLE	CYCLE			
6:00					CYCLE		
6:30	CYCLE						
7:00		RPM CYCLE	CYCLE	RPM CYCLE			
8:30			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	AQUAFIT	WATERJOGGING		AQUAEROBICS	
9:30					AQUAFIT		
10:00	MOBILITY PLUS	AI CHI	MOBILITY PLUS	AI CHI		AQUAEROBICS	
10:30					AQUAFIT		
<b>PM</b>							
12:30			AQUAFIT				
4:30	AQUAFIT						
5:30	AQUAFIT			AQUASCULPT			
6:00		AQUAKICKBOXING	AQUAFIT				
6:15				AQUAEROBICS			
6:30	AQUAEROBICS						

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

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

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

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

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

# LVAC CLASS SCHEDULES

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

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

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

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



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

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

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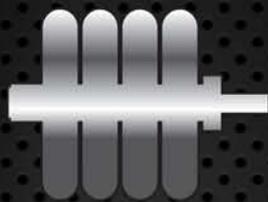
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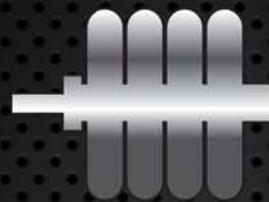
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