

LVAC

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LAS VEGAS

MAGAZINE

Winter 2018

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HEALTHY**

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GOALS**

Same Success

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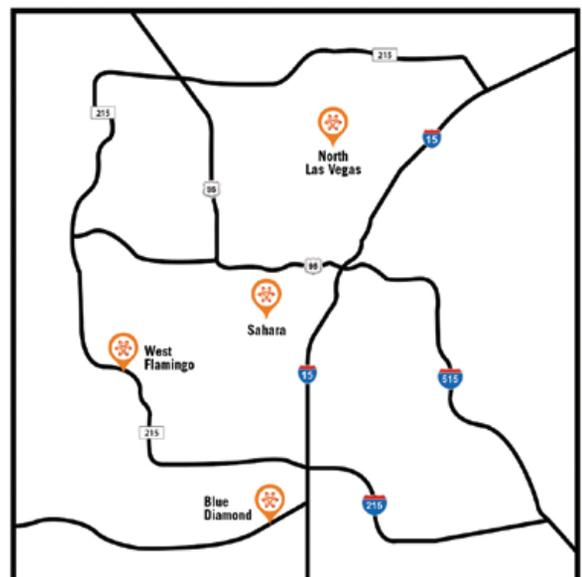
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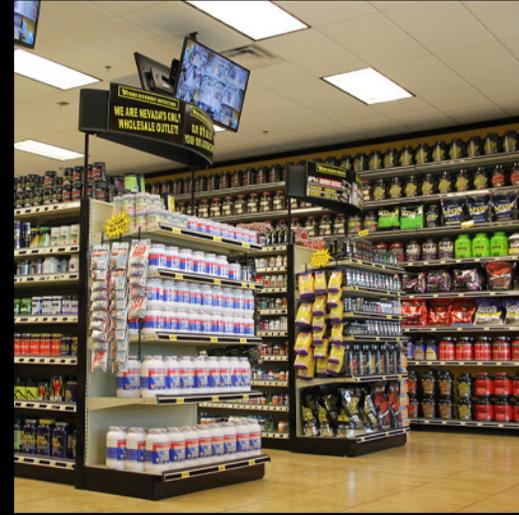


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Anyika and Johnny Ray had very different fitness goals, but hard work and persistence created success.



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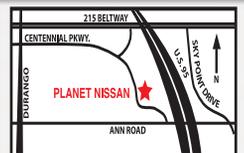
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WE RAN... WE RAISED... WE ROCK 'N' ROLL 'D' 4ALS

Dear Friends,

Last year we celebrated the 40th anniversary of the first Las Vegas Athletic Club. It's interesting to look back on the evolution of LVAC and the changes that have come over the decades. That first club was about 20,000 square feet and was predominately a racquetball club, with a very limited selection of exercise equipment. As the popularity of racquetball subsided in the 80's, the fourth Las Vegas Athletic Club was built without any racquetball courts, and was the first club with a pool. In 1991, my father, Rudy Smith, and his business partner and past LVAC President and COO, Andy Palluck, acquired the four Las Vegas Athletic Club facilities. Four years later we replaced the first LVAC with a 65,000 square foot club, only a few blocks away near the intersection of Sahara Boulevard and Maryland Parkway. Today, only the fourth of the original four clubs still remains on the East side of town. In 2017 we announced a new LVAC under construction in Henderson, which will be a 90,000 square foot facility. We are hopeful that this newest addition to LVAC will open for workouts in 2019.

Last year we also celebrated being voted the 'Best of Las Vegas' by the Las Vegas Review Journal for the 23rd time! We were the 2017 gold winner of 'Best Fitness Center'. We are humbled by the recognition, and grateful for all of you, our fabulous members and team members for the vote of support.

In the Fall LVAC magazine, we thanked all those who donated to the relief efforts following Hurricanes Harvey and Irma. I think we have all recognized how the country came together and put their differences aside, in support of the Texas and Florida communities that were devastated by these events. Then, weeks later, a horrific tragedy took place right here in our own backyard. What was truly amazing though, was how the country rallied behind the Vegas Strong community with an outpouring of love and support. We would like to thank all of you who donated blood or money to the various fund raising efforts that took place after the October 1 shooting. It would be remiss if we also didn't mention the terrible tragedy that took place in November at a small church in Sutherland Springs, Texas. It was another massacre without an apparent motive. As we kickoff a New Year, we will not forget the victims, and are hopeful for peaceful and happy times ahead.

In November, LVAC supported the Quest4ALS 'Rock 'n' Roll Half Marathon' event. The Quest4ALS is part of Augie's Quest, which is named after Augie Nieto, the co-founder and past CEO of the Life Fitness Company. Augie was diagnosed with ALS in 2005, and subsequently created Augie's Quest with his wife Lynne to fund research and drug development aimed at ending ALS, also known as Lou Gehrig's disease. Augie's Quest has raised over \$60 million so far, and this year the Las Vegas Rock 'n' Roll Half Marathon was the third city in the Rock 'n' Roll Marathon series that supported the Quest4ALS.

As part of our support for the Quest4ALS, LVAC provided some very special prizes based on the amount of funds raised, with a grand prize of \$10,000 cash. We only had one person who raised over \$5,000, with Tina Weidenkeller winning the grand prize. She asked that it be donated with half going to Augie's Quest and the other half going to the Challenged Athletes Foundation. Our second and third place prizes went to Jade Rowe and Angel Morgan, both of whom opted for the \$2,500 cash prize, instead of either a LifeFitness treadmill or a Octane Zero Runner. We set a fund raising goal of \$25,000 for LVAC's Quest4ALS, and with Tina Weidenkeller donating part of her grand prize to Augie's Quest, we were able to reach that goal! We would like to thank all those who participated or donated to the LVACQuest4ALS- Rock 'n' Roll Half Marathon.

We would also like to thank all of you who donated a gift during the holiday season to the Firefighters of Southern Nevada Burn Foundation. We have made this annual gift drive an LVAC holiday tradition, now in its 18th year, which benefits the children and families in our community.

Hopefully you have noticed the new equipment we have added to the clubs, including the Freemotion Incline Trainer and the Octane Zero Runner, which are both alternatives to a standard treadmill. The Incline Trainer can elevate its ramp up to 30 degrees compared to a standard treadmill, which only elevates to 15 degrees, making it ideal for HIIT (High Intensity Interval Training) workouts. The Octane Zero Runner simulates running on a treadmill, but has zero impact. For individuals with past injuries or back problems that prevent them from running on a standard treadmill, the Zero Runner is the perfect answer because it involves no impact. Both of these machines could be classified as hybrid treadmills, in that they can also be used like a standard treadmill. These are just a few examples of some of the new pieces of equipment we have added to our lineup for 2018.

We have never been more proud of our Vegas Strong community, and realize how fortunate we all are to be able to call this place home. On behalf of your LVAC family, let's try to focus on what we can control by strengthening our bodies and our community, and by supporting the causes that are near and dear to our hearts.

Yours in health, fitness and community,

Todd O. Smith
CEO/ Chief Experience Officer
Todd@lvac.com



LVAC CEO Todd Smith (far right) with Lynne Nieto (second from right), and Tina and Tim Weidenkeller. Tina won LVAC's Grand Prize of \$10,000 for the most funds raised for Augie's Quest at the Rock 'n' Roll Marathon in Las Vegas.

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MEET OUR cover girl

Our cover girl, Samantha Chian, has been a resident of Las Vegas since she was 11 years old. Her heritage of Chinese and Peruvian descent has helped to define her values, as did being raised by a single mom and loving, involved grandparents.

Samantha was always a good student and loved sports, especially basketball. She received a bachelor's degree from UNLV in business and is currently working at the Richard Harris Law Firm in business development. It was there that she co-created the 'Spirit of Nevada', a social media video series featuring exceptional people, places, charities and other organizations that are contributing to making Nevada a great place to live. Her daughter Ivy, who has cerebral palsy, has inspired her work, and also led her to become a certified Neuro-Movement practitioner in order to help not only her daughter, but others who have movement limitations.

Samantha has been a member of LVAC for six years, and still works out with her best friends from high school and college. Samantha said about her LVAC experience, "From the moment I walk through the doors I feel right at home because I am always greeted with a friendly smile. The staff is always willing to help and I am surrounded by members who are working hard and have a positive attitude. With the demands of a family, including a four-year old special needs daughter and a busy full-time job, working out is part of my daily routine and serves as a great stress reliever. Being fit helps me stay positive so that I can be the best I can be for my family."

In her free time Samantha loves to spend time with her daughter, and enjoys cooking for family and friends. She is also a huge fan of the Vegas Golden Knights and looks forward to being outdoors. Hiking, snowboarding and traveling through Nevada to learn its history are just a few of her hobbies.



Each year, Samantha and her family visit the Del Mar Fairgrounds. Pictured are Samantha, her daughter Ivy and husband Ryan.

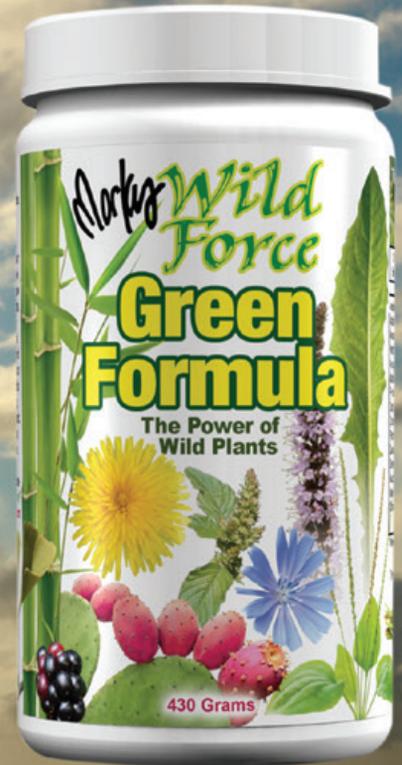
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success story

ANYIKA HUNT



"Being consistent is the one thing that has really helped me. I have to stick to my plan every day and when I don't, I get right back on track, ASAP."

If you recognize the face in this story, you have probably been in one of her awesome MIXXEDFIT classes. Anyika's fitness journey landed her at LVAC where she has become a valued member of the LVAC group fitness team. She is a Las Vegas native, works in computer graphics and is currently attending the University of Phoenix. She is also a busy single mom with a 17-year-old son.

LVAC: What were the experiences that brought you to the healthy lifestyle you now lead?

ANYIKA: I am the youngest in a family of three kids. I have an amazing and supportive mom, but my dad passed away from heart issues when I was just 16. When I found my weight had reached almost 200 pounds and I began struggling with my own health issues, I knew that I needed to make some changes. I was tired of trying all the quick fixes and decided that this time, I would do it the right way.

LVAC: What changes did you make to your lifestyle?

ANYIKA: The first thing I did was clean up my diet. Then I hit the gym. I started eating three to four small, healthy meals a day and increased my water intake. I began having success fairly quickly, but when I hit my first plateau it was very frustrating for me. For an entire month, I experienced no weight loss at all. I had already lost 20 pounds though, so I was not going to give up. I began taking different group fitness classes, and changed my diet to include six small meals a day. I continued to be consistent and disciplined, and within five more months I was down to 130 pounds.

LVAC: How have you been able to maintain your weight and your workout routine?

ANYIKA: I have had some ups and downs, but my weight has remained fairly stable for about seven years. Being consistent is the one thing that has really helped me. I have to stick to my plan every day and when I don't, I get right back on track, ASAP. I also stopped eating late at night and cut out a lot of the junk food.

LVAC: How has LVAC helped you to reach your fitness goals?

ANYIKA: Since becoming a group fitness instructor at LVAC, I have made so many amazing friends who keep me committed to my personal fitness goals. To be honest, my comfort zone is dance- I love, love, love MIXXEDFIT, but I have also been trying other group fitness formats, like H.E.A.T, Kettle Bell, and Body Pump. LVAC has so many great classes and participating in a variety of different classes has taken my fitness journey to a whole new level. Because of all the classes LVAC offers, it's

easy to fit one into my busy schedule. Now I can't make any excuses for not going!

LVAC: How is your life different now that you have lost weight and improved your level of fitness?

ANYIKA: I feel great. Since losing the weight and being consistent with my workouts, I'm no longer on any medication. When I'm in the gym, I feel so happy and stress free. Being fit has made me much more confident. I am even thinking about entering a fitness competition one day.



Anyika's Height: 5'2"

Weight

Before: 195 pounds
After: 125 Pounds

Dress Size

Before: Size 16/18
After: Size 6





JUST IN CASE



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success story

JOHNNY RAY BACOS



LVAC member Johnny Ray Bacos likes to compare his life story to the adversity and triumph experienced by the superheroes we all love. He cites Barry Allen, 'The Flash'. His metamorphosis took place after being struck by a lightning bolt, or Peter Parker, 'Spider Man'. Who could forget the scene where Spiderman lost his beloved Uncle Ben? Just like these superheroes, Johnny has experienced hardships and adversity, but has used determination, discipline and love to overcome his challenges. In the process, he has also transformed his life.

LVAC: What were some of the life experiences that have led you to be in the great condition you are today?

Johnny: When I was a child, I was diagnosed with Alopecia Universalis, which is a rare autoimmune disease that attacks and destroys the hair follicle, resulting in hair loss. Growing up I was constantly and falsely identified as a victim of cancer. When people saw my baldness, they would automatically assume I was undergoing chemotherapy. The alopecia, combined with the fact that I was small and thin, led to abuse from other children. Sometimes the abuse was verbal, but many times it became physical. It was simply the harsh reality that I had to learn to live with. But regardless of what I experienced at school, I knew I could always come home to a mother that loved me and helped me to feel 'normal.' My mom, Ms. Debra Jean Ray was my strength, my center. No matter what the torture of each sunrise had in store for me, I knew life would be okay once I got home. I could always look forward to watching the sunsets with my mom.

April 7, 2012 became a pivotal day for me. It was the day that my mom died. I had always dreamed of growing up and working very hard to give my mom everything she deserved or wanted. That dream ended bitterly on April 7. With her death I lost not only my home, but also my will to live. In time, I came to realize that everyone suffers some heartbreak and adversity in their lives. I came to understand that these unforeseen circumstances would either break the individual, or force them to become the best possible version of themselves. I knew that I could not let my depression get the best of me.

LVAC: We are so sorry about the loss of your wonderful mother. How did you work through your depression?

Johnny: I made the decision that the sacrifices my mother had made would not be in vain. I decided that I would become a light that would brighten the lives of all those I knew and loved. I had good

intentions to be someone who could influence others for good, but felt because of my physical appearance; people did not take me seriously. It was about that time that I began to weight train. Weight training began to unveil my inner strength. As I got ready to graduate from high school, I knew I would need to find somewhere to train. That was when I was introduced to Las Vegas Athletic Club. And as they say, the rest is history.

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

I follow a six-day regimen with an optional seventh cardiovascular day if I am feeling energetic enough to do so. Each day I complete a workout that focuses on different areas of my body. An example would be on Monday I train my back and biceps, on Tuesday I train my chest and triceps, etc. I also do 10 minutes of cardio before and after a workout, and a 30-minute core exercise circuit, five times weekly. It can be challenging to manage your time so that you always leave room for your workouts. I have learned to focus on my priorities first, which means that I will always make time for the gym. As a personal trainer, I always give the same advice to my clients.

LVAC: Share the results you have experienced because of your lifestyle changes.

Johnny: For one, I have discovered a new confidence within myself. I seem to always have a smile on my face once I start exercising. Maybe it's from the abundance of endorphins released, but exercising always makes me smile. I have a relatively high energy level. I have learned to love myself and I am proud of the things that I have accomplished. I currently live with my grandmother. I am trying to make her golden years the best they can possibly be. It's good that I am now fit as my grandma always has something she wants me to lift or move!

LVAC: What are your favorite things about being a member at LVAC?

Johnny: I love the environment, the equipment, and the juice bar. Everything at LVAC is always of the highest of quality. Also, the staff is always friendly and willing to help. In short, the Las Vegas Athletic Club is without a doubt, the best place to workout in Las Vegas.

Johnny's Weight

Before: 135 pounds

After: 160 pounds

Pant Size

Before: 26" Waist

After: 30" Waist



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“Fill THE Fire Truck”

No one has more heart than our very own MIXXEDFIT and ZUMBA group fitness teams, who again this year led hundreds of enthusiastic LVAC members through rockin’ workouts for a great cause. Attending the special group fitness events were the Firefighters from the Southern Nevada Burn Foundation. Check out the great shots of the generous donations and groovin’ dance moves of our group fitness instructors, Firemen and awesome LVAC members.



Thank you for your support!



The mission of the Firefighters of Southern Nevada Burn Foundation's 'Fill the Fire Truck' event is to provide assistance to burn victims and families, and support children during the holidays. If you would like to know more about the great work they do for our community, go to Theburnfoundation.org



Continued on page 16



club life



Continued on page 18

3  **TODAY**
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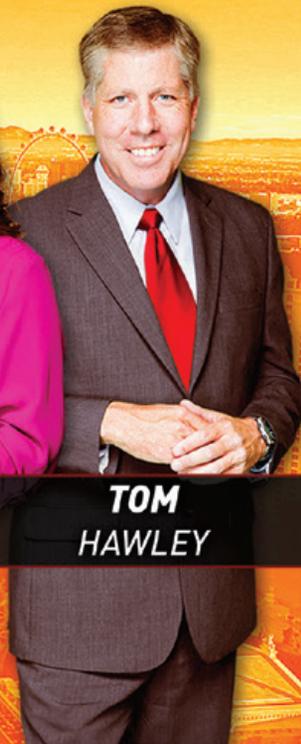
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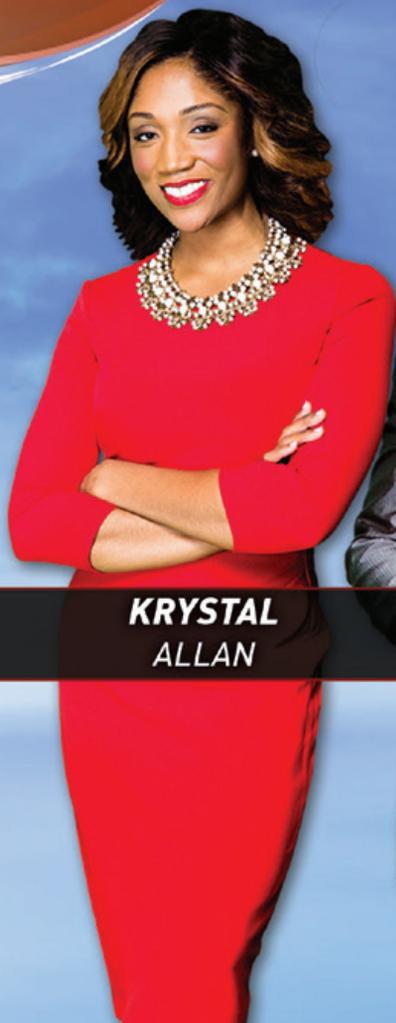
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club life



This is the 18th year that LVAC has partnered with our community to provide gifts to children in need. We are proud to support the 'Fill the Fire Truck' toy drive and the Firefighters of Southern Nevada. #Vegas Strong





LVACQUEST4ALS

In November, LVAC joined the Rock N Roll Marathon to raise money for Augie's Quest, an organization founded by Augie Nieto, a successful fitness industry mogul behind Lifecycle, Life Fitness and Octane Fitness. He was diagnosed with ALS in 2005 and founded Augie's Quest with his wife Lynne, an organization dedicated to finding treatment and cures for ALS.



LVAC President, Chad Smith, waiting eagerly at the start line.



Quest4ALS teams from New Jersey, the Atlantic Club, and from Club Sport in Northern California at the Rock 'n' Roll Half Marathon event. The Quest4ALS Teams raised over \$179,000!

The mission of Bike MS is to create a personal challenge and a world free of MS. Bike MS is the premier fundraising cycling series in the nation. Team LVAC, led by Co-Captains Marty Brees and Paul Doyle, are hoping to build Team LVAC. They invite you join them and experience a ride that will change lives, including your own. For more information, go to the Team LVAC Bike MS page at http://main.nationalmssociety.org/site/TR/Bike/CALBikeEvents?pg=team&fr_id=29085&team_id=528875



Mother and daughter team Jade and Jill Rowe. Jade won LVAC's second prize of \$2,500 for the most funds raised. Jill came in fourth place and took home a \$500 gift certificate to Ohjah Restaurant.



Team LVAC at the October 28 Bike MS ride.



LVAC Senior Web Developer and Designer Paulo Vinicius, a member of the LVAC Team Bike MS said of his experience, "I loved the LVAC jersey, the medal, the organization and the opportunity to help our neighbors."

FIT FACTS

What's the easiest way to lose weight and improve your health? **Ditch the white stuff!** Most white foods (bread, rice, pasta, sugar, flour) are primarily made up of refined carbs and empty calories, so cutting them out of your diet is one of the quickest ways to shed pounds and improve your well-being. According to Dr. Oz, a cardiothoracic surgeon, Columbia University professor and television personality, there are a few exceptions to the rule, including egg whites, cauliflower and fish. Those are the only white foods you should have on hand.

Source: Shape Magazine, "Dr. Oz's Top 10"



SO THAT'S WHY WE LOVE LVAC'S ZUMBA AND MIXXEDFIT!

"Dance helps the brain form new connections and work faster. It increases blood supply to the brain, fueling temporal and prefrontal brain activity responsible for memory improvement. Active people get the extra movement they need to burn more calories, reduce disease risks, and energize and activate brain centers."

IDEA Fitness Journal, September 2017



5 Benefits of Exercise You Can't See in a Mirror

1. Reduce Stress

One in 10 Americans suffer from depression or anxiety. Any form of movement, from Aerobics to Yoga can reduce stress by releasing tension in the body.

2. Improve Health

Regular exercise can help to improve and manage many health conditions, including high blood pressure, type 2 diabetes, high cholesterol and arthritis.

3. Elevate Mood

Exercise releases chemicals in the brain called endorphins, which can stimulate feelings of joy. This is why people tend to feel happier and energized after a good workout.

4. Increase Productivity

Studies have found that working out before work can increase productivity and boost your energy for the day ahead.

5. Fall in Love With Fitness

When you find activities you love, you'll be more motivated to work out consistently, and the greater the rewards will be. Before you know it, you'll be in love with fitness.

Source: Acefitness.org/feelyourbest.

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Cindy works out 6 days a week at the gym. She eats healthy. She still could not lose that stubborn belly fat. She began doing Fast Fit technology sessions, combined with her regular exercise. *The photos show her physical changes in only 45 days!*

"I was very frustrated because now that I am 50, it's become harder to lose my stomach fat. I am so happy I came to Fast Fit. My confidence is back! It's been nearly a year since I lost the inches and pounds and I have kept it off." - Cindy

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SAFETY TIPS FOR HIIT (High Intensity Interval Training)

High Intensity Interval Training or HIIT is a type of workout where you give maximum effort through quick, intense bursts of exercise followed by short recovery periods. HIIT workouts train and condition both your aerobic and anaerobic energy systems. HIIT workouts get your heart rate up and improve your cardiovascular fitness level while burning more fat and calories in less time. However, the increase in the intensity of the exercise can cause wear and tear, making you more susceptible to injury. To stay healthy and get the most from your HIIT training, follow these simple safety guidelines.

- Always warm up and cool down for at least five minutes before and after your HIIT workouts.
- Take time to recover from your HIIT workouts. Take at least one to two days off per week from HIIT workouts.
- Don't push yourself if you are already sore.
- Start slowly and build your endurance and ability.
- Choose to do the modifications of movements that are too challenging for you.
- If you ever experience chest pain or difficulty breathing during your HIIT workouts, start to cool down. Don't stop completely because your blood can pool in your extremities and cause lightheadedness, just stop the intensity and cool down slowly.
- If chest pain persists or reoccurs, call your doctor immediately.
- Stay hydrated. Drink water before, during and after your HIIT workout.

Source: American College of Sports Medicine



FRUIT AND VEGETABLE PRESCRIPTION SUCCESS

A small, 10 week pilot study found that patients who received a fruit and vegetable “prescription” along with \$30 per week to spend on fruits and vegetables at a local farmer’s market reduced weight, waist circumference and cholesterol levels compared with a control group given a \$30 weekly gas card, reports the Cape Cod Times. Given the exorbitant healthcare costs resulting from chronic diseases that can often be largely prevented or controlled with dietary improvements, studies like this show promise in transitioning from a sick-care system to one with increasing interest in well-care and prevention.

Source: IDEA Fitness Journal, September 2017

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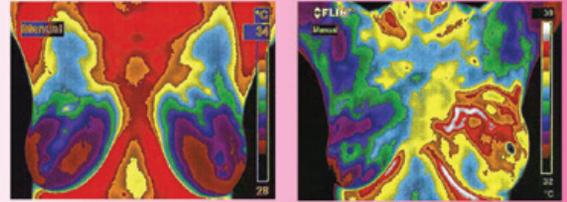
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Recipe and photo courtesy of Polly and Jane. [Instagram.com/pollyandjane](https://www.instagram.com/pollyandjane)

tortellini soup

with
Italian
Chicken
Sausage

Ingredients:

- 1 tablespoon avocado oil
- 1lb Italian chicken (or turkey) sausage
- ½ cup diced onion
- 1 red bell pepper, diced
- 2 carrots, peeled and diced
- 2 cups packed fresh spinach
- 1 tablespoon minced garlic
- 1-28-ounce can crushed tomatoes
- 1-32-ounce box low sodium chicken broth
- 2 tablespoons fresh chopped basil
- 1 teaspoon salt
- ½ teaspoon pepper
- 1-9-ounce package refrigerated tortellini

Directions:

Place a large, heavy bottomed pan over medium-high heat. Add the avocado oil and the diced onion. Sauté until the onions soften and become translucent. Crumble the Italian chicken sausage and garlic into the pan, and cook for 3-4 minutes, stirring frequently. Add the bell pepper and carrots, and continue cooking until vegetables soften and the sausage is no longer pink. Stir in the crushed tomatoes, chicken broth, basil, and the salt and pepper. Bring to a boil, and then reduce the heat to low and cover. Let the soup simmer for 20-30 minutes. Add the tortellini and spinach and simmer for about 3 minutes, until the pasta is tender.

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CHANGING YOUR FOCUS CAN *change your health*

By Crystal Petrello

Each January we are bombarded with information about making New Year's resolutions, including weight loss. Yet according to research, 80% of all New Year's resolutions fail because all those good intentions begin to fizzle out as the year wears on. Thankfully, this article is not just about weight loss. We need more than the top five ways to lose weight, because we already know the top five;

exercise, sleep, water, fruit and vegetables and lean meats or other sources of lean protein. We all know that eating healthier is good for us because it makes us feel better, provides us with more energy, decreases medical bills, leads to weight loss, and possibly increases our life expectancy. However, I need more reasons, because honestly, this dietician prefers cupcakes over fruit.

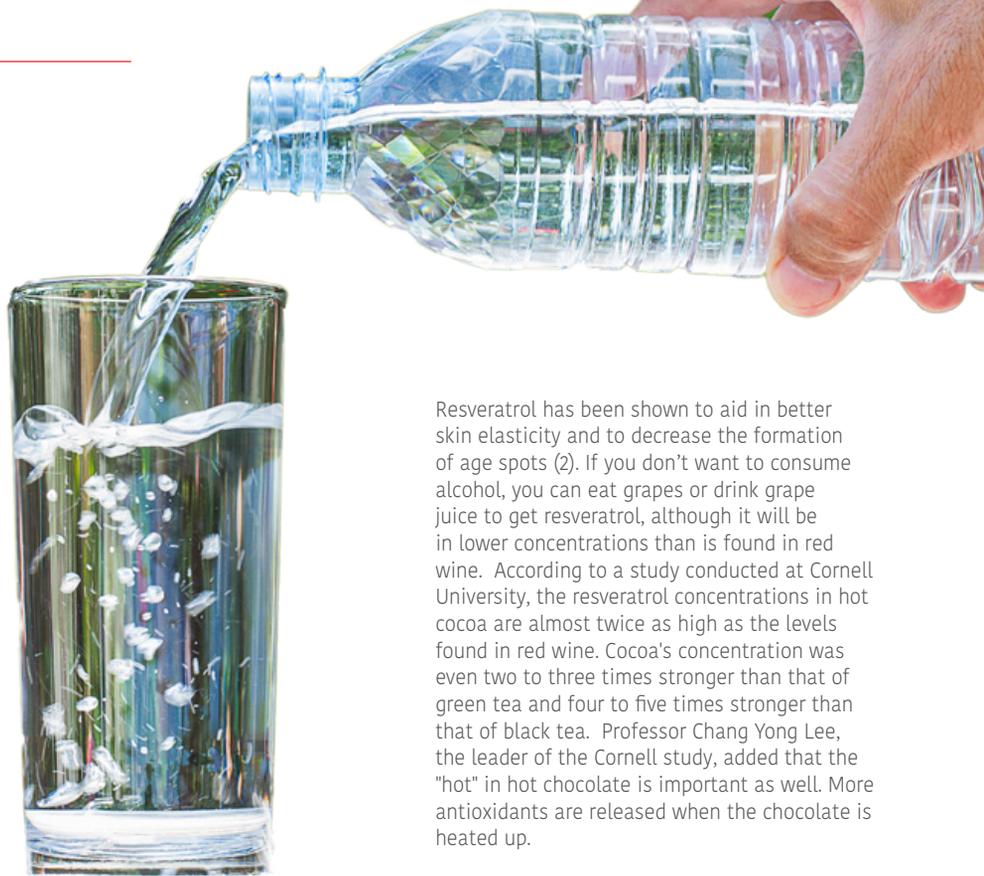
Understanding how the food you eat affects your body can help you to make better decisions when it comes to your daily diet. Instead of focusing solely on weight loss, try shifting your perspective and make a goal to increase the fiber, water and tea, and healthy plant-based protein and fats you are eating and decrease the amount of salt, alcohol and caffeine you consume for overall wellness, inside and out. If these things are your focus, weight loss will come naturally as a result.

Living in the Vegas desert, the constant exposure to sunlight should make us very aware of our skin health. Your skin is the largest organ in your body and your first defense against disease, toxins and a gamut of other issues. You will see that the tips for healthy skin are similar to the tips for weight loss, disease prevention and general wellness. Your skin will show you before your waistline does that your diet is "shining through" due to the healthy glow of your complexion. Keep reading so that you can try something new this year, not only to improve your skin health, but to see a difference in your waistline!

PLANT BASED PROTEIN AND FAT- Plants are packed with the phytochemicals, vitamins, minerals, fiber and the water that is needed for healthy skin. Phytochemicals act as antioxidants to remove toxins from the skin. We are bombarded with toxins from inside our bodies, because toxins are a natural byproduct of metabolism. We are also constantly exposed to environmental toxins. We can rid our bodies of these toxins, sometimes called free radicals, with antioxidants.

HYDRATE- When speaking of hydration, I am referring specifically to water and tea. The phytochemicals and polyphenols found in tea can reduce the effects of aging and sun damage by decreasing inflammation. Try a variety of teas to get varied benefits. (Refer to the Fall LVAC 2017 magazine article for tips on teas). Green tea has been shown to decrease the risk of skin cancer. Yerba Mate is a tea that comes from the nourishing leaves of the celebrated South American rainforest holly tree. Yerba Mate has a long list of vitamins and minerals such as vitamin C, that aid in skin health.

OMEGA FATTY ACIDS- Fat is the main component of skin cells. It has been shown that omega fatty acids are good for heart health, but they are just



as good for our skin. Due to the opposing effects of omega-6: omega-3 fatty acids, a healthy diet should include a balanced omega-3:omega-6 ratio. Omega-3 fats are found in walnuts, soybeans, flax seeds, and fatty fish such as salmon. Healthy sources of omega-6 fatty acids are green leafy vegetables, avocados, seeds, nuts and whole grains. Eating more omega-dense foods is a flavorful and fast way to improve your heart health and keep the appearance of healthy skin.

FRUITS AND VEGETABLES- Phytochemicals can only be found in plants. To get the adequate amount of needed phytochemicals, we need—drum roll please—to eat more fruits and vegetables. Tomatoes and kiwi are great additions to your diet. They will add variety to your diet as you work on reaching your goal of 9 to 11 servings of fruits and vegetables a day. Tomatoes contain lycopene, which is shown to improve your skin's natural protection against the sun's damaging rays. Kiwi is dense with vitamin C. In one piece of this fuzzy fruit, you get more than 100% of your recommended daily intake (RDI) of vitamin C. Vitamin C is important in collagen production, and collagen helps to decrease the appearance of wrinkles.

RED WINE AND COCOA- Red wine grapes contain a very potent antioxidant called resveratrol.

Resveratrol has been shown to aid in better skin elasticity and to decrease the formation of age spots (2). If you don't want to consume alcohol, you can eat grapes or drink grape juice to get resveratrol, although it will be in lower concentrations than is found in red wine. According to a study conducted at Cornell University, the resveratrol concentrations in hot cocoa are almost twice as high as the levels found in red wine. Cocoa's concentration was even two to three times stronger than that of green tea and four to five times stronger than that of black tea. Professor Chang Yong Lee, the leader of the Cornell study, added that the "hot" in hot chocolate is important as well. More antioxidants are released when the chocolate is heated up.

SOY- Isoflavones found in soy have been shown to help your skin maintain its elasticity and decrease the appearance of wrinkles by maintaining the integrity of collagen. It is recommended that you enjoy soy in the whole-food, fermented form such as from tempeh, soybeans, tofu or miso.

If you will begin to increase your fiber intake by eating more plant-based protein and fats, drink more water and tea and decrease the salt, alcohol and caffeine you consume, you will find that your complexion will improve, you will feel better and you will lose weight as a result. It's a win-win!



Crystal Petrello

MS, RDN, LD, ACE Certified Health Coach

Find Crystal on [Instagram](#) @PartyRight_Life and check out her weekly videos!



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.

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
BALLET BARRE TONING This is a comprehensive workout for the entire body (and mind): beginners will learn the essential ideas of the ballet movement process while advanced dancers will be reminded of the often-neglected basics that make the difference. This is a perfect barre workout for students of all levels. Become leaner, longer and stronger with this amazing class.	60 Minutes	Total Body	250	Barre Bar
BELLY DANCE Learn traditional belly dance moves that firm and tone the waist and hips. No experience necessary.	75 Minutes	Total Body Workout	350	Body Weight, Yoga Mat
BOOTY BLAST BAR Booty Blast B.A.R.® is a ballet inspired workout that utilizes a combination of ballet steps, aerobic movements, and resistance exercises to give you a fun cardio workout. Booty Blast B.A.R.® helps you increase your muscle flexibility, improve your balance and lengthen and tone your whole body - especially those hard to hit areas including your Booty, thighs, hips, core and arms. The workout is performed using your body weight and incorporating a hand held bar for balance and toning.	60 Minutes	Total Body Workout	400	Balance Bar, Body Weight
COMMIT DANCE FITNESS COMMIT Dance Fitness is a dynamic, fun-filled HIIT-style workout that focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving. This program will provide you with exciting dance fitness choreography designed to provide muscle confusion, stamina, and endurance building cardio frenzy. Want to be inspired by the latest dance style? Come join us for this exciting fitness dance class.	60 Minutes	Total Body	600	Body Weight
HOT HULA FITNESS Inspired by the dances of the Pacific Islands, HOTHULAFITNESS® 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, glutes, quads and arms.	60 Minutes	Total Body	250	Body
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	650	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	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



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class DESCRIPTIONS

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	535	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	540	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	300	Height Adjustable Step
BODYPUMP CLINIC: LEARN PROPER TECHNIQUE Whether you're new to BodyPump or consider yourself a BodyPump veteran, we have designed this clinic to help you learn the proper strength training techniques used in our BodyPump classes. Time under tension, dead rows, clean & presses ~ what does it all mean? Let us safely guide you to a better understanding of how to power through a BodyPump class with safe and amazing results. Check our schedule for this once a month club specific offering which will enhance your experience and move you towards a fitter you!	60 Minutes	NA	NA	Barbell
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
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
CYCLE XPRESS 30 minutes of high intensity Cycling. Get on the bike and go. This 30 minute cycle cardio blast will make you long, lean and a mean cycling machine. Hop off the bike and join another one of our Dirty30 classes to round out your workout or cycle hard for 30 minutes and you're done. See you on the bike.	30 Minutes	Lower Body	300	Indoor Bike
DIRTY30 Dirty 30 classes are challenging, fun and fast, but the results to your health and fitness will be remarkable. You MUST warm up and cool down on your own, as these 30 minute classes start fast and don't let up until the very end. The Dirty30 are a series of high octane group fitness classes that will challenge you from the minute you walk into the room. From Sandbag, HEAT, Kettlebell, Body Combat, Tabata Training, Cycle, Kickboxing and more, our instructors will give you a variety of amazing workouts that will keep you coming back to redefine your body.	30 Minutes	Total Body Workout	375	Various
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
HIIT HIIT, or High Intensity Interval Training is an exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods. Using equipment such as medicine balls, weight, body weight, etc., this muscle building and fat burning program will give you the fitness benefits you are looking for.	60 Minutes	Total Body	550	Various

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>PILOXING™</p> <p>Piloxing is a creative mix between Pilates and boxing, with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. This low-impact workout is done barefoot and incorporates movements from dance, punches inspired by boxing and core work based on Pilates. It is fun, a perfect fat burning workout.</p>	60 Minutes	Total Body Workout	250	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	475	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	350	Step Bench

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>ARMY RANGER BOOT CAMP</p> <p>This class mimics traditional boot camp with an added push to ignite the Army Ranger within you. You will use various equipment inside and outside of the gym to fire up muscles and pump up your agility skills. Take this class to take your workout to the next level. Taught at our Central location only.</p>	90 Minutes	Total Body Workout	500	Various
<p>BODYPUMP™ BY LES MILLS</p> <p>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 Endur- ance	560	Barbell, Plates & Height adjustable Step
<p>KETTLE BELL POWER</p> <p>These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.</p>	70 Minutes	Total Body Workout	600	Kettlebells
<p>SANDBAG XPRESS</p> <p>Want to improve your overall strength and conditioning? Our Sandbag Xpress class will do just that. Sandbags provide an unstable load which constantly targets muscle groups and stabilizers making your body stronger in a functional way. Become the athlete you want to be by developing functional strength by taking LVAC's Sandbag Xpress training. This class will give you the challenge you have been looking for.</p>	45 Minutes	Total Body Workout	500+	Sandbag
<p>KETTLEBELL XPRESS</p> <p>45 minutes of intense work with these cannonball-shaped weights. Kettlebell Xpress training involves multiple muscle groups and energy systems all at once. Kettle Bell Xpress provides the ability to improve mobility and range of motion as well as enhancing performance for everyday functioning in a shorter amount of time. You will burn major calories while performing movements that work the entire body.</p>	45 Minutes	Total Body Workout	500	Kettlebells



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	250	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	200	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 Flexibility & Tight Muscles	300	Yoga Mat, Body Weight
<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>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>YIN YOGA</p> <p>is a slow-paced style of yoga with asanas that are held for longer periods of time that may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more. Yin yoga poses apply moderate stress to the connective tissues of the body ~ the tendons, fascia, and ligaments. The aim is to increase circulation in the joints and improve flexibility. Yin yoga's meditative approach to yoga is to cultivate awareness of inner silence.</p>	60 Minutes	Total Body	150	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

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I AM MORE THAN PINK

I am Allison. At the age of 3, I lost my mother to breast cancer. Since then, my family and I have done the Race for the Cure® and we've raised over \$200,000 in her memory.

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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	150	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
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
AQUA ZUMBA This class is for those looking to make a splash by adding a low-impact high-energy aquatic exercise to their fitness routine. Water resistance means less impact on your joints and you can really let loose and enjoy the Zumba party. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.	60 Minutes	Total Body Workout	200	Body Weight
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

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](#)



class SCHEDULES

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODY PUMP	BODYSTEP	BODYPUMP	BODYSTEP			
6:00		BODYPUMP	BODYSTEP	BODYPUMP	H.E.A.T. by LVAC	BODYPUMP	
7:00						BODYSTEP	
7:15		SANDBAG XPRESS					
8:00	HEALTHY BACK		TAI CHI	HEALTHY BACK	TAI CHI	BODYCOMBAT	BODYATTACK
8:15		DIRTY30					
8:45		DIRTY30					
9:00	COMMIT DANCE FITNESS						
9:15			BODYPUMP	BODYPUMP	STEP 2		BODYPUMP
9:30		H.E.A.T. by LVAC				STEP 3	
10:15					BODYPUMP		
10:30	DIRTY30	KICKBOX	M.R.T.	ZUMBA		ZUMBA	MIXXEDFIT
11:00	DIRTY30						
11:30		ZUMBA	PILATES	H.E.A.T. by LVAC		COMMIT DANCE FITNESS	BODYPUMP
PM							
12:00	MIXXEDFIT				MIXXEDFIT		
12:30		BODYPUMP	H.E.A.T. by LVAC				
12:45				MIXXEDFIT		BODYPUMP	ZUMBA
1:30		KETTLEBELL POWER	KICKBOX		KICKBOX		
2:00							
4:30	ZUMBA	BODYPUMP		BODYPUMP			
5:00			KETTLEBELL XPRESS				
5:30	SANDBAG XPRESS			8STRIKES	MIXXEDFIT		
6:00		COMMIT DANCE FITNESS*	MIXXEDFIT				
6:30	BODYPUMP				BODYPUMP		
7:00			BODYPUMP	KETTLEBELL XPRESS			
7:30		SANDBAG XPRESS					
8:00	ZUMBA			ZUMBA			
8:30							

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE					
6:00	RPM CYCLE	PILATES	RPM CYCLE	CYCLE			
8:00		BODYFLOW					
8:15	CYCLE		CYCLE		RPM CYCLE	CYCLE	
8:30							CORE CYCLE
9:00							
9:15						M.R.T.	
9:30	CYCLE		CYCLE	CYCLE XPRESS	CYCLE		
10:15				BODYFLOW			YOGA VINYASSA FLOW
10:30	PILATES				PILATES	BODYATTACK	
10:45			BODYFLOW				
11:30	BEGINNING YOGA					BEGINNING YOGA	
PM							
12:00		RPM CYCLE		CYCLE			
12:30	YOGA BLEND		ZUMBA		YOGA VINYASSA FLOW		
1:00		YOGA VINYASSA FLOW		YOGA VINYASSA FLOW			
3:15		BODYFLOW					
4:30				BODYFLOW			
5:00					CYCLE		
5:30	BODYFLOW	CYCLE	CYCLE				
6:00				CYCLE			
6:30	BODYCOMBAT		PILATES				
7:30	CYCLE						

GREEN VALLEY - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30						RAPID LIQUID CARDIO	
8:30				RAPID LIQUID CARDIO			
9:00	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO		RAPID LIQUID CARDIO		
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		RAPID LIQUID CARDIO		AQUA BOOT CAMP			

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

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

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

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



class SCHEDULES

WEST SAHARA - ROOM 1 (364-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP	CYCLE	BODYPUMP			
8:00	STEP 2						
8:30				RPM CYCLE			
9:00		ZUMBA	BODYCOMBAT			BODYPUMP	BODYPUMP
9:30	ZUMBA			ZUMBA	ZUMBA		
10:00		CxWORX	BODYPUMP				
10:15							
10:30	BODYPUMP	CYCLE		M.R.T.	BODYPUMP	ZUMBA	MIXXEDFIT
11:30							
PM							
12:30		BELLY DANCING					
1:00	ZUMBA						KICKBOX
3:00				BALLET BARRE TONING			
4:00		BODYPUMP					
4:30	BODYCOMBAT			ZUMBA			
5:30	BODYSTEP	CYCLE		CYCLE XPRESS	RPM CYCLE		
5:45			COMMIT DANCE FITNESS				
6:00				DIRTY30			
6:30	MIXXEDFIT	BODYPUMP		DIRTY30	ZUMBA		
6:45			BODYPUMP				
7:00				COMMIT DANCE FITNESS			
7:30		COMMIT DANCE FITNESS					
7:45			8STRIKES				

WEST SAHARA - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00		YOGA VINYASSA FLOW				YOGA ASHTANGA	
9:30			YOGA BLEND				
10:30	BEGINNING YOGA				BEGINNING YOGA		
11:45			PILATES				
PM							
12:00	PILATES	YIN YOGA		YIN YOGA	PILATES		
1:30							BEGINNING YOGA
2:30							YOGA BLEND
4:15				PILATES			
5:00	BODY FLOW		YOGA VINYASSA FLOW				
6:15		YOGA VINYASSA FLOW					

WEST SAHARA - AQUA CLASSES

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

SOUTHWEST - ROOM 1 (798-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODYPUMP		BODYPUMP			
6:00	BODYPUMP		BODYPUMP		H.E.A.T. by LVAC	BODYPUMP	
7:00						CxWORX	
7:15					SANDBAG XPRESS		
8:00	BOOTCAMP	HIIT	HIIT		BOOTCAMP	DIRTY30	
8:30						BODYPUMP	MIXXEDFIT
8:45		CxWORX					
9:00			BODYCOMBAT		BODYCOMBAT		

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

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

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for the most up-to-date info!



3 WEATHER AUTHORITY



**JERRY
BROWN**



**CHLOE
BEARDSLEY**



**DANA
WAGNER**



**KEVIN
JANISON**



**KELLY
CURRAN**



**MARIE
MORTERA**



**CHLOE
BEARDSLEY**

THE CW

LAS VEGAS

NEWS AT TEN

with Marie Mortera

WEEKNIGHTS AT 10

Channel 33 Cable 6



**JIM
SNYDER**



**MARIE
MORTERA**



**KEVIN
JANISON**

3 WEATHER AUTHORITY

WEEKNIGHTS AT 11



class SCHEDULES

SOUTHWEST - ROOM 1 (CONT)

9:15	ZUMBA						
9:30		BODYATTACK		BODYATTACK			BODYPUMP
10:00			HIIT		H.E.A.T. by LVAC	ZUMBA	
10:30	DIRTY30	H.E.A.T. by LVAC		H.E.A.T. by LVAC			
10:45							KICKBOX
11:00	DIRTY30						
11:30		BODYCOMBAT	MIXXEDFIT	BODYPUMP	MIXXEDFIT	KETTLEBELL POWER	
PM							
12:00	BODYPUMP						
12:30		BODYPUMP			BODYPUMP		ZUMBA
12:45				ZUMBA			
1:00			ZUMBA				
1:30	CxWORX					CxWORX	
1:45		8STRIKES					
2:00	ZUMBA				ZUMBA	ZUMBA	
4:15	BODYPUMP			BODYPUMP			
4:30		BODYPUMP	BOOTCAMP				
5:30	BODYATTACK		BODYPUMP		BODYPUMP		
6:00		COMMIT DANCE FITNESS		BODYCOMBAT			
6:30	COMMIT DANCE FITNESS						
6:45			BODYCOMBAT		COMMIT DANCE FITNESS		
7:00		BODYPUMP		BODYPUMP			
7:45			ZUMBA				
8:00				MIXXEDFIT			

SOUTHWEST - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE				CYCLE		
6:00		CYCLE	CYCLE	CYCLE			
6:15	BODYATTACK				BODYATTACK		
7:00		YOGA BLEND	GENTLE YOGA MIX				
7:15				CYCLE			
7:45	YOGA BLEND					CYCLE	
8:00					ZUMBA		
8:15			PILATES				
8:30				CYCLE			
9:00						YOGA BLEND	
9:15	CYCLE		PIYO		CYCLE		CYCLE
9:45		YOGA BLEND		YOGA BLEND			
10:00						HOT HULA FITNESS	
10:30	BODYFLOW		CYCLE		YOGA BLEND		BODYFLOW
11:15						CYCLE	
11:30			M.R.T.		PILATES		
PM							
12:00		YOGA VINYASSA FLOW					
12:30	CYCLE		CYCLE	GENTLE YOGA	GENTLE YOGA	BODYFLOW	YOGA VINYASSA FLOW
1:30		ZUMBA					
2:00				PILATES			
4:15	CYCLE		RPM CYCLE				
4:30					CYCLE		
5:30	YOGA VINYASSA FLOW	RPM CYCLE	PILATES	CYCLE			
6:00					BOOTY BLAST B.A.R.		
6:30		BODYFLOW	CYCLE	BODYFLOW			
6:45	CYCLE						
7:30		BODYCOMBAT		BELLY DANCING			
7:45			BODYFLOW				

SOUTHWEST - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00	AQUAFIT			AQUAFIT		AQUAFIT	
10:00		AQUAFIT		AQUA ZUMBA		AQUA ZUMBA	
11:00		AQUA RECOVERY					
PM							
5:30	RAPID LIQUID CARDIO						

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

*... & More
Beautiful!*

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

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



BEFORE



AFTER

This patient wanted to correct years of discoloration, staining, and to replace darker colored crowns. Dr. Palluck used veneers and crowns to dramatically whiten his teeth as well as give a more symmetrical, aesthetically pleasing smile.



BEFORE



AFTER

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

Sufia Palluck, DDS

DrPalluck.com

702.862.4088 • 7720 W. Sahara Suite 107 Las Vegas, NV 89117

Somerset Dental
Cosmetic and Family Dentistry



class SCHEDULES

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODYPUMP					
6:00	BODYPUMP	BODYCOMBAT	BODYPUMP		BODYPUMP		
8:00		STEP 2		BODYCOMBAT	PIYO	BODYATTACK	H.E.A.T. by LVAC
9:00		BODYPUMP	MIXXEDFIT	BODYPUMP		KETTLEBELL POWER	
9:15							CxWORX
9:30	ZUMBA				MIXXEDFIT		
9:45							KICKBOX
10:00			BODYPUMP				
10:15		ZUMBA					
10:30	BODYPUMP			H.E.A.T. by LVAC	M.R.T.	H.E.A.T. by LVAC	BODYPUMP
11:30		DIRTY30	ZUMBA		BODYCOMBAT		ZUMBA
11:45	BODYCOMBAT						
PM							
12:00		DIRTY30				BODYPUMP	
12:30				ZUMBA	BODYPUMP		BELLY DANCING
12:45	DIRTY30						
1:15	DIRTY30					ZUMBA	
1:30					CxWORX		
2:00							BODYPUMP
4:15	BODYPUMP		BODYPUMP				
4:30		BODYATTACK					
4:45				BODYPUMP			
5:30	COMMIT DANCE FITNESS	BODYPUMP	BODYATTACK		BODYPUMP		
6:00				COMMIT DANCE FITNESS			
6:30	BODYPUMP	H.E.A.T. by LVAC					
6:45			DIRTY30				
7:00				BODYPUMP	ZUMBA		
7:15			KETTLEBELL XPRESS				
7:30		MIXXEDFIT					
7:45	ZUMBA						
8:00			ZUMBA				

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00				GENTLE YOGA MIX			
9:00					HIIT	CxWORX	BODYFLOW
9:30	PILATES	BODYFLOW	PILATES	ZUMBA		PILATES	
10:00					BEGINNING YOGA		
10:30	HIIT	SANDBAG XPRESS	HIIT			PILOXING	PIYO
11:00					PILATES		
11:15		YOGA BLEND		YOGA VINYASSA FLOW			
PM							
12:00							YOGA VINYASSA FLOW
12:30	YOGA VINYASSA FLOW	PILATES	YOGA VINYASSA FLOW				
4:15	YOGA VINYASSA FLOW						
5:00				PILATES			
5:30		BOOTY BLAST B.A.R.					
6:00			SANDBAG XPRESS	BODYCOMBAT			
6:15	SANDBAG XPRESS						
6:30		SANDBAG XPRESS					
7:00	BODYFLOW		YOGA BLEND	DIRTY30			
7:30		YOGA VINYASSA FLOW					

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	CYCLE		CYCLE		CYCLE		
6:00		CYCLE		CYCLE			
7:30						CYCLE	
8:00				CYCLE	CYCLE		
8:30							CYCLE
9:15	CYCLE				CYCLE		
9:30			CYCLE	CYCLE			
10:00		CYCLE				CYCLE	
10:30	CYCLE						
12:00					CYCLE		
12:30		CYCLE		CYCLE			
PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE					
5:45			CYCLE				
6:15				CYCLE XPRESS			
6:30	CYCLE	CYCLE					
7:00			RMP 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				AI CHI			
10:15	AQUA RECOVERY						
10:30					AQUAFIT	RAPID LIQUID CARDIO	
PM							
12:30			AQUAFIT				
5:00				RAPID LIQUID CARDIO			
6:00	AQUAFIT						
6:30		RAPID LIQUID CARDIO					

EAST FLAMINGO (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP			BODYPUMP		
6:45		CxWORK					
8:00		YOGA VINYASSA FLOW		ZUMBA	BODYFLOW		
9:00			ZUMBA	PILATES		ZUMBA	ZUMBA
9:15		ZUMBA			ZUMBA		
9:30	TOTAL BODY CONDITIONING						
10:00			M.R.T.	MIXXEDFIT		PILATES	
10:30	PILATES	BODYFLOW			M.R.T.		BODYFLOW
11:00			CORE	BODYFLOW		M.R.T.	
11:30	ZUMBA		GENTLE YOGA		PILATES		
PM							
12:00		TAI CHI		TAI CHI		STEP 1	
1:00	GENTLE YOGA						
4:00	BODYPUMP	M.R.T.					
4:15				H.E.A.T. by LVAC			
5:00	CORE	PILATES					
5:30	KICKBOX		BODYFLOW	PILATES	ZUMBA		
6:00		BODY PUMP					
6:30	CORE		CORE	BODYPUMP			
6:45	BODYATTACK						
7:00			KICKBOX				
7:15		BELLYDANCE					
7:30	ZUMBA						
8:00			COMMIT DANCE FITNESS				

EAST FLAMINGO CLUB - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	RAPID LIQUID CARDIO	AQUAFIT	RAPID LIQUID CARDIO				
PM							
6:00		AQUAEROBICS					

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

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for the most up-to-date info!





class SCHEDULES

NORTH DECATUR - ROOM 1 (647-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODYPUMP	ZUMBA	BODYPUMP	ZUMBA	BODYPUMP		
8:00				BODYATTACK		BODYATTACK	HIIT
9:00	ZUMBA	BODYPUMP		BODYPUMP		BODYCOMBAT	BODYATTACK
9:15					ZUMBA		
9:30			ZUMBA				
10:00	BODYPUMP					MIXXEDFIT	BODYPUMP
10:15		H.E.A.T. by LVAC		H.E.A.T. by LVAC			
11:00	CxWORX		SANDBAG XPRESS			BODYPUMP	
11:30		ZUMBA		ZUMBA			
PM							
12:00	ZUMBA				BODYCOMBAT		ZUMBA
1:00					YOGA VINYASSA FLOW		
4:15	LITE WORKOUT			BODYPUMP			
5:30	DIRTY30	MIXXEDFIT	ZUMBA	KETTLEBELL XPRESS	BODYATTACK		
6:00	DIRTY30						
6:30	ZUMBA	KETTLEBELL POWER	BODYPUMP	MIXXEDFIT	MIXXEDFIT		
7:30	BODYPUMP				BODYPUMP		
8:00		ZUMBA	MIXXEDFIT	ZUMBA			

NORTH DECATUR - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE		CYCLE			
6:00	BEGINNING YOGA	CYCLE	CYCLE	CYCLE	CYCLE		
8:15					SANDBAG XPRESS		
8:45	CYCLE		CYCLE				
9:00				CYCLE			CYCLE
9:15		RPM CYCLE			RPM CYCLE		
9:30						CYCLE	
10:15	YOGA VINYASSA FLOW	PIYO	YOGA VINYASSA FLOW	GENTLE YOGA	BODYFLOW		SANDBAG XPRESS
10:30						BODYFLOW	
11:00							PILATES
11:30						SANDBAG XPRESS	
PM							
12:00	BODYCOMBAT			SANDBAG XPRESS	HOT HULA FITNESS		
12:30						ZUMBA	
2:30	BOOTY BLAST B.A.R.						
4:00		BODYFLOW					
5:00		SANDBAG XPRESS		BODYFLOW			
5:30	RPM CYCLE		BODYATTACK				
5:45		CYCLE XPRESS					
6:00				CYCLE	YOGA VINYASSA FLOW		
6:30	BELLY DANCING		BODYCOMBAT				
7:00		SH'BAM		BODYCOMBAT			
7:30			YOGA VINYASSA FLOW				

NORTH DECATUR - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30					AQUAEROBICS		
8:00	AQUAEROBICS	AQUAFIT	AQUAEROBICS	AQUAFIT			
9:00							
PM							
5:00			AQUAFIT				
6:00				AQUA FIT			
6:30	AQUA BOOT CAMP	AQUAFIT	AQUA BOOT CAMP				

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

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

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

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

CENTRAL CLUB AT KAREN (734-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BODYPUMP	CYCLE	BODYPUMP	CYCLE			
8:30	CORE		CORE		CORE		
9:00	CYCLE	STEP 3	CYCLE	STEP 3	CYCLE	STEP 2	
10:00	LITE WORKOUT	M.R.T.	LITE WORKOUT	BODYPUMP	LITE WORKOUT		YOGA VINYASSA FLOW
10:30						LITE WORKOUT	
11:15		FLEXIBILITY		FLEXIBILITY			ZUMBA
11:30						ZUMBA	
PM							
12:00		CYCLE		CYCLE			
12:30							BOOT CAMP
1:00		CORE		CORE			
1:30		YOGA VINYASSA FLOW		YOGA VINYASSA FLOW			
4:30				COMMIT DANCE FITNESS			
5:30	ZUMBA		BODYPUMP	BOOT CAMP			
5:45		CYCLE					
6:00					ZUMBA		
6:30	8STRIKES						
6:45			H.E.A.T. by LVAC	KICKBOX			
7:00		DIRTY30					
7:30		DIRTY30					
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				
9:45	AQUAFIT				AQUAFIT		

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

VISIT LVAC.com

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



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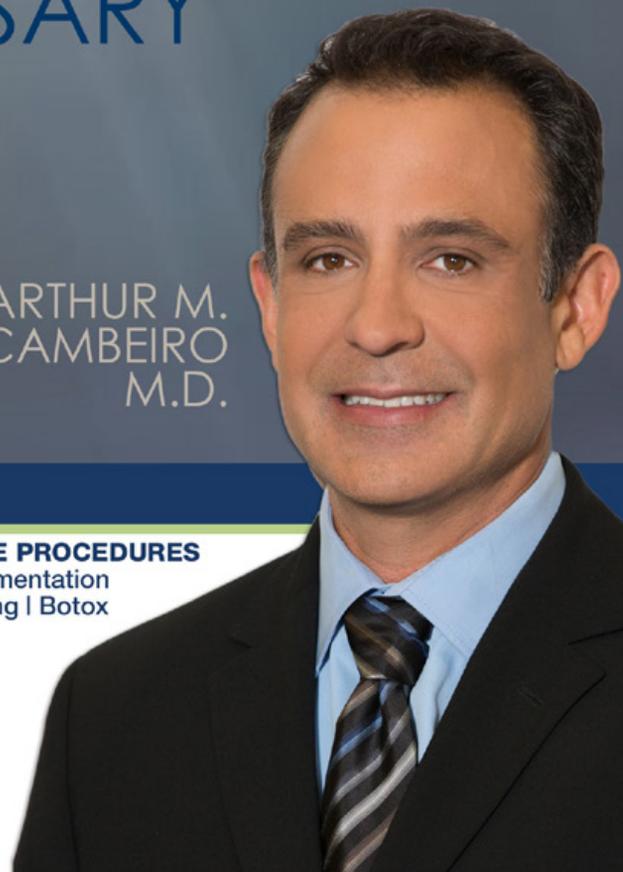


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