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LAS VEGAS ATHLETIC CLUB MAGAZINE

WINTER 2016

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Group fitness, pg. 37

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Great Soup Recipes!

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LVAC MAGAZINE

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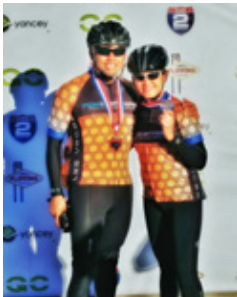
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PUSHING AGAINST OUR BOUNDARIES

Dear Friends,

As we bring in a new year, we would first like to thank all of you who donated gifts to the "Fill the Fire Truck" holiday gift drive benefitting the Southern Nevada Firefighters Burn Foundation. There are only a few charitable organizations that LVAC sponsors on an annual basis such as the Susan G. Komen Race for a Cure, as well as Augie's Quest and its affiliate ALS.net. We would also like to thank all of you who have participated in or donated to the causes that we support.

We have started the new year with a few upgraded group fitness rooms at our Green Valley, Southwest and Central clubs. Our upgrades and renovations to these rooms were based on the new North/Aliante club's design with its theatrical group fitness room. The new design for our upgraded rooms was well tested before deciding to go in this direction, with almost two years of experience at our Northwest club. This next generation group fitness room was based on extensive research based on what was taking place around the world, even taking us as far as New Zealand to do our homework. Several years ago, my brother and I traveled down to New Zealand to attend the Les Mills convention and to see their ten clubs. Les Mills is a worldwide leader in group fitness, and many of the changes were driven by this experience. Some of the other changes to the group fitness operation was based on being able to accommodate more functional classes and higher intensity training which includes kettle bells, battle ropes and pull up bars. The changes you see today were many years in the making and tested before deciding that we wanted to upgrade a majority of the clubs. We hope you enjoy the next generation of the group exercise experience.



In the Fall issue of the LVAC magazine you may have read about some of the changes we have made to our nutrition and accountability program. Many of the changes have been driven by technological advances. More and more people are utilizing mobile apps and wearable devices to keep track of their progression. This year we have also changed the name of our accountability program to LVAC Transform. The LVAC Transform program utilizes technology as a tool- to keep track, stay on track and stay accountable.

LVAC Transform incorporates three of the most popular mobile apps and fitness trackers, which have been integrated with our dotFIT platform. Maybe you were one of the fortunate people who received a Fitbit or Jawbone UP over the holidays. The data from your Fitbit or Jawbone UP can now automatically sync with our dotFIT dashboard, so you can see how many calories you burned during the day in comparison to your goal. The dotFIT platform is also integrated with the myfitnesspal app, which is probably the most popular app in the fitness industry right now. The LVAC Transform program takes the best of all worlds- where you can easily enter all of the food you consume on myfitnesspal, and see how many calories you burned from your Fitbit or Jawbone UP and then see it all on your dotFIT dashboard. It's also the best of all worlds- because the dotFIT program works without a wearable device, by setting a goal for your daily calories burned from your expected normal exercise and activity. Alternatively, you can log all of your food and track your exercise on your Fitbit or Jawbone UP. LVAC Transform is a free online program that comes with your membership. Please ask any LVAC Coach to schedule an appointment for an introduction.

In addition to this program, you will also see some new equipment filtering into the clubs this year, especially at West Sahara and Central. In some cases, we replace equipment that has become less popular, and other times because it just looks dated and weathered. Usually it is a combination of the two, and we believe it is essential that we continually upgrade our offering with state-of-the-art exercise equipment. We will also have our fitness launch on January 16th, which is a festival atmosphere featuring some of our most popular group fitness classes and instructors. I encourage and invite you to try out a new class; they are a lot of fun and don't require any special coordination or movement skills.

We have a lot of changes happening this year, but we don't change just to fix something but rather to constantly improve. Sometimes it is hard to adjust to change, but our goal is to continually upgrade our operation. My father, Rudy Smith, used to say... "There is no such thing as staying the same. You are either striving to improve, or allowing yourself to get worse!". In an excerpt from an article called "Formula One for Success" the defending and three-time Formula One world champion auto racer, Lewis Hamilton, says it a little differently. "If you're not pushing against your boundaries, they're closing around you". One of the most famous people in all of human history expressed it this way, "And I can see your constant improvement in all these things!"

On behalf of the entire LVAC Team, let us all strive to continually improve, and to push against our boundaries in 2016.

Yours in health, fitness and transformation,

Todd Owens Smith
CEO/Chief Exercise Officer
todd@lvac.com

club life



LVAC Members Patti Garcia and her husband Andrew riding the tandem bike in the Ride 2 Recovery Honor Ride, Saturday, November 7, 2015. Ride 2 Recovery's mission is to improve the health and wellness of healing heroes through mental and physical rehabilitation programs that feature cycling as the core activity. The funds raised through this ride will support outdoor cycling programs and the purchase of adaptive bikes for injured veterans. For more information, go to ride2recovery.com



LVAC group fitness instructor and personal trainer, Nancy Dickinson, crossing the finish line at the Kona Ironman. The Kona Ironman World Championship in Hawaii is the most iconic one-day sporting event in the world.

Since 2008, Nancy has competed in over 50 triathlons including 3 full Ironman races. She has also qualified for and participated in the Boston Marathon. She has been an All American USA Triathlon athlete for the last 4 years in a row and is ranked number one in her age group for Nevada. She is ranked in the top 5% in the U.S. You can reach Nancy at corehore.com/blog

Thank you to everyone for your generosity and kindness in helping to make this year's gift drive a success!



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MEET OUR **cover girl**

Meet our cover girl, member Julia Jones. A native of Hudson, Florida, growing up she didn't really like athletics. She struggled with peers teasing her over being a 'bean pole', but she loved musical theatre and acting. Julia said, "The stage always felt like home to me."

Shortly after graduating high school, she moved to Las Vegas to seek a career in acting. With no contacts, friends or connections on the west coast, the move was difficult. After looking into several options, she decided to focus on modeling. It took some time, but she began to grow her network and within a year was an independent, working model. During that time she was able to meet filmmakers and become acquainted with production companies, which paved the way for her to move into acting. For the last five years she has been employed as a model and actress.

We asked Julia to share some highlights with us about her diet and workout routines. She replied, "I like to switch it up every month or so. Our bodies adapt quickly, so it is important to stay one step ahead. I spend one or two months focusing on my strength through heavy compound lifts, progressively overloading my muscles every week. Then I like to cycle into training focused on improving my endurance and overall athleticism. I do this through HIIT (high intensity interval training). It is intense, but produces great results."

"I eat 5-6 small meals a day, each meal contains about 25-30 grams of protein. I also eat a ton of clean carbs to keep me fueled for workouts. I am very appreciative of LVAC personal trainer Claudia Aquino for her nutritional guidance and insights. My workouts have evolved over the last five years, and I feel like LVAC has been there every step of the way. There has always been something offered by the club whenever I have felt a need to try something new. At LVAC, I always feel right at home."

When Julia isn't working or working out, she loves to indulge in Netflix binging, enjoys coffee and continues to pursue her singing talents. The greatest loves of her life however, are her one year-old son and her fiancée, Josh.

*For modeling or acting inquiries,
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KYLE MESERVEY

Kyle Meservey is special. Not because at age 10 he was diagnosed with autism, but special because of whom he is. His dad, Chris, says that Kyle loves to talk to everyone. He likes to plan everything and is very organized. He is also a great self-advocate, but his finest quality is his ability to quickly and completely forgive. "We could get mad at him for doing something wrong and he gets really upset. Then moments later he says, "sorry" and hugs us like it never happened," his dad says. What else makes Kyle special? He is a competitive athlete, a swimmer and a Special Olympic gold medalist.

Kyle's family has always loved the water, so when he was six his dad started a swim team where he began to compete on a club level. This prepared him for his high school swim career at Arbor View High School, where his dad was the swim coach. When he turned 18, his family found that the Special Olympics had a swim program, so Kyle enrolled. Once again, his dad volunteered to be the coach and he continued to

compete for the next three years, winning eight gold medals out of nine events at the state championships. Kyle loved the camaraderie of the other athletes, getting to be with his dad, and he really loved the competition.

At the end of his second year, his family heard about the World Games, and a few months later, Kyle was presented with the opportunity to enter. Although he was very excited, Kyle and his family did not fully understand the magnitude of the event. In October 2014 he flew to Indianapolis to train with the Olympic team. When he returned, his family—dad and mom Julie (both school teachers), siblings Ryan, Rachel and T.J., made the decision to get serious about his training. His family has and always will be Kyle's best team.

Kyle was always a big eater and snacker—bags of pretzels, boxes of goldfish and entire batches of cookies. Although his family warned him

“When we watched him stand on the podium to receive his medals, my wife and I just wept. All I can say about the experience is, wow!”



July 4, 2015, Carrying the torch for the Special Olympics Torch Relay.



Kyle, pictured with Michael Phelps at the Special Olympics World Games.



Team Kyle at USC, July 2015 in Los Angeles, California. Kyle is shown surrounded by his supporters, which included grandparents, parents, siblings and friends.

about his diet, he is very independent. When his family decided to make weight loss a competition, Kyle bought in. He loved to watch the Biggest Loser, so they made every Tuesday nights the official 'weigh in'. He began his training for the World Games at 257 pounds. Every morning like clockwork he ate oatmeal and fruit, had lunch at work and came home to a healthy dinner of chicken and salad.

His training schedule consisted of swimming and weight workouts four to five times a week. During this time they met many other swimmers who were excited to hear that Kyle was training to compete in the World Games. They provided a great deal of inspiration during the yearlong journey. In June, his mom and dad received a call informing them that Kyle had been selected to carry the Olympic Torch. So on the 4th of July, with his friend and Olympic teammate Avery, he ran a quarter of a mile up Boulder Highway. Running behind a police escort and past a cheering crowd of family and friends, Kyle carried the torch. His mom Julie says, "It was an unforgettable day. It was so special."

At the end of July, Kyle flew to Los Angeles to compete in the World Games. Before he left, the family had their official weigh in. Kyle stepped onto the scales at 210 pounds. As a result of his hard training and changes in his diet, he had lost 47 pounds!

Kyle's dad had 'Team Kyle' t-shirts made for all of the family and friends that came to cheer for Kyle. Although he had made enough shirts for over 50 people, so many people came that they were still 50 shirts short! Kyle's Olympic coach told his family that Kyle

had more support than any athlete he had ever seen. In speaking of the experience of having Kyle compete, his dad said, "The World Games was just an amazing ride for our entire family. The athletes came from all over the world, and we cheered for all of them, but to watch Kyle touch the wall, coming in first in two of his races, was an overwhelming feeling of joy and accomplishment. I just kept yelling, "Kyle is the man!" When we watched him stand on the podium to receive his medals, my wife and I just wept. All I can say about the experience is, wow!"

Kyle left the World Games with a gold medal in the 100-metre freestyle, winning the event over an athlete from Thailand by .20 of a second. He received a silver medal in the 50-metre butterfly. He also swam the 4X50-metre freestyle relay, giving his team the lead as the third swimmer. His efforts paid off-Team USA took the gold!

Another highlight of the games came when Kyle was able to meet Michael Phelps, who has always been an inspiration to him. During their meeting, Kyle actually challenged Michael to a race! His dad said they are still waiting on that one.

Today Kyle works at Opportunity Village in the job-training program, and with some help from his parents, is becoming interested in the dating scene. He still swims to stay in shape and is planning on completing a six-month service mission for his Church. Kyle's dad says, "Kyle has given so many people hope, joy and a better understanding of how to treat people with special needs. His story is powerful and so positive. We are blessed to have Kyle in our family."



ROSE ANN HENRY



Running the 5K at the May, 2015 Susan G. Komen Race for the Cure. R-L: LVAC Team members Vicki Kilbury, Erica Osorio, Rose Ann.

Rose Ann is a true Las Vegas, born and raised. Her dad was a burlesque comedian on the strip, her mom was a dancer. She grew up with four brothers, and although as a child she loved to swim and was active, her family had adopted the philosophy that “the chunkier a child was, the healthier she was.” That mindset led to a lifetime of struggle in order to gain control of her weight. Here is her inspiring story.

LVAC: You mentioned that you have struggled your entire life with your weight.

Rose Ann: “All my life I have been on a roller coaster of weight gain and loss. I have tried so many diets; the cabbage soup diet, phen-phen diet pills-you name it, I tried it. I would lose weight, but in time the weight came back, and I always ended up heavier than when I started. It became a serious problem when I had a job traveling to demonstrate household products. This is when fast food became my food of choice-the majority of what I ate every day came from fast food restaurants.”

LVAC: What changes have you made that have resulted in your weight loss?

Rose Ann: “At my heaviest I was about 430 pounds. As I was approaching 60, I just thought to myself, “This is it. I am not going to live the rest of my life this way.” So I walked into LVAC and asked for a trainer. That is when I met Frank Butterfield, who has helped and encouraged me every step of the way. We began by working out three times a week. On other days I took advantage of the group fitness classes offered by LVAC. I really like the aqua classes, and I also take boot camp, Body Pump and core training. I even like step classes, although I don’t think I’m very good. It has taken me over 4 years, but I have lost 220 pounds!”

LVAC: What types of changes have you made in your diet?

Rose Ann: “Changing my diet was the hardest thing for me to do. It was a completely different mindset to go from microwaving pre-made, processed food to meal planning and shopping for the week. Today, instead of fast food, my meals consist of roasted or steamed vegetables and chicken or turkey. I actually use a lot of Weight-Watcher recipes.

I have a sweet tooth, so my diet always includes a variety of fruit. At family cookouts my brother, who is a chef, always prepares a healthy meal just for me.”

LVAC: *It sounds like you have a great support system.*

Rose Ann: “My family is my greatest support. They come and cheer me on at the marathon races I have participated in. They even came to Disneyland when I ran in the Tinkerbell Half Marathon. Whenever I feel down or discouraged, they are right there to encourage me and build my confidence. Without my family, I couldn’t have come this far.”

LVAC: *How has weight loss and physical activity changed your life?*

Rose Ann: “My life has changed in so many ways. I move easier, which makes me feel better at the end of a busy day. I now wear colors and even dresses—Hooray! I no longer feel people are laughing at me, but with me. When I walk into a room, I feel good about myself. I don’t make jokes about myself any more when I try to break the ice with new people. I can walk without stopping to rest. My feet and legs aren’t in as much pain, and I now take the stairs. I am less stressed at work, and I sleep better. So many things that I can do now are little things that people take for granted, but they are exciting to me. I can go through a turnstile and I actually fit on my sofa, so I can lie down and take a nap!”

LVAC: *What words of wisdom would you give to someone who has struggled with weight and health issues?*

Rose Ann: “I would tell them what I always tell myself, “Remember Rose Ann, you need determination and the will to succeed.” You are never too old or too big to start a new life of exercise and good nutrition. I still have days when my diet isn’t perfect, but I have learned that we are all human. I just wake up the next morning and find my determination to make that day better. You should always set new goals for yourself. I am planning on running the Disneyland Star Wars half marathon this year. I would tell someone to surround themselves with a great support system. I would like to thank my family, all the instructors and trainers at LVAC, and my new-found friends from the gym for their support. I am very grateful to my personal trainer, Frank Butterfield for his knowledge, encouragement and guidance. Not only is he my trainer, he is my friend. I would also tell someone on the road to becoming healthier to be willing to try new things. I am enjoying doing stand-up at local comedy clubs, learning to cook healthy foods, and trying new group fitness classes at LVAC. Remember, with determination and the will to succeed, you can do it.”



Rose Ann in 2010, before her weight loss journey began.



Rose Ann at LVAC in May of 2011, on her first day of training.



“It has taken me over 4 years, but I have lost 220 pounds! My life has changed in so many ways.”

Rose Ann completed the Disneyland Tinkerbell Half Marathon in May, 2015. L-R: Sister-in-law Belinda Henry, Rose Ann, LVAC personal trainer Frank Butterfield.



Spring of 2015, pushing trainer Jordan Pinkerton around during boot camp at LVAC Central.



SLOW COOKER minestrone SOUP

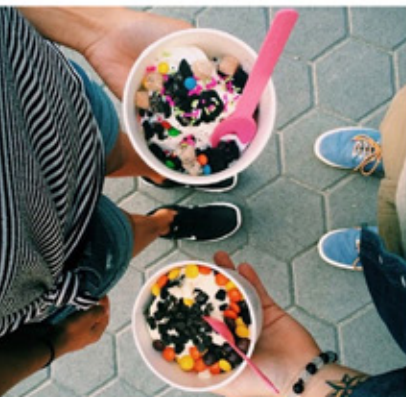
Ingredients

- 1 pound lean ground beef or turkey, browned on stovetop
- 2 cups medium dice carrots
- 2 cups fresh green beans, cut into one-inch lengths
- 1 stalk diced celery
- 2 cans (15 oz.) diced tomatoes, with juice
- 1 can red kidney beans, rinsed and drained
- 1 white onion, medium dice
- 8 cups beef broth or stock (more if thinner soup is desired)
- 1 cup red wine (optional)
- 1/4 cup basil pesto
- 2 cups cooked pasta

Topping

- 1 cup grated Parmesan cheese

Combine all ingredients in a slow cooker (except for pasta and Parmesan) on high heat for 4-6 hours until vegetables are tender. Add the pre-cooked pasta and stir until heated through. Top with grated Parmesan cheese.



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ROASTED butternut squash SOUP

Ingredients

- 3-4 pounds butternut squash, peeled and seeded
- 2 yellow onions
- 2 McIntosh apples, peeled and cored
- 3 Tablespoons extra virgin olive oil
- 2-4 cups chicken stock
- ½ teaspoon good curry powder

Directions

Preheat the oven to 425 degrees F. Cut the butternut squash, onions and apples in 1-inch cubes. Place them on a sheet pan and toss with the olive oil, 1 teaspoon salt and ½ teaspoon pepper. Divide the squash mixture between 2 sheet pans and spread it in a single layer. Roast for 35 to 45 minutes until very tender.

Meanwhile, heat the chicken stock to a simmer. When the vegetables are done, place them in a food processor, (working in several batches) and add some of the chicken stock then coarsely puree.

When all of the vegetables are processed, place them in a large pot and add enough chicken stock to make a thick soup. Add the curry powder, 1 teaspoon salt and 1/2 teaspoon pepper. Taste for seasonings. Reheat and serve hot with a dollop of Greek yogurt or a sprinkle of whole-wheat croutons on top.

Suggested Condiments

- Greek Yogurt
- Whole-wheat croutons
- Roasted pumpkin seeds
- Fresh thyme





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PLANNING FOR weight loss

BY CRYSTAL PETRELLO

As a dietitian, the clients I work with share one thing in common that hinders their success; they don't plan their meals for the week. Does this sound familiar? You are heading home from work. You're exhausted from a long work day and the last thing you want to do is make dinner. You take a quick trip through the nearest drive-through and spend too much money on food that doesn't even give you enough good nutrition. It's a hard pattern to change, but it will save you money and calories if you make a "cook at home" menu once a week. Once you create your menu, make a shopping list and purchase the items you will need for the week.

Then, and this is the key to success, prep the vegetables as soon as you get home!

Decreasing time in the kitchen during the week starts by having all your produce washed, cut and ready to go when you need them. For instance, if you work Monday through Friday, prep all of your vegetables on Sunday to make it easier to get dinner on the table during the week.

Read on and learn more tips for adding nutrition packed foods to your menu.

Breakfast

1. One Minute Eggs- This is one of my personal favorites! For time (and ease) I prefer using cartons of egg white. Put the equivalent of 3 egg whites in a microwavable mug.

Place in the microwave for 1 minute on high. Remove from the microwave and add anything you would like for flavor. Try adding some beans, cheese, tomatoes or salsa. Put a spin on an omelet by adding diced peppers, cheese and onions. If you prepped the vegetables as suggested earlier, it makes preparing this dish a snap.

2. Overnight Oats- Oats are packed fiber and yogurt is packed with protein. Add 1/3 cup of plain oats (steel cut or regular), 1/3 cup water, and 1/3 cup plain Greek yogurt to a bowl or mason jar. DO NOT STIR! Leave the bowl in the fridge overnight to allow the oats to soak up all that liquid and rehydrate. In the morning, stir the mixture and add any additional items for flavor and nutrition, such as fruit, nuts, and chia seeds.

3. Breakfast Frittata- There are many recipes for this one pan egg dish online. I recommend CookingLight.com or FoodNetwork.com. A time saving move would be to make the frittata at the beginning of the week. Let it cool, then pre-cut into individual servings, like a pizza. In the morning, simply reheat a piece.

Lunch

1. Salads in the Bag - The pre-bagged salads sold in grocery stores can get expensive. It's much more economical to make your own bag of salad. Take 1 gallon plastic zip-top bags and line them up on your counter. Add a variety of greens such as spinach, kale, and romaine to each bag along with other dry ingredients, such as nuts and chopped vegetables. Next, portion out ingredients that are wet, such as tomatoes or roasted peppers into separate, smaller bags. Also, put any cheese in its own bag. Pour some salad dressing in a small container or another sealed bag. When you leave for the day grab a dry bag, wet bag, cheese and/or dressing bag and you are good to go.

2. Soup and Sandwich - This is everyone's favorite lunch combo. Soup is filling and nutritious. For the sandwich, make sure it is protein packed, on whole wheat bread and go light on the dressings. Make a pot of soup on Sunday, and portion into containers (Mason jars work great). Making your sand-

wich the night before saves even more time in getting out the door the next morning.

Dinner

1. Stand-by Recipes- Make a list of 5-10 dinners that your family loves. They will fall into one of two categories: either they are prep ahead and freeze meals, or they will be meals you can pre-prepare once a week and complete in less than 30 minutes on a week night. My family loves tacos, breakfast for dinner, and pasta. Rotate the stand-by dinners to use two of them a week. That way, your family will only have tacos every few weeks and won't become bored with them.

2. Slow-cooker- Prep all the vegetables once a week, place each meal in a plastic zip-top bag and label the bag before placing in the fridge. On slow-cooker day, dump the vegetables in the pot, top with your choice of meat and season. It's wonderful to come home to a house that smells good and dinner that is ready.

3. Up-cycle Leftovers- Plan for leftovers one night, but don't just reheat it, up-cycle it! Take the leftover meat and create something new. For example, if you make a roast in the slow-cooker, up-cycle the cooked meat into shredded BBQ sandwiches or make a stir-fry. Another idea would be to roast a whole chicken and use any leftovers to make a quick chicken noodle soup.

4. Pre-cook Proteins- This coincides with up-cycling leftovers. You can purchase cooked chicken strips in the freezer section, but they are expensive. Instead, try seasoning your choice of meat and grill or roast it. Then, all you have to do is heat up sides or add your protein to a one-pot dish.

5. The Freezer is Your Friend- The next time you prepare a dish that is more time consuming, like lasagna or tamales, double the recipe and place the extra pan in the freezer. That way you have dinner waiting for those extra busy days or the arrival unexpected company.

ADDITIONAL TIPS

- *Always add vegetables.* Every meal or snack deserves vegetables. Vegetables should be the very first thing on your mind when you are planning a menu. They are high in vitamins and minerals, low in calories and are very filling.

- *Sweet treats should be included in your plan, but not every day.* This is a good place to start when you are setting new nutritional goals. Increase your vegetables and decrease your sweets. If you can easily eliminate sweets, good for you! But for most of us, just cutting back can make a big difference. For instance, if you usually drink a sweetened, calorie-packed caffeinated drink when you hit the daily 4 o'clock slump, make it a goal to substitute that drink with something enjoyable, but healthier. Save your Caramel Brulee Latte for a once a week treat. Could something this small make a difference? Consider this, if you cut out just one soda a day, you will lose an additional pound every five weeks.

- *Always, always, ALWAYS eat breakfast.* We all know this, but you will be much more successful if you plan for it.

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ACE Certified Health Coach
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YEAR LATER

By Bret Fitzgerald

Well, it's been a year. They say that the likelihood of having a second heart attack diminishes with time and a year is a good benchmark. I have never been one to waste an opportunity to learn something, and as my friends know, I don't mind sharing my thoughts and opinions either.

So here you go. Over the last 12 months I have spent more time in doctor's offices than in my entire life combined. The good news is, I really like my doctors. I know that they have my best interest in mind. Dr. Michael Gunter, my primary physician, likes to include a holistic approach to his western medicine training. That's alright

with me. I prefer to limit the amount of prescription bottles in my medicine cabinet. If you didn't know he was a medical doctor you might think he is a football coach.

My cardiologist, Dr. Carlos E. Fonte, is also a highlight in our city's fast growing medical community. I have a challenge for you. Think of a subject – any subject in the world - where you know everything there is to know. Dr. Fonte is that way with the human cardiovascular system. His knowledge of my heart attack and the damage it caused is downright scary. However, his optimism for my full recovery remains encouraging.

This fall I had a follow-up comprehensive cardiac work-up. It was about nine months after my initial hospitalization. While there is clearly dead heart tissue, there is ample good, healthy tissue as well. Enough, as Dr. Fonte says, to build on. That's what I'm doing, building on the good tissue one day at a time.

So here is what you should do to not end up like me, a 50-something, otherwise healthy male, with a heart attack on his resume. Here are my Big 7.

1. Be consistent with your workout plan. Don't just lift, but do some challenging interval training to really work your cardiovascular system.

2. Eat more vegetables, legumes and oat-based grains. Nuts are good too, but they are high in calories. A couple of handfuls are all you need.

3. Quit with the fast food. Really, you know better than to eat the junk that they serve at those places. And that goes for soft drinks as well. There is no way to justify consuming what they put in that stuff. Water and iced tea are much healthier.

4. Most doctors recommend a blood draw every six months. Do it. Your blood chemistry is the easiest way to tell if you are headed down the wrong road.

5. If you are in your 50's, schedule a cardiac workup. I almost did, but was too late. It's painless and in most cases your doctor will reveal that you have the heart of a teenager. If not, there are numerous therapies available that can save you from what happened to me.

6. Here is one that I can't believe I even have to bring up: Smoking. Seriously. Stop it. Now.

7. Manage your blood pressure, waist size and overall weight. All three are risk factors if elevated over time.

What does the future hold?

I hope to get back to my obstacle and triathlon racing ways soon. I figured a year of recovery would be a good respite, but I'm getting a little antsy for a genuine endorphin rush.

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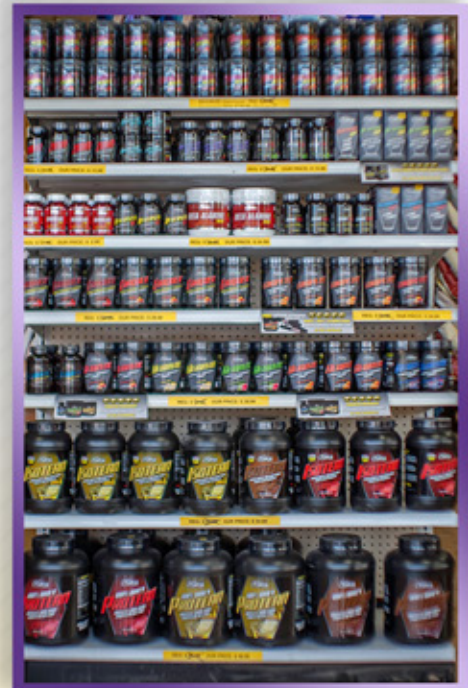
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FIT Facts

TOP TEN REASONS KIDS SHOULD EXERCISE

The obesity epidemic among children ages 6-19 has reached 15 percent, almost quadruple what it was in the late 1960s. Physical activity will not only help today's children by preventing them from becoming obese or helping them to lose weight if necessary, it will also teach them healthy habits that can last a lifetime. Here are the American Council on Exercise's top 10 reasons kids should get plenty of exercise:

1. Kids who exercise are more likely to keep exercising as an adult.
2. Exercise helps kids achieve and maintain a healthy body weight.
3. Regular physical activity helps build and maintain strong, healthy muscles, bones and joints.
4. Exercise aids in the development of important interpersonal skills—this is especially true for participation in team sports.
5. Exercise improves the quantity and quality of sleep.
6. Research shows that exercise promotes improved school attendance and enhances academic performance.
7. Kids who exercise have greater self-esteem and better self-images.
8. Participating in regular physical activity prevents or delays the development of many chronic diseases (e.g., heart disease, diabetes, obesity, hypertension) and promotes health.
9. Children who are active report fewer symptoms of anxiety and depression and a better overall mood.
10. Exercise helps improve motor coordination and enhances the development of various motor performance skills.



DISCIPLINE

IS THE BRIDGE
BETWEEN YOUR
FITNESS GOALS AND
FITNESS SUCCESS.

- Felicity Lockey

"A MIND THAT IS STRETCHED BY A NEW EXPERIENCE
CAN NEVER GO BACK TO ITS OLD DIMENSIONS."

- Oliver Wendell Holmes Jr.

CURB YOUR SWEET TOOTH

Got a late-night sugar craving that just won't quit? "To satisfy your sweet tooth without pushing yourself over the calorie edge, even in the late night hours, think 'fruit first,'" says Jackie Newgent, RD, author of *The Big Green Cookbook*. So resist that chocolate cake siren, and instead enjoy a sliced apple with a tablespoon of nut butter (like peanut or almond) or fresh fig halves spread with ricotta. Then sleep sweet, knowing you're still on the right, healthy track.

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Sofia 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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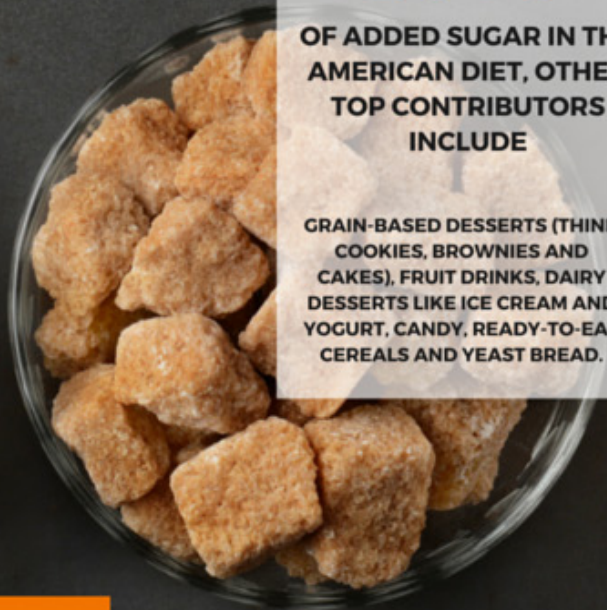
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THE AVERAGE AMERICAN
CONSUMES **32**
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SUGAR-SWEETENED
BEVERAGES LIKE SODA
ACCOUNT FOR

37%

OF ADDED SUGAR IN THE
AMERICAN DIET, OTHER
TOP CONTRIBUTORS
INCLUDE

GRAIN-BASED DESSERTS (THINK
COOKIES, BROWNIES AND
CAKES), FRUIT DRINKS, DAIRY
DESSERTS LIKE ICE CREAM AND
YOGURT, CANDY, READY-TO-EAT
CEREALS AND YEAST BREAD.

SUGAR



IT'S IMPORTANT TO
DISTINGUISH BETWEEN
NATURALLY OCCURRING
SUGARS, LIKE THOSE IN
FRUIT AND MILK, AND
ADDED SUGARS, WHICH
HAVE BEEN ADDED TO
FOODS AND BEVERAGES
WHEN THEY'RE
PROCESSED OR
PREPARED.

master of disguise

SUGAR IS A MASTER OF DISGUISE BECAUSE IT APPEARS UNDER NUMEROUS NAMES-56 IN ALL. THIS IS WHY READING FOOD LABELS IS CRITICAL. HERE'S A SMALL SAMPLE OF THESE DECEPTIVE NAMES:

- CANE JUICE
- BROWN SUGAR
- ANHYDROUS DEXTROSE
- CONFECTIONER'S POWDERED SUGAR
- CORN SYRUP
- CORN SYRUP SOLIDS
- CRYSTAL DEXTROSE
- DEXTROSE
- EVAPORATED CORN SWEETENER
- FRUCTOSE
- FRUIT JUICE CONCENTRATE
- GLUCOSE
- HIGH-FRUCTOSE CORN SYRUP
- HONEY
- INVERT SUGAR
- LACTOSE
- LIQUID FRUCTOSE
- MALT SYRUP

INFO BY: THE AMERICAN COUNCIL ON EXERCISE (ACE)



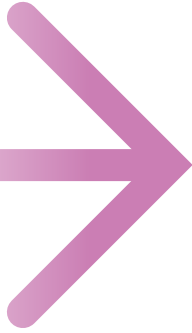
Illustration by Celina Garcia

DON'T BE **THAT GUY**

Are you the guy or gal that loves taking selfies and posting them all over social media? While we love to see that members track their progress, we don't love when other members' privacy is invaded. Whether you are in the weight room or on the track, we ask that you look around to make sure that only consenting individuals are in your photo. Whatever you do, please do not take photos in the locker room. That's just not cool. Bottom line-track your progress, snap away, but please respect other people's privacy.



Class Descriptions



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

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

HIGH INTENSITY/CARDIO CLASSES

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

CLASS/DESCRIPTION

DURATION

AREAS WORKED

AVG. CAL. BURNED

EQUIPMENT

BODYATTACK™ BY LES MILLS

This sports-inspired cardio workout builds strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

55
Minutes

Cardio

735

Body Weight

BODYCOMBAT™ BY LES MILLS

Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Maui Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.

55
Minutes

Cardio

740

Body Weight

BODYSTEP™ BY LES MILLS

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

55
Minutes

Cardio

620

Height Adjustable Step

BOOT CAMP

Both cardio and strength, this high intensity class practices drills for strength, power, endurance and speed. You'll be doing lots of relays, sprints, small hurdle running, lunging, push-ups, plyometric exercises, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.

60
Minutes

Total Body Workout

550

Various types of equipment

CYCLE

Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. This is an effective lower body, cardio workout that will tone your lower extremities and core for a long, lean body. Cycling can enhance your heart and lung capacity and is great for any age group.

60
Minutes

Lower Body & Core

500

Bike/Body Weight

8STRIKES™

This class is unique from the heart pounding music that is custom made to the 8Strikes combinations that involve 8 points of contact used by kick boxers around the world. Use your fists, knees, elbows and feet to kick inches off your waist line. Squats, pushups and plyometric moves that will reshape your body. 8Strikes™ will challenge and improve your endurance, reaction time and reflexes.

60
Minutes

Total Body Workout

700

Body

H.E.A.T.

H.E.A.T. (High Energy Athletic Training) is an enriched form of athletic training utilizing interval workstations, such as battle ropes, free weights, kettlebells, jump ropes, gliders and more, to create short but intense anaerobic exercises with brief less intense recovery periods. The goal of this class is to provide the participant with enhanced athletic capacity and conditioning.

60
Minutes

Total Body Workout

600+

Battle Ropes, Kettlebells & more



Class Descriptions

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



HIGH INTENSITY/CARDIO CLASSES CONTINUED

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

DANCE CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>BELLY DANCE</p> <p>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>BOOTY BLAST BAR</p> <p>Booty Blast B.A.R.® is a ballet inspired workout that utilizes a combination of ballet steps, aerobic movements, and resistance exercises to give you a fun cardio workout. Booty Blast B.A.R.® helps you increase your muscle flexibility, improve your balance and lengthen and tone your whole body - especially those hard to hit areas including your Booty, thighs, hips, core and arms. The workout is performed using your body weight and incorporating a hand held bar for balance and toning.</p>	60 Minutes	Total Body Workout	400	Balance Bar, Body Weight



Class Descriptions

DANCE CLASSES CONTINUED

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

STRENGTH CLASSES

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

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



Class Descriptions

MIND/BODY CLASSES

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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<p>ASHTANGA (INTRO/PREP) YOGA</p> <p>Ashtanga moves through a set series of poses always done in the same order, moving through sun salutations and performing each pose individually to build flexibility and stamina. To help you learn the series safely and effectively, LVAC currently offers these classes in shorter versions, moving slower in "Prep" to help you learn the series.</p>	60-70 Minutes	Mind/ Body	150	Yoga Mat, Body Weight
<p>BEGINNING YOGA</p> <p>For those looking for a slower practice or looking to begin your yoga practice journey, this class offers the most basic postures and sun salutations to introduce you to the benefits of the Yoga. Beginning Yoga focuses on alignment and is a great place to learn the basics of this gentle format.</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p>BODYFLOW™ BY LES MILLS</p> <p>This Yoga, Tai Chi and Pilates workout will leave you feeling long, strong, centered and calm. The 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.</p>	55 Minutes	Joint Flexibil- ity & Tight Muscles	390	Barbell, Plates & Height Adjustable Step
<p>BODYVIVE™ BY LES MILLS</p> <p>Les Mills is the low-impact, whole body group fitness workout that uses tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left feeling invigorated, rejuvenated and energized.</p>	55 Minutes	Cardio/ Mobility/ Core	420	Resistance Tube & Ball
<p>GENTLE YOGA</p> <p>A slower approach to a traditional Yoga class, keeping joint limitations in mind for the practice of poses. This gentle approach isn't always easy and yet its simplicity may take you places you didn't know you could go!</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p>GENTLE YOGA MIX</p> <p>The yoga postures or asanas exercise every part of the body, keeping all the systems in radiant health. It combines all the movements needed for physical health with the breathing and meditation techniques that develop a state of inner peace and tranquility. Postures are held and performed slowly and meditatively, combined with deep abdominal breathing. These asanas work on all the various systems of the body, creating suppleness in the spine and flexibility. Each series of asanas is followed by one that provides the opposite stretch and any asana that works primarily on one side is always repeated on the other for balance and unity.</p>	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<p>IYENGAR YOGA</p> <p>Named after & developed by B.K.S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision & alignment in the performance of asana and breath control. The development of strength, mobility and stability is gained through the asanas.</p>	60-70 Minutes	Mind/ Body	150	Yoga Mat, Body Weight
<p>TAI CHI</p> <p>The traditional slow, focused, moving meditation health exercise. Tai Chi has been associated with reduced stress, anxiety, depression, and enhanced mood in both healthy people and those with chronic conditions. It has been shown to improve aerobic capacity, increase energy, and build muscle strength.</p>	60 Minutes	Mind/ Body	150	Body Weight
<p>VINYASA FLOW YOGA</p> <p>Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated from Sanskrit as meaning "connection". In terms of yoga asana, we can interpret this as a connection between movement and breath.</p>	60-70 Minutes	Mind/ Body	250	Yoga Mat, Body Weight
<p>YOGA BLEND</p> <p>Here you will discover how traditional Yoga and modern Fitness principles can be blended into an effective workout. You may find elements from Pilates and Functional Training incorporated in these classes.</p>	60 Minutes	Mind/ Body	200	Yoga Mat, Body Weight



Class Descriptions

AQUA CLASSES

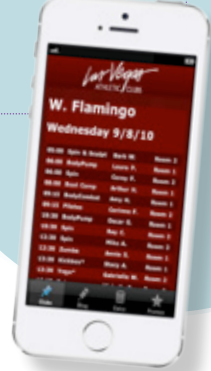
Aqua classes should not be mistaken as “easy”. Water is very suitable for all fitness levels, inexperienced or seasoned participant. Whether you are coming back from an injury or are looking for an environment that surrounds you with resistance, this is the perfect class for you. Classes meet in the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

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
AI CHI A slow, focused, moving meditation water exercise that will help improve wellness and balance.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
AQUAAEROBICS This class provides a vigorous workout that combines a longer cardio segment with strength and flexibility training. This cardio based aqua class will give you a higher calorie burn while strengthening and sculpting the entire body.	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
AQUABOOTCAMP With the combination of resistance bands, medicine balls, and other equipment, you will get an amazing workout that will challenge your perception about Aqua training. With the focus on strength and endurance conditioning, everyone in this AquaBootCamp class will reap the benefits of their hard work. This class accommodates all level of fitness and challenges everyone individually. Let AquaBootCamp be the motivation you need to become a better "you".	60 Minutes	Total Body Workout	450	Body Weight, Paddles, Med Balls, Noodles, Tubes
AQUAFIT This class combines segments of cardio and strength training using training intervals and water approved weight resistance tools. Changing the dynamics of traditional aqua classes through energetic use of force and resistance. AquaFit is designed for all fitness levels using equipment that helps drive a quality aqua experience resulting in a toned and functional body covering strength, cardio, and mobility, well enough to wear you out!	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
AQUAKICKBOX This vigorous workout combines punches and kicks in the water and use the natural resistance of the water to help you increase your stamina, core strength and flexibility. No boxing gloves needed!	60 Minutes	Total Body Workout	300	Body Weight, Paddles
AQUASCULPT This class uses buoyant aquatic equipment to help tone your upper and lower body, as well as improve your core muscle to stabilize your body in water.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
AQUA RECOVERY Aqua Recovery addresses general flexibility improvement, daily life functional mobility, athletic training recovery and also incorporates yoga and mind/body practice. This class uses deliberate and effective movement patterns to help you enjoy a functionally healthy existence.	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
H2O CORE + MORE Postural core training to increase mobility, flexibility, strength and muscular endurance based on Pilates and Yoga exercises in the water. (Offered at our Sandhill location only.)	60 Minutes	Total Body Workout	200	Body Weight, Paddles, Noodles
HYDROFIT A challenging cardio workout in the lap pool using buoyancy equipment that will improve your functional fitness and burn lots of calories.	60 Minutes	Total Body Workout	300	Body Weight, Paddles, Noodles
RAPID LIQUID CARDIO 60 minutes of non-stop cardio challenges. Combinations of aqua sprints, punches and kicks will leave you sweating in the water! Varying aqua tools are used, from kettle bells to Dumbbells. This class is challenging and exciting – working in this liquid room will keep you inspired and wanting more!	60 Minutes	Total Body Workout	450	Body Weight, Paddles, Noodles, Water Weights
WATER JOGGING A simple cardio class in the water, using the natural resistance to increase strength and cardiovascular health.	60 Minutes	Total Body Workout	350	Body Weight, Paddles, Noodles



Class Schedules

Visit 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				
6:00		BODY PUMP	BODYSTEP	BODY PUMP	H.E.A.T.	BODY PUMP	
7:00						BODYSTEP	
8:00	HEALTHY BACK		TAI CHI*	HEALTHY BACK	TAI CHI*	BODYCOMBAT	BODY ATTACK
8:15		BODY FLOW					
9:00	MIXXEDFIT					CxWORX	
9:15			KICKBOXING	BODY PUMP	STEP 2		BODY PUMP
9:30		BOOTCAMP				STEP 3	
10:15	BODY PUMP				BODY PUMP		
10:30		BODYSTEP	M.R.T.	ZUMBA		ZUMBA	KICKBOX
11:30		ZUMBA	PILATES	H.E.A.T.		BEGINNING YOGA	
PM							
12:00	ZUMBA				ZUMBA**		
12:30		BODY PUMP	H.E.A.T.	KICKBOX			
12:45						BODY PUMP	
1:00	KETTLEBELL*						
1:30		KETTLEBELL*	KICKBOX		KICKBOX		ZUMBA
1:45						BODYCOMBAT	
2:00							
3:30							
4:00		BODY PUMP		BODY PUMP			BODY PUMP
4:30	ZUMBA		ZUMBA				
5:00		BODYSTEP		CxWORX			
5:30	BODYSTEP		PIYO	8STRIKES*	H.E.A.T.		
6:00		MIXXEDFIT					
6:30	BODY PUMP		BODY PUMP		BODY PUMP		BODYCOMBAT
6:45				KETTLEBELL*			
7:00		STEP 2					
7:45					ZUMBA		
8:00	ZUMBA	BODYCOMBAT	ZUMBA	BODY PUMP			
8:30							
9:00		ZUMBA	BODY PUMP	ZUMBA			

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE					
6:00	RPM CYCLE	PILATES	RPM CYCLE	CYCLE			
8:15						CYCLE	
8:30	CYCLE		CYCLE		RPM CYCLE		
9:00		CORE					CYCLE
9:15				B-I-O		M.R.T.	
9:30	CYCLE	KICKBOXING	CYCLE		CYCLE		
10:15				BODYFLOW			VINYASA FLOW YOGA*
10:30	PILATES	PIYO			PILATES		
10:45			BODYFLOW				
11:30						BEGINNING YOGA	CORE
PM							
12:00	CYCLE - 45 min	RPM CYCLE		RPM CYCLE			
12:30			ZUMBA		VINYASA FLOW YOGA*	MIXXEDFIT	B-I-O
1:00	YOGA BLEND	VINYASA FLOW YOGA*		VINYASA FLOW YOGA*			
1:30							RPM Cycle
2:30							CORE
3:15		BODYFLOW					
4:00							GENTLE YOGA
4:15			VINYASA FLOW YOGA*				
4:30		BOOTY BLAST B.A.R.		BOOTY BLAST BAR			
5:15							BELLY DANCING*
5:30	VINYASA FLOW YOGA*	CYCLE	RPM CYCLE	CYCLE	RPM CYCLE		
6:00							
6:30	BODYCOMBAT	HOT HULA FITNESS	PILATES	VINYASA FLOW YOGA*			
7:00							
7:30	CYCLE			RPM CYCLE			

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

Unless otherwise noted, all classes are 55 minutes long. **=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 lvac.com or the **LVAC App** for the most accurate schedules. Questions about scheduling? Email patricia@lvac.com



Class Schedules

GREEN VALLEY ANTHEM - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00							
9:00	RAPID LIQUID CARDIO	AQUAEROBICS	RAPID LIQUID CARDIO		RAPID LIQUID CARDIO		HYDRO-TONE
10:00	AQUA RECOVERY	AQUA RECOVERY	AQUA RECOVERY		AQUA RECOVERY		
11:00			AI CHI				
PM							
12:00	AQUAEROBICS		AQUAFIT		AQUAEROBICS		
1:00	AI CHI				AI CHI		
6:00		HYDRO-TONE**		HYDRO-TONE**			
6:30			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						
9:00						BODY PUMP	BODY PUMP
9:30	ZUMBA	ZUMBA	BODYCOMBAT	ZUMBA	ZUMBA		
10:00							
10:15							
10:30	BODY PUMP	CxWORX	BODY PUMP	M.R.T.	BODY PUMP		
11:15						CxWORX	
11:30			BOOTY BLAST BAR				
PM							
12:00	PILATES				PILATES	ZUMBA	ZUMBA
12:30		BELLYDANCE**					
1:00	ZUMBA						KICKBOX
1:15					ZUMBA		
3:00				BALLET BARRE			
4:00		BODYPUMP					
4:30	BODYCOMBAT		SH'BAM	ZUMBA	BODY PUMP		
5:00		CORE - 15 min					
5:30	BODYSTEP	ZUMBA	CxWORX	BODY COMBAT	ZUMBA**		
6:00			BODYATTACK				
6:30		BODYPUMP		BODY PUMP			
6:45	ZUMBA		BODYPUMP				
7:30		HOT FUSION		MIXXEDFIT			
7:45			8STRIKES*				

WEST SAHARA CLUB - ROOM 2

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

WEST SAHARA - AQUA CLASSES

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

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

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

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WHEN YOU WAKE UP...



Wake Up
with the
Wagners

WEEKDAYS 4:30-7AM

...AND BEFORE YOU GO TO BED.



3
NEWS

WEEKNIGHTS AT 11:00



Class Schedules

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

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

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

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

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

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

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

Start the New Year With A New Image

Issues and Treatments that We Address

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- Diminish Sun/Age Spots and Scars
- Tighten Loose Skin
- Vein Therapy
- Tattoo Removal
- Acne Treatments
- Chemical Peels
- Myers' Cocktail Vitamin Infusion
- J-Plasma Resurfacing

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- Derma Roller™
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Class Schedules

NORTHWEST RAINBOW - ROOM 3 ON THE GROUND FLOOR (Cont'd)

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30		CYCLE		CYCLE			
1:30							CYCLE
4:15		CYCLE					
4:30			CYCLE				
5:15	CYCLE						
5:30					CYCLE		
5:45			CYCLE	CYCLE			
6:00		RPM CYCLE					
6:30	CYCLE						
7:00		RPM CYCLE	CYCLE	RPM CYCLE			

NORTHWEST RAINBOW - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		AQUAEROBICS		AQUAEROBICS			
8:00	AQUAEROBICS		AQUAEROBICS				
9:00			AQUAFIT	WATERJOGGING		AQUAEROBICS	
9:30					AQUAFIT		
10:00	AQUA RECOVERY	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO	AI CHI		RAPID LIQUID CARDIO	
10:30					AQUAFIT		
PM							
12:30			AQUAFIT				
4:30	AQUAFIT						
5:30	AQUAFIT			AQUASCULPT			
6:00			AQUAFIT*				
6:15				AQUAEROBICS			
6:30	AQUAEROBICS	RAPID LIQUID CARDIO					

EAST FLAMINGO CLUB (898-5822)

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

EAST FLAMINGO CLUB - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00		AQUAFIT	POSEIDON'S FURY				
9:00					AQUAZUMBA	AQUAEROBICS	
10:00						H ₂ O CORE	
PM							
6:00	AQUAFIT	AQUAEROBICS		AQUAEROBICS			

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

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Class Schedules

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODY PUMP		BODY PUMP			
6:00	BODY PUMP		BODY PUMP	ZUMBA		BODY PUMP	
7:00	ZUMBA			CxWORX		CxWORX	
8:00	BOOT CAMP	HIIT	HIIT		BOOT CAMP		BODYSTEP CORE
8:45		CxWORX					CORE
9:00			BODYCOMBAT		BODYCOMBAT	ZUMBA	
9:30	ZUMBA	BODYATTACK		BODYATTACK			BODY PUMP
10:00			BODY PUMP		BODY PUMP	STEP 1	
10:30	BODY PUMP	H.E.A.T.		H.E.A.T.			
10:45							KICKBOX
11:30		KETTLEBELL POWER*		BODY PUMP		KETTLEBELL POWER*	
11:45	H.E.A.T.		H.E.A.T.		HIIT		
PM							
12:30		BODY PUMP		ZUMBA			ZUMBA
1:00			ZUMBA		PILATES		
1:30	CxWORX					CxWORX	SHBAM
1:45		8STRIKES*					
2:00	ZUMBA				ZUMBA	ZUMBA	
3:30						SHBAM	
4:15				BODY PUMP			
4:30	BOOT CAMP	BODY PUMP	BOOT CAMP			BODY PUMP/ CxWORX	
5:30	BODY PUMP		BODY PUMP	CORE	BODY PUMP		
6:00		ZUMBA		BODYCOMBAT			
6:45			BODYCOMBAT		ZUMBA		
7:00	ZUMBA	BODY PUMP		BODY PUMP			
7:45			ZUMBA				
8:00	MIXXEDFIT			MIXXEDFIT			
8:15		HIP HOP DANCE					
9:15		ZUMBA					

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

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

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

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

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

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

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

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



Class Schedules

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

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

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

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

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

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

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

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

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

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



Class Schedules

CENTRAL CLUB AT KAREN (734-5822)

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

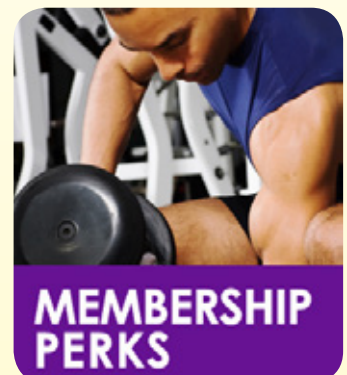
CENTRAL CLUB AT KAREN - AQUA

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

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



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



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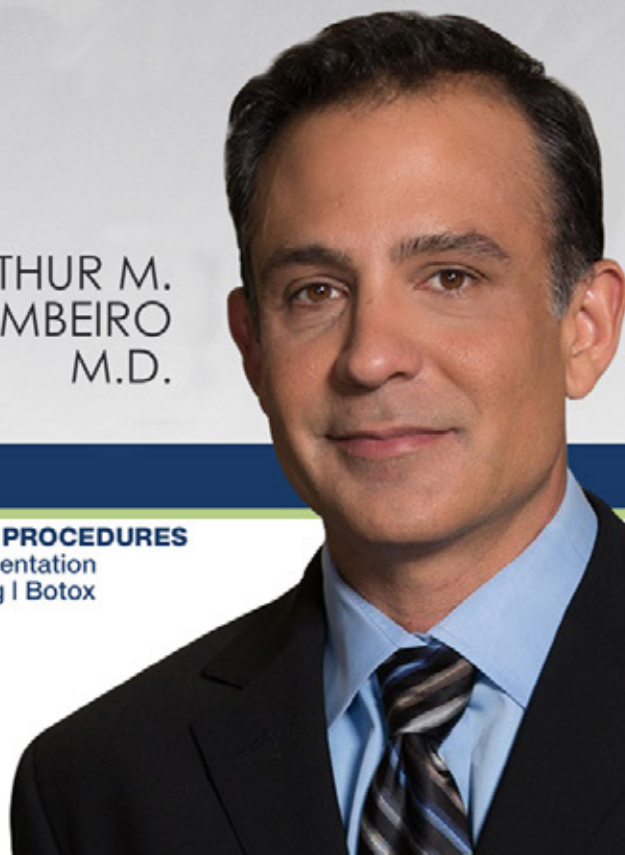
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