

LVAC

LAS VEGAS AEROBIC CLUB MAGAZINE

Spring 2017

 *susan g. komen*
race
FOR THE **cure**[®]
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Page 16

LVAC30
ACCELERATED TRAINING

30 minutes to

MAXIMUM RESULTS

Page 28

THE LATEST IN

WEARABLE

TECHNOLOGY

Page 22

NEW

Spring
SCHEDULE

CLASS DESCRIPTIONS

Page 30



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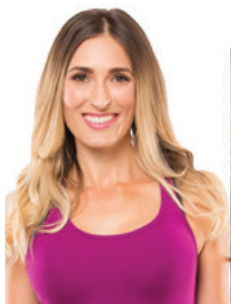
LVAC30
ACCELERATED TRAINING

NEW! 30 minute accelerated workouts 28

8

Meet Our Cover Girl

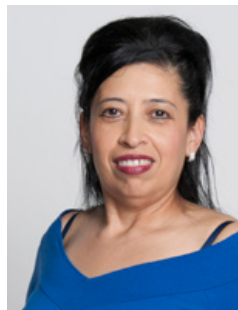
LVAC Member
Lindsey Nelson



10

Success Story

Member Sylvia Rodriguez Shares Her Incredible Transformation Story



12

Club Life

Our LVAC Members Are Amazing!



15

Fit Facts

Children's Health



18

Recipe

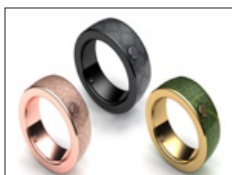
Stuffed Chicken Breasts



20

Member Spotlight

Jaime Weller-Lafavor Conquers Life With Determination



22 **Wellness Tech**
Transforming Your Health!



30 **New! Spring Group Fitness Class**
Descriptions & Schedule
Over 700 Weekly Class Choices



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Always Striving for a *Breakthrough*



The 12th Annual Augie's Bash in Downtown LA on March 10, 2017- Augie and Lynne Nieto, with LVAC's Todd Smith, Bryan Palluck and Chad Smith.

D

ear Friends,

In May, we will sponsor the Susan G. Komen Race for the Cure for the 17th year. Back in 2006, LVAC lost its matriarch to breast cancer, and this disease took a more personal nature. For the survivors, the people who did not, and for all those who may be impacted in the future, supporting this event is about the community helping each other. We hope you will join us walking or running to honor all the courageous people who have battled this disease. As in past years, we will give out t-shirts to everyone who registers for the event on our website, and we will have cameras on the course so you can see the photos on our website and in the magazine.

Another cause that LVAC plans to support this year is ALS (Lou Gehrig's disease), and Augie's Quest. For over 30 years Augie Nieto has been a leader in the fitness industry, as co-founder and CEO of the LifeFitness Company. In 2005 Augie was diagnosed with ALS, and his life and our industry were forever changed. Most people who are inflicted with this disease disappear shortly after receiving the news, and most are never seen again. Augie and his beautiful wife Lynne have changed that by raising close to \$45 million over the last 12 years to find a cure for ALS. Those donations resulted in what they believe to be a breakthrough drug treatment called AT-1501. Human clinical trials should begin next year some time. If AT-1501 receives the final go ahead it should slow the progression of ALS and hopefully be a stepping stone to a cure. One of the reasons we feel so strongly about ALS is that it tends to attack athletic people like Augie and Lou Gehrig, and in the process render their bodies motionless. ALS normally presents no possibility of regaining the use of muscles once they have been lost; however, Augie has changed all that too with his ability to regain and relearn certain movements and exercises. Today, Augie and Lynne no longer consider ALS a death sentence, they believe Augie can live a long and productive life. Their focus on a cure prompted Lynne Nieto to recently say: "ALS is the worst thing to happen to an athlete, and it is Lou Gehrig's disease but it will be Augie's cure!" In 2017, a new documentary movie entitled *Augie* will be released about our friend and his courageous struggle.

In an effort to provide more support for ALS and Augie's Quest, LVAC plans to participate as a sponsor of the Rock'N'Roll Half Marathon on November 11th, 2017. We hope you will join us, and we are giving you early notice to be prepared for what should be a fabulous event. Similar to the Susan G. Komen Race for the Cure, we plan to have cameras out on the course, and put photos on our website and in our magazine. T-shirts will be given to participants or donors of at least \$50 towards another LVAC runner/walker in the event. So please start putting your teams together for a fun day of walking or running to support this very worthy cause.

Of all the changes that have taken place in the fitness industry during the last 30- 40 years, one thing that has not changed is the limited time most people have to dedicate to exercise. Therefore, we are reintroducing a legacy program called LVAC30- Accelerated Training. In this issue of the LVAC Magazine you will find an article on our 30-minute workout. It combines 12 minutes of cardio with high intensity interval training (HIIT) and the remainder is comprised of circuit interval training for a total of 30 minutes. There are three specific cardio machines that we are recommending for the HIIT portion of the workout because they have little to no impact and all feature HIIT programming. The LVAC30 program also features the Keiser Pneumatic Air equipment, based on its speed and versatility during the resistance training part of the workout. There are ten Keiser machines in the circuit that will provide a total body workout. The LVAC30 program is available to all members so please see one of our friendly LVAC Coaches to get set up on this program. We will also have a video on our website explaining the basics on the LVAC30- Accelerated Training program.

Finally, in the Winter Issue we focused on the LVAC experience. One of the first items on the list of experiences we highlighted is a well-maintained club. As some of you know, we have had some audio-visual issues with the TV's in our cardio area. At the end of last year our cable provider was forced to change their programming to a digital signal. Many of us have experienced this in our homes, and it either forced us to upgrade our equipment or replace the TV's. In the commercial club setting it has presented us with even more challenges, when we are trying to convert the signal on so many screens with different generations of technology. This change to a digital signal has taken us much longer than expected to work out all the bugs, and we truly appreciate your patience during this period. It looks like we are close though, and our cable provider is now in the process of replacing all the cable leading up to the clubs. With a little luck, this replacement should do the trick and allow us to continue to offer the experience that our loyal members are accustomed to receiving.

We want to thank you again for your patience and understanding, as we always are striving to not only maintain but improve the LVAC experience.

Yours in health, fitness, and gratitude,

Todd O. Smith
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Lindsey and her husband Derek with their family. L-R Nixon, Ari, Enzo, Miles and Isla.

MEET OUR *cover girl*

Meet our cover girl, Lindsey Nelson. Lindsey grew up in Hyrum, Utah as the only girl in a family with three boys. If you know much of anything about Lindsey then you will never again be able to say, "I want to work out, I just don't have time."

Lindsey graduated from Brigham Young University with a bachelor's degree in marriage, family and human development. It was the perfect major for her as she is now a full-time mother of four boys ages 9, 8, 5 and 2 and a beautiful five-month-old daughter.

After moving to Las Vegas in January of 2010, the very first membership at LVAC. Her favorites are P.I.T, H.E.A.T. and HIIT.

from New York City in January, the first thing she did was get a membership at LVAC. Her favorite group fitness classes are P.I.T, H.E.A.T. and HIIT.

We asked her what motivates her to stay fit with such an incredibly busy life. She replied, "My love of clothes...and food!" We also asked her what hobbies or interests she has outside the gym, and with her characteristic humor and wit she said, "None. Working out is my only hobby. Ask my husband."

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Cara Brotman
Age 47 LVAC member

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success story

SYLVIA RODRIGUEZ



Before

Weight: 255lbs
Dress size: 22/24

Sylvia Rodriguez was born in Mexico, but raised in Oxnard, California. She has worked for the Las Vegas Metropolitan Police Department as a Spanish/English translator. She is currently employed at the Wynn Encore, where she has worked as a field-training officer for nine years. She was recently given the honor of being named ‘Employee of the Month’.

LVAC: What was the ‘last straw’ that motivated you to change your diet and lifestyle?

Sylvia: About 2 1/2 years ago, while I was at work, I noticed my left knee was getting very swollen. As the knee continued to swell, the pain got worse. It eventually got to the point where I was unable to stand or even walk on my left leg anymore. One day when I left work, I had to be put into a wheelchair and pushed to my vehicle. I immediately went to the hospital. At the hospital I was told by the doctor that if I continued with my current lifestyle I would eventually lose mobility in my legs. My knees could no longer bear my weight. That’s when I finally decided to change my life and not live in pain anymore. I wanted to enjoy my life and my time with my family and friends.

LVAC: What type of exercise and workout program has helped you to succeed with your weight loss and fitness goals?

Sylvia: I started taking group fitness cycling classes three times a week and sculpting classes two times a week. I would also take aqua aerobics classes. Every two weeks I started alternating my workout so that my body would not get used to the same routine. After a few months, I began implementing free weights into my workout as well as the elliptical machine and the treadmill.

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

Sylvia: I used to eat fast foods (McDonalds, Jack in the Box, etc.) three times a week or sometimes the entire week depending on my work schedule. When I wasn’t eating fast foods, I would eat large portions of Mexican food (tortillas, enchiladas, rice, beans, etc.). For dessert, I would eat several types of traditional Mexican pastries like flan, tres leches cake, pan dulce, and cookies. My go to drinks were dark sodas, like Coca Cola and Dr. Pepper.

Thanks to a good friend of mine who introduced me to a better diet, I began to slowly make healthier choices. He showed me how to portion control my meals and also showed me different alternatives, such as protein shakes, and appropriate supplements. We also varied my diet to find the foods that work the best for me. I incorporated a diet consisting of lean protein that was also low in processed carbohydrates. I also began consuming more vegetables, salads, and drinking more water. I stopped drinking sodas and sugar laden fruit drinks. Another thing my friend showed me was how to read the nutrition labels on food so that I could know what was in the food I was eating. This was really helpful in learning to make better nutritional choices. I no longer eat fast food on a frequent basis.

|| I'm currently the happiest I have been in my entire life. I feel like a much stronger person. I want to thank everyone who has been by my side in this journey. I appreciate you very much, and will never forget the positive influence you have been in my life. ||

LVAC: What have been some of the positive changes you have experienced because of your weight loss?

Sylvia: Prior to my lifestyle change I used to wear a size 24 pants, XL shirt size, and I never wore dresses because of the way I felt my body looked. My attire consisted of only shirts, sweatpants, and regular pants in black, gray, or blue. There was no such as a thing as a bathing suit in my wardrobe and I never wore shorts. Now that I am a size 10, my wardrobe has a variety of clothing in many different colors. I even own a few bathing suits and dresses!

Because of my lifestyle change, I can walk for several hours and I have even begun to run. I have low cholesterol, low blood pressure, and no longer have any knee pain. Thanks to my new lifestyle, I am more disciplined and I enjoy trying new things. I have more confidence in myself and I have begun to set and accomplish goals, such as becoming a certified cycling instructor. I recently completed a certification as a personal trainer. My next goal is to transform my body to compete in fitness modeling.

Without the help of LVAC instructors and personal trainers who have educated me and motivated me to push my limits, I wouldn't be the person I am today. They always answered any questions I had and were willing to help me, whether it was a nutrition question or just questions about how to use a machine. My favorite thing about LVAC is the smile at the reception desk that brightens my day. I love the amazing variety of group fitness classes that LVAC offers, because I can always find some that will fit my schedule.

"I'm currently the happiest I have been in my entire life. I feel like a much stronger person. I want to thank everyone who has been by my side in this journey. I appreciate you very much, and will never forget the positive influence you have been in my life."



After

Weight: 140lbs

Dress size: 10/12



Pictured are LVAC members Sergio Tellez and Linda Rossi with their 10 year old nephew Dominic Rossi, at the Light of Las Vegas Santa Run in November and again at the Las Vegas Rock 'n' Roll Marathon and 1/2 Marathon in December, 2016. The Rossi's are members of "Light of Las Vegas", a non profit organization that is an athletic ride-along program created for children, teens, adults, and veterans with specialized needs who would normally not be able to experience endurance events such as 5K's marathons, triathlons, or road races. Their mission is to enhance the health and well being of individuals with special needs and their families by fostering lasting, authentic relationships through the teamwork environment of endurance athletics.

Eden Capsouto began the Las Vegas chapter of Light of Las Vegas, and when Linda, an accomplished triathlete heard of their work, she began enrolling her nephew Dominic who has cerebral palsy in various races. The kids and adults in the race serve as captains, and the adults who push them are called angels. What does Dominic think about being able to compete? Dominic's mom shared, "MTT is an incredible blessing! Dom loves to go fast but is unable to do that with out the help of an angel. Being able to feel the breeze on his face, spending special time with his favorite Auntie and Uncle makes him feel like a "typical" little boy if only for a couple of hours!"



If you would like more information about Light of Las Vegas, go to lightoflasvegas.org

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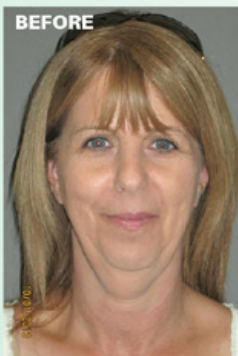


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"Kym" (age 49) – Had Lower Facelift/Necklift, Chin and Lip Augmentation, and Fractional CO2 Laser

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LVAC instructors Alecia, Leslie and Ingrid were featured on the Fox 5 More Access Show as well as NBC Channel 3 and Wake Up With The CW, to showcase group fitness formats offered at the Las Vegas Athletic Clubs.

Alecia Fife pictured at left has been an LVAC instructor for nine years. She teaches BODYPUMP, BODYATTACK, CXWORX, Kettle Bell, H.E.A.T. and Sandbag. She is an AFAA certified personal trainer and group fitness instructor who has taught elementary education for CCSD for 24 years. She loves to run marathons, and spend time with her family and friends. She says that her favorite thing about teaching at LVAC is “inspiring people to make lifestyle changes. That is what got me into fitness, so I feel like I am paying it forward and helping others.”

Leslie Peck has taught Belly Dancing at LVAC for over eight years. She has also performed in Las Vegas for 13 years, training regularly with Master Teacher Aradia, who performed at Celine Dion’s wedding. Leslie also loves making costumes for her students as well as professional dancers. Her favorite thing about teaching at LVAC is educating and teaching proper belly dancing technique and posture, which helps her students develop a strong core and achieve their weight loss goals. Leslie said, “I love inspiring people to move and stay in shape through the art of belly dancing. I’m proud to represent LVAC.”

Ingrid Radebe teaches Kick Box, BODYPUMP, Kettle Bell Power, Sandbag Express, MixedFit, H.E.A.T. An AFAA certified instructor, she has a bachelor’s degree in biokinesiology, and a master’s degree in physical therapy. She has taught group fitness classes at LVAC for 10 years, and loves dancing, movies and reading. Ingrid says, “LVAC is such a big, beautiful and well equipped gym. I love being able to teach in the superior group fitness rooms-they have such excellent sound systems.”



LVAC Member Erin Ray completed in the Last Vegas Triathlon and placed first overall female last October. Her total time was a swift 1:21:45.



FIT FACTS

How Does *your family* Compare to the Rest of America?

- Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2-18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.

- Only one in three children are physically active every day.

- Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, videogames, computer).

- Nearly one-third of high school students play video or computer games for three or more hours on an average school day.

- More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth.

- Projections estimate that by 2018, obesity will cost the U.S. 21% of our total healthcare costs - \$344 billion annually.

- Obesity is also a growing threat to national security – a surprising 27% of young Americans are too overweight to serve in our military. Approximately 15,000 potential recruits fail their physicals every year because they are unfit.





Susan G. Komen

FOR THE

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SATURDAY, MAY 7

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AND GET A **FREE TEAM T-SHIRT**



It's easy to register and join our team, just go to LVAC.com and click on the Komen link!
Once you have registered for the race, here's how you can pick up your free Team LVAC T-Shirt:

1. On the following dates and times the T-shirts will be available through our Member Services Department located in the lobby of each club. **YOU MUST SHOW A COPY OF YOUR RACE REGISTRATION** to receive your free T-shirt.

Tuesday	April 18: Green Valley	8 AM - 8 PM
Wednesday	April 19: Rainbow	Noon - 8 PM
Thursday	April 20: West Sahara	8 AM - 8 PM
Tuesday	April 25: Flamingo/215	Noon - 8 PM
Wednesday	April 26: North Decatur	8 AM - 8 PM
Thursday	April 27: Central	8 AM - 8 PM
Friday	April 28: Flamingo/Sandhill	8 AM - 8 PM

2. Shirts are also available at the LVAC Corporate Office, Beginning April 3 - May 5, on weekdays (Monday-Friday) from 8 AM to 6 PM. 2655 S. Maryland Parkway (back of building, second floor)
3. You can also pick up your T-shirt at the Race Expo/Package Pickup. Just find our LVAC table and show us your membership card.

8825 West Charleston in the Crossroads Commons Plaza
On the corner of Charleston and Fort Apache
Wednesday & Thursday, May 3-4, 3 PM to 7 PM
and Friday, May 5, from noon to 4 PM

4. You can pick up your T-Shirt the morning of the race, just look for our LVAC Sponsorship Table on Fremont Street and show us your LVAC membership card.

Remember, if you register online before Sunday, April 16, Komen will mail your race packet directly to your home address for a \$5 fee. If you register after April 16, you will need to attend the Race Expo to pick up your race packet.

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sun-dried tomato, spinach and cheese

STUFFED CHICKEN BREASTS

Ingredients

4 boneless chicken breasts
10 oz bag of baby spinach, chopped
½ cup crumbled feta cheese
½ cup shredded mozzarella cheese
½ cup sun dried tomatoes
1 clove garlic, finely chopped
salt and freshly ground pepper
1 tablespoon olive oil

Tip:

While you can use any variety of sundried tomatoes, we love the kind that are bottled and packed in oil. They are much more flavorful and tender. Just drain and rinse them in warm water before using.

Directions

Preheat the oven to 375 degrees.

With a sharp knife, carefully cut the chicken breasts in the middle creating a pocket for the stuffing. Do not cut all the way through the breast.

In a bowl combine the feta, mozzarella, garlic and spinach. Season with salt and freshly ground pepper and stir gently to combine. Lay several sun-dried tomatoes in the chicken breast pocket, and fill remaining cavity with the cheese mixture. Skewer the breast with toothpicks to hold the stuffing in place. Lightly season the outside of the chicken breast with salt and freshly ground pepper.

In an ovenproof skillet, heat the olive oil until it shimmers. Carefully lay the stuffed chicken breasts into the pan and sear them for two to three minutes, until they begin to brown and caramelize. Gently flip and sear on the remaining side.

Remove the pan from the heat and place it into the pre-heated oven. Cook in the oven for another 20 minutes, until the center of the chicken reaches 165 degrees on a meat thermometer.

When chicken is done, remove from the oven and let rest 10 minutes before serving.

3 TODAY

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JANISON



WEEKNIGHTS



member spotlight

JAIME WELLER-LAFAVOR



She did, telling everyone she knew that would listen that she was going to win. The training was tough, but she stuck with it and the day that she received the call that she had won, she said that she “was blown away”. Jaime was initially going to use her winnings for plastic surgery, but changed her mind and bought triathlon gear and equipment instead. Her winnings also paid the registration fee for her first triathlon in May 2012.

Her first race was a sprint distance race sponsored by Iron Girl at Lake Las Vegas. She was also training for her first Olympic distance race that fall. Then came the injury, a partially torn plantar fascia and she spent the remaining part of the year in a plaster cast. Determined not to fall back into old habits, she lifted weights and hula hooped, but for her, it just wasn't the same as training for an event. After her foot healed, she signed up for her first half distance triathlon in July 2013. Jaime shared, “Boy, was that race a challenge. I cried when I crossed the finish line, but I was determined to do even better the next year.”

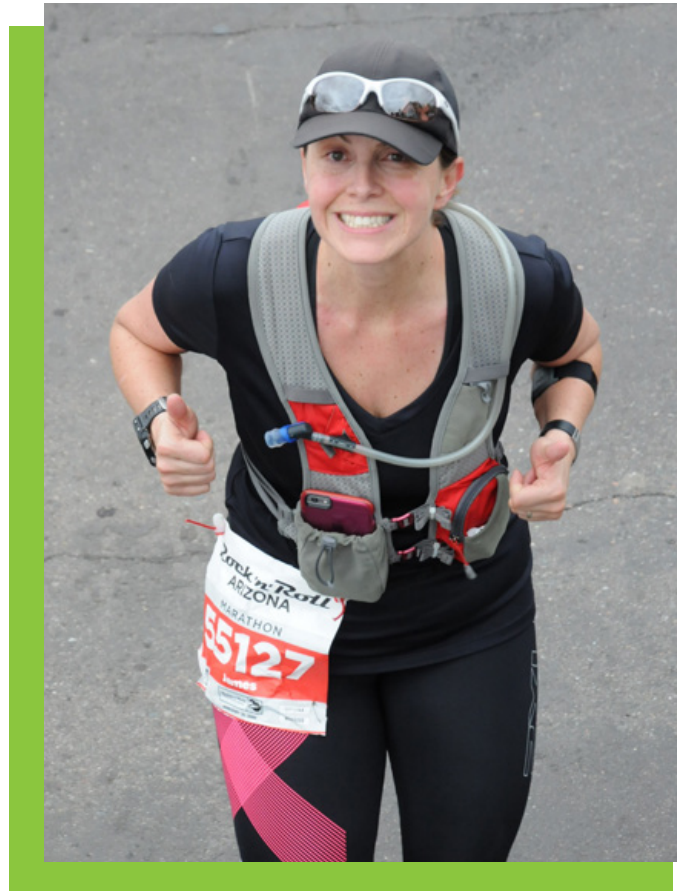
Battling through health issues, obesity and injuries, LVAC member Jaime Weller-Lafavor has conquered multiple challenges with determination and grace.

A native Las Vegas, she did not consider herself an active or fit child. After her parents' divorce when she was nine, she lived with her dad and developed a love of the outdoors from him. They skied, hiked, fished and camped and she played one year of high school volleyball, but did not participate in any other traditional sports.

After graduating from Cimarron Memorial high school in 1996, she headed for Northern Arizona University where she graduated Cum Laude with a dual Bachelor of Science in psychology and criminal justice. While in college, she experienced the ‘freshman 15’ weight gain from a bad diet and very little activity, which continued to drive up the scale. When she returned to Las Vegas, she began working at Child Protective Services and Child Haven, then Nevada State Youth and Family Services Division. She has spent her life advocating for children.

With the birth of her daughter Caitlyn, she reached her highest weight of 255 pounds. She remembers, “When I gave birth I was the largest I had ever been. I was depressed and felt awful. Then I was diagnosed with hypothyroid disease and was put on medication. That spring I was determined to lose weight with the hope that the medication would help me break the plateau I had reached at 190 pounds. I also joined Weight Watchers, and together with the new medication I was able to lose more weight. But I was not fit and I truly wanted to be healthy and fit for my daughter. That has been a large part of my motivation.”

For the next few years her weight continued to fluctuate, as she would become lazy with eating habits and exercise, making the mistake of thinking that if she was exercising she could eat whatever she wanted. She was encouraged to enter a 12-week ‘Muscle Transformation’ contest.



“I have learned, as in all things in life, if you think you can or you can’t, you are right. Our bodies are more capable than we realize, but we do need to treat them right!”

“During a beverage laden Super Bowl party, I signed up for the Tempe 70.3”, Jaime remembers. “That was when I retained LVAC personal trainer and group fitness instructor Nancy Dickinson as my coach. She helped me to make great improvements in my performance. She has been an amazing support, and along with the changes we made in my diet, I hit the podium for the first time in a sprint triathlon and then again at the end of the year for a 10k running event.”

Jaime said, “I became an LVAC member in 2014 and LVAC has served as a home base for my pool workouts, cycling classes, and indoor runs (the track is great). I use the cardio equipment as well, and try to fit in CXWORX classes when I can.”

Since that first competition in 2012, Jaime has continued to compete in over 35 races that have included triathlons, 70.3 distance triathlons, century rides and other cycling races, marathons and even mountain climbing. Jaime said, “My most memorable athletic achievements have been crossing the finish line in all my triathlons, especially the 70.3 distance, and all of my peak summits, especially Mt. Whitney. That was incredible.” In addition to all of her incredible athletic achievements, since the birth of her daughter, Jaime has lost a total of 120 pounds!

She is currently serving as the Director of Development overseeing Annual Giving along with Marketing and Communications. Jaime stated, “I truly believe that philanthropy can help Southern Nevada improve our schools, our health, and overall well-being.”

When she is not training for an event, Jaime loves to spend time hiking, backpacking, skiing and road and mountain biking. She loves being with her husband Marc and their daughter.

Throughout her journey, Jaime said, “I have learned, as in all things in life, if you think you can or you can’t, you are right. Our bodies are more capable than we realize, but we do need to treat them right!”



Jaime competing in the Ironman 70.3 Triathlon in Tempe in 2016



Jaime and her husband Mark preparing for their daughter Caitlyn's birth.

JAIME'S COMPETITION

stats

2012
Scale the Strat, Iron Girl Sprint Triathlon, Pumpkinman Olympic Triathlon

2013
Scale the Strat, Amica 19.7 Triathlon, Barb's Race-a Half-distance Triathlon, White Mountain Peak Summit, National Nurses Half Marathon

2014
Scale the Strat, Vegas Sunrise Sprint, Tour de Summerlin, Barb's Race-a Half-distance Triathlon, Saints to Sinners Bike Relay, Kokopelli and Pumpkinman Sprint triathlons

2015
Desert Crit Series-Utah, Scale the Strat, 6 Sprint Triathlons, North Las Vegas Century Ride, Goldilocks Century Ride, Las Vegas Ragnar, Las Vegas Turkey Trot 12K

2016
Scale the Strat, Battle Frog 8k- Las Vegas, Backpacked the Grand Canyon, Tour de Summerlin, Mt. Whitney Summit, Kokopelli Sprint Triathlon, Las Vegas Triathlon, Ironman 70.3 Tempe, Arizona, McDowell Mountain Frenzy Trail Run, Arizona, Los Coyotes Ragnar Trail-California, Half Marathon Hoover Dam and Resolution 10K

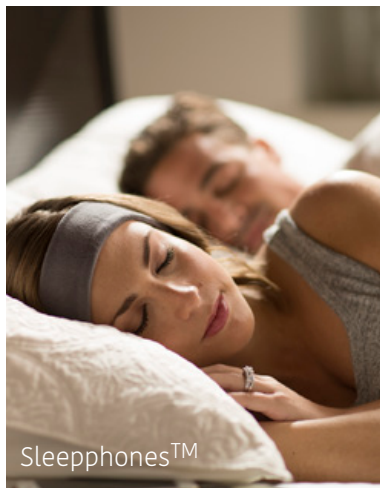
2017
Resolution 10K, Rock'n'Roll Marathon-Phoenix, Arizona

Wellness Technology

TRANSFORMING YOUR HEALTH



Oria™



Sleepphones™



PROOF

By Crystal Petrello

The Consumer Electronics Show (CES), is a global consumer electronics and consumer technology tradeshow that takes place every January in Las Vegas, where the latest in the technology from virtual reality to health and wellness is showcased. Ever since wearable technology for wellness came to market, health and wellness professionals have helped the public understand what the information provided by the new technologies means to them and their wellness goals. After all, the technology just gives you numbers on a screen unless you have personal goals to create lasting behavior change. The newest technology of sensors and analytic software are paving the way for automated behavior change and coaching in real-time. Adding the touch of a personal trainer or dietitian into the wellness equation will help you to utilize your wearable for maximum results. The following information is a small snippet of the exciting wellness technology that I found at this year's CES.

Wellness Genetic Testing

Nothing can be more specific than genetic testing for wellness. There are several testing options available on the market. Orig3n offered me the nutrition assessment called FUEL. Upon receiving my results, within the 4 weeks as promised, I was amazed at what my genetics say about how I experience food, liquids, and the effects they have on my body. For instance, I am a stellar caffeine metabolizer!

MyGenomeBox is the first high security cloud platform that stores your genome data and makes it available to you on-demand through related DNA apps. Basically, MyGenomeBox sequences your DNA and keeps it safe. Then you can use DNA-based apps that are related to your DNA information. This program offers a lot more than wellness application. Users can find people around the world that have similar genetic traits. This creates the ability to form communities that share your interests in health, and recommends suitable products for your DNA make-up.

If you want a more personalized touch, Genomics Personalized Health (GPH) specializes in connecting individuals with healthcare

professionals that provide genetic counseling for prevention and aging. Through their service, you can gain insights about correlations between your genetics and metabolism, disease and your general state of health.

Hydration

The Moikit and Ozmo can help you with your hydration goals. Both vessels sync with their own hydration app or other fitness tracking apps. The app that is designed for the Moikit and the Ozmo allows you to personalize your hydration goals. The Ozmo cup looks like a travel coffee mug, is BPA free, and has a 16-ounce fluid capacity. The 3 LED lights on the side of the cup display the progress towards your daily goals. If you are looking for a bottle instead of a cup, the Moikit is a stainless-steel bottle that has an interactive LED touch screen lid. The lid displays real-time water temperature and also displays your daily water consumption. The system will warn you if the water is dangerously hot or stale.

Real-Time Coaching

The smartest bands are now not just tracking, they are also coaching. Yes, the Actofit can actually tell you if your form for a biceps curl is not only correct, but optimal. The technology Actofit has created also logs your workouts; so no more beat-up journals next to your weight bench. It tracks workouts, heart rate (without a chest band), and lift form. There are other bands out there that can track, but this technology will revolutionize the way trainers will be able to help you achieve your goals by using this tracking and analyzing application.

If you want the coaching and encouragement, but don't want a standard type of wearable, check out these headphones. The KUAI FIT headphones provide adaptive live voice coaching with clinical validated technology, accurate sensors and algorithms. There are training plans available for download from top coaches and Olympic athletes. The headphones also give you instant voice feedback on heart rate, current speed, distance, and calories, all while listening to your own music playlist. Since they are water proof up to 3 meters deep, they are great in helping you meet any swimming goals.



Nimb Ring™

Wearable Technology- Rings

Not in love with the sporty look of your wearable? If you don't want to advertise that you have health and fitness goals or you would rather wear a nice piece of jewelry instead of a plastic wrapped microchip, tracking rings might end up being your thing. The Muse, NIMB and Motiv are all rings.



Muse Ring™

The NIMB is a smart ring with a panic button. For those of you that exercise outside, this ring will allow you to alert pre-set responders with your location and profile. Motiv won the CES 2017 Innovation award for wearable technology. This ring focuses on fitness tracking such as active minutes, heart rate, distance and steps, along with sleep tracking. The most comprehensive ring is the Muse. The Muse has all the aforementioned functions from security alerts to tracking of activity, steps, and sleep. It also works as a remote control for your devices with its Dynamic Swipe Technology. You will be able to control your music, apps, and calls with a swipe of the ring.

Sleep

We love sleep, but as a nation, we just don't get enough of it. In our 24-7 city of Las Vegas, shift working and a busy life sometimes take priority over sleep. The Oria and the SleepPhones are two technologies that strive to help you fall asleep faster, sleep longer, and have a better overall quality of sleep.

Oria uses patented sleep-enhancing fragrances and flavors. These fragrances have been clinically studied and shown to help you feel

more relaxed, fall asleep faster, along with sleeping better and longer. Two patented scents are used; one helps you relax and fall asleep while the other helps you stay in deep-phase sleep for better sleep quality.

Some people need white noise to sleep or to block out a snoring partner. SleepPhones are moisture wicking, soft and comfortable wireless headphones. They were specifically designed to help you sleep without having to use hard ear buds.

Alcohol

This is one area where we were able to see how amazing sensor technology has advanced! Vegas and an alcohol wearable? Yes, you heard me right. This bracelet is the perfect gift for the 21-year-old, or for that matter, anyone who lives in Vegas and drinks alcohol. The Proof wearable bracelet can detect through the skin on your wrist (via perspiration), your blood alcohol content, how long it will take you to bring the content down, and create alerts for when you hit pre-selected blood alcohol levels.



Crystal Petrello

MS, RDN, LD, ACE Certified Health Coach
Find Crystal on [Twitter](#) and [Instagram](#)
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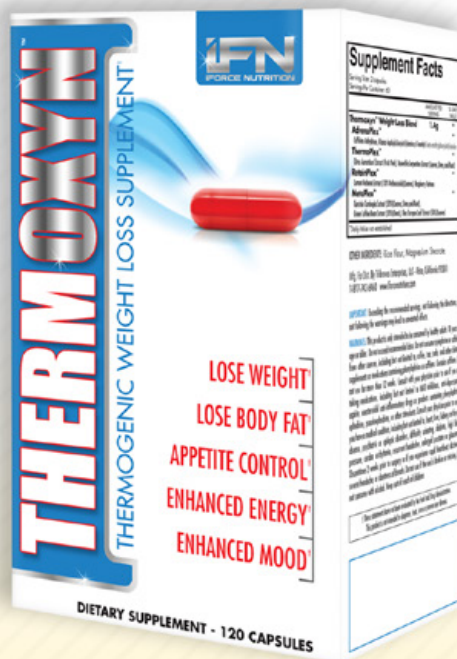
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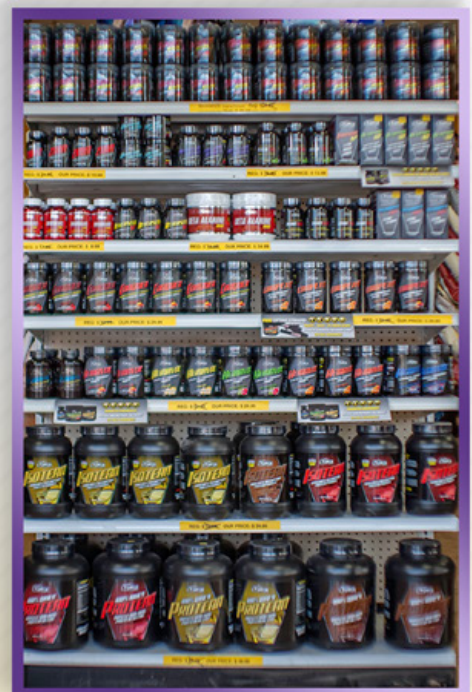
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- RECOVER DURING EXERCISE
- IN THE ZONE



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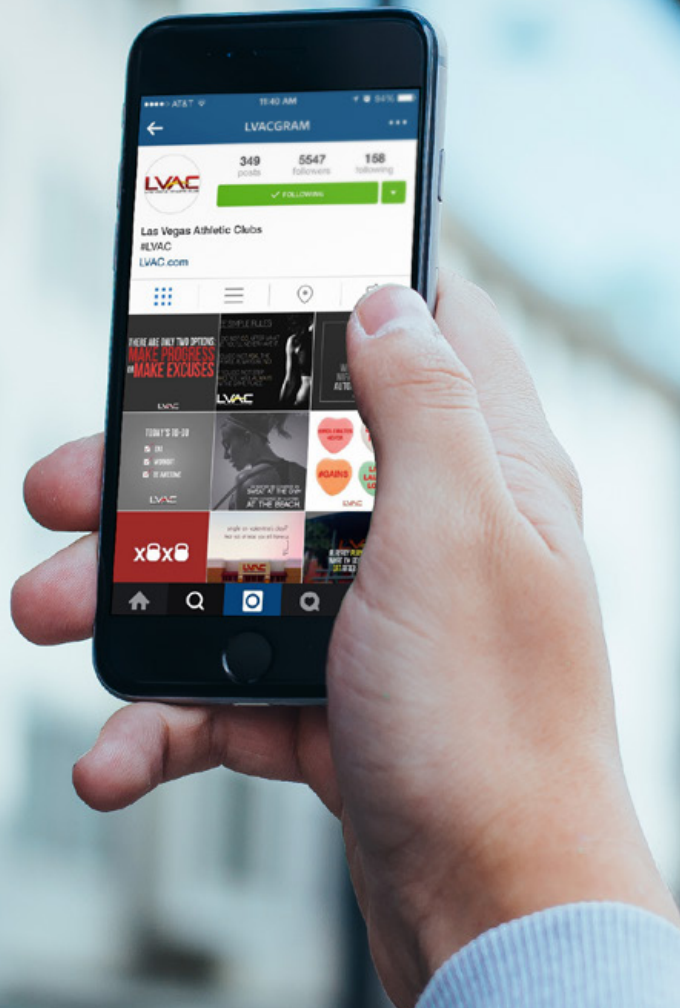
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KEEP UP WITH LVAC IN AND OUT OF THE GYM



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*... & More
Beautiful!*

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

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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

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LVAC30

ACCELERATED TRAINING

30 minutes to **MAXIMUM RESULTS**

By Bret FitzGerald

Photographer- Omar Martinez | Model- Katrine Baker

The benefits of exercise are undisputed. Better health and fitness, stress reduction and an improved appearance are but some of the many reasons participating in a regular exercise program is a worthwhile commitment. But, exercise requires an investment in time; and time, for some of us, is not always easy to find.

For this reason, we offer our members LVAC30 Accelerated Training.

This 30-minute workout is a fast and effective way to get the results you're looking for. It includes high intensity interval training (HIIT) and circuit training and is designed to work your muscles and joints, as well as improving your cardiovascular fitness.

First, some basics. Like any other workout, we recommend a warm-up of at least five minutes before starting. This can be achieved on any piece of cardio equipment, or on our indoor track.

Warm-up so that your heart rate reaches 50 to 65 percent of your maximum heart rate. Your maximum heart rate is calculated by subtracting your age from 220. If you're 30, then your maximum heart rate is 190 bpm.

Start your warm up at closer to 50% maximum heart rate and work your way up to the 60-65% range. A proper warm-up increases blood flow to your muscles and flexibility in your joints. Skipping the warm-up can increase your risk of injury and discomfort. Now that your heart rate is moderately elevated, it's time to start.

While any piece of cardio equipment will suffice, we recommend the Octane Elliptical 4700, Octane Lateral X or the Cybex Arc Trainer, which all provide an intense cardio workout with little to

no impact and are all suited for high intensity interval training. The idea here is to exercise intensely for 12 minutes. An easy way to get your metabolism churning is to go all out for 20 seconds (this is known as the WORK interval), then back off for 40 seconds during the recovery interval. When you feel ready, graduate to 30 seconds all out and 30 seconds recovery, then, eventually go 40 seconds all out with a 20 second recovery. Your heart rate should be between 80-95% of your max during the work interval and in the 40-50% range of max during the recovery interval. It may not sound tough, but it is an efficient way to improve your cardio fitness, because you can always increase your intensity.

Now it's time for the resistance training part of your workout. Move quickly to the Keiser Strength Circuit. You don't want your heart rate to drop too far below 100. It should take you no more than 90 seconds to start your first machine.

The Keiser Circuit features pneumatic technology. In other words: compressed air for resistance.

The Keiser Strength Circuit is great because you can easily move from machine to machine and change the resistance without interrupting the movement. A swift push of a button to increase or decrease resistance is all it takes. This allows you to maximize each set. With most other equipment, you have to stop your workout to change the resistance. Keiser even counts your repetitions and displays them right in front of you.

Another benefit of using the Keiser equipment is the negative resistance during the eccentric phase of a repetition. The eccentric phase of the movement is when the muscle lengthens and the goal is to resist the air pressure pushing down as the muscle lengthens. The negative phase of the movement should take equally as long as



Chest Press



Biceps



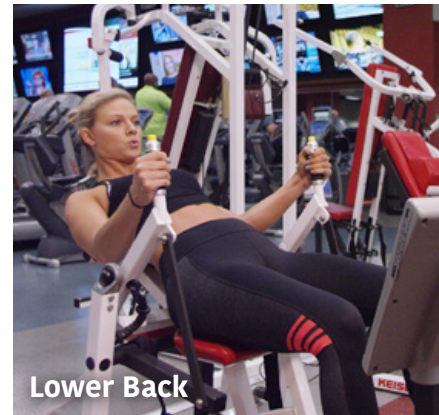
Seated Rows (Upper Back)



Shoulder press



Triceps



Lower Back

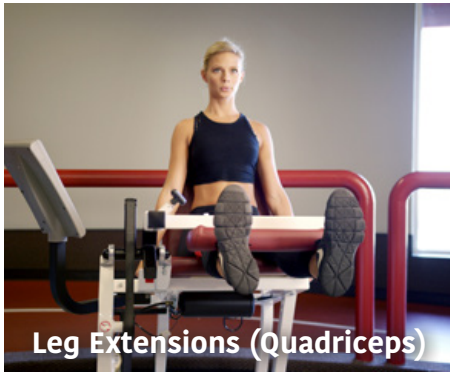
the positive or concentric phase of the repetition. By the way, like any other piece of resistance equipment, there are a few settings you must consider. These settings and adjustments include seat height, range of motion and pivot location. It might take four or five workouts to nail down your adjustments, but once you have them they probably won't change.

A completed set is between 12-15 reps, and should take 30 seconds. Once completed, move to the next available machine on the circuit, preferably not the same machine consecutively. The interval of rest between machines should be no more than 20 seconds. Don't forget- build up gradually.

According to the American College of Sports Medicine, true high intensity interval training should push you to between 80-95% of your maximum heart rate, but it may take a couple of months before you can safely achieve the highest intensity. Do all 10 machines in the circuit and you will work all of your major muscle groups. When you're ready, build up to twice around the circuit, which will take you about 16 1/2 minutes.

Now that your workout is finished, take three to five minutes to cool down with some walking and stretching. If you stretch all your joints after every workout, you will maintain a more than adequate amount of flexibility for everyday functional living.

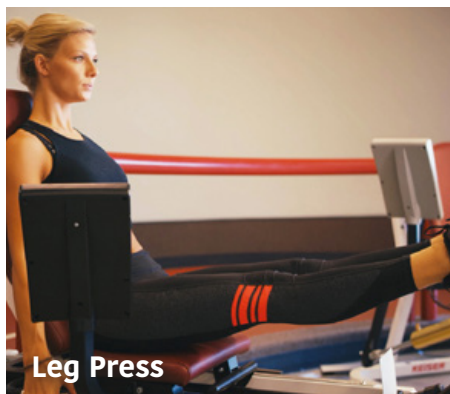
Finally, always check with your doctor before making significant changes to your workout program. For more information, ask any of our LVAC Coaches for assistance.



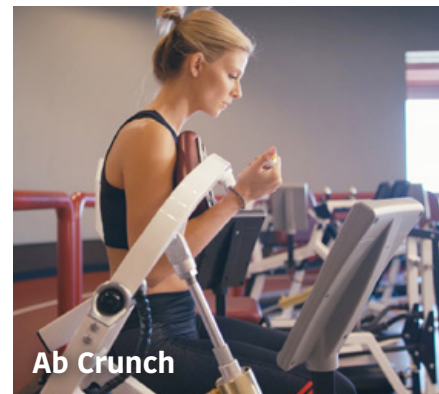
Leg Extensions (Quadriceps)



Leg Curls (Hamstrings)



Leg Press



Ab Crunch



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
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	500	Various
P.I.T. PURE INTENSITY TRAINING Looking for something to really challenge your workout? P.I.T Pure Intensity Training ~ P.I.T. will have your muscles burning from head to toe! Mixing old calisthenics with modern-day functional training, this will be a program you'll want to add to your existing exercise regimen! Currently at our Southwest Club location only.	60 Minutes	Total Body Workout	600	Body Weight, Weights

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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](#)



HIGH INTENSITY/CARDIO CLASSES CONTINUED

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

DANCE CLASSES

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

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



Class Descriptions

DANCE CLASSES CONTINUED

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
HIP HOP DANCE From R&B and House to Club, Hip Hop Dance utilizes upbeat music from a variety of genres. The results – an energetic class that not only teaches you Hip Hop movements and technique, but instills rhythm and precision in your muscle memory.	60 Minutes			
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			
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
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
ARMY RANGER BOOT CAMP 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.				
BODYPUMP™ BY LES MILLS Les Mills is the original barbell class. Designed for all ages and fitness levels, BODYPUMP delivers real results, real fast. This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music and easy to follow moves, BODYPUMP strengthens, tones, and defines the body.	60 Minutes	Strength Endurance	560	Barbell, Plates & Height adjustable Step
KETTLE BELL POWER These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.	70 Minutes	Total Body Workout	600	Kettlebells
SANDBAG XPRESS 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.	45 Minutes	Total Body Workout	500+	Sandbag



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	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>PIYO</p> <p>PIYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This is a fast moving class that delivers a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.</p>				
<p>PLYOGA</p> <p>This is a fitness system that uses fundamental & accelerated yoga postures with intense plyometric intervals allowing you to use your body as its major power source.</p>	60 Minutes	Mind/ Body	150	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



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Class Descriptions

AQUA CLASSES

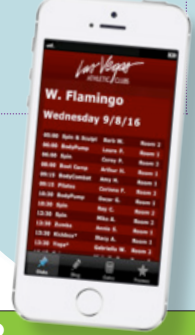
Aqua classes should not be mistaken as “easy”. Water is very suitable for all fitness levels, inexperienced or seasoned participant. Whether you are coming back from an injury or are looking for an environment that surrounds you with resistance, this is the perfect class for you. Classes meet in the 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	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
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		
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 (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.	BODYPUMP	
7:00						BODYSTEP	
8:00	HEALTHY BACK		TAI CHI*	HEALTHY BACK	TAI CHI*	BODYCOMBAT	BODY ATTACK
8:15							
9:00	MIXXEDFIT						
9:15			BODYCOMBAT	BODYPUMP	STEP 2		BODY PUMP
9:30		H.E.A.T.				STEP 3	
10:15					BODY PUMP		
10:30	KETTLEBELL POWER*		M.R.T.	ZUMBA		ZUMBA	MIXXEDFIT
11:30		ZUMBA	PILATES	H.E.A.T.		MIXXEDFIT	
PM							
12:00	MIXXEDFIT				MIXXEDFIT**		BODYPUMP
12:30		BODYPUMP	H.E.A.T.	MIXXEDFIT			
12:45						BODYPUMP	
1:00							
1:30		KETTLEBELL POWER*	KICKBOXING		KICKBOXING		ZUMBA
1:45							
2:00						BODYCOMBAT	
2:30							
3:30							
4:00							
4:30	ZUMBA	BODYPUMP	ZUMBA	BODYPUMP	BODYCOMBAT		
5:00							
5:30	BODYSTEP		MIXXEDFIT	8STRIKES*	H.E.A.T.		
6:00		MIXXEDFIT**					
6:30	BODYPUMP		BODYPUMP		BODYPUMP		
6:45							
7:00				KETTLEBELL POWER			
7:30		BODYCOMBAT		ZUMBA	MIXXEDFIT		
7:45			ZUMBA				
8:00	ZUMBA						
8:30		ZUMBA					
9:00							

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		BODYCOMBAT					
9:15				CYCLE		M.R.T.	
9:30	CYCLE		CYCLE		CYCLE		
10:15				BODYFLOW			YOGA VINYASA*
10:30	PILATES	PIYO			PILATES	BODYATTACK	
10:45			BODYFLOW				
11:30						YOGA BEG.*	
PM							
12:00	CYCLE - 45 min	RPM CYCLE		RPM CYCLE			
12:30			ZUMBA		YOGA VINYASA*		
1:00	YOGA BLEND	YOGA VINYASA*		YOGA VINYASA*			
1:30							
2:30							
3:15		BODYFLOW					
4:00							
4:15			YOGA VINYASA*				
4:30				BODYFLOW			
5:15							
5:30	BODYFLOW	CYCLE	CYCLE				
6:00				RPM CYCLE			
6:30	BODYCOMBAT	HOTHULAFIT	PILATES				
7:00							
7:30	CYCLE						

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

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

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 - 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	AQUAEROBICS	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							
6:30		RAPID LIQUID CARDIO		RAPID LIQUID CARDIO			

WEST SAHARA - ROOM 1 (364-5822)

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

WEST SAHARA - ROOM 2

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

WEST SAHARA - AQUA CLASSES

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



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

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Class Schedules

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.	BODYPUMP	
7:00	MIXXEDFIT					CxWORX	
7:30						H.E.A.T.	
8:00	BOOTCAMP	HIIT	HIIT		BOOTCAMP		
8:30							MIXXEDFIT
8:45		CxWORX					
9:00			BODYCOMBAT		BODYCOMBAT	ZUMBA	
9:30	ZUMBA	BODYATTACK		BODYATTACK			BODYPUMP
10:00			PIT		PIT	STEP 1	
10:30	PIT	H.E.A.T.		H.E.A.T.			
10:45							KICKBOX
11:30		BODYCOMBAT		BODYPUMP	PIT	KETTLEBELL POWER*	
11:45	BODYPUMP		KETTLEBELL POWER*				
PM							
12:30		BODYPUMP		ZUMBA			ZUMBA
1:00			ZUMBA		PILATES		
1:30	CxWORX					CxWORX	
1:45		8STRIKES*					
2:00	ZUMBA				ZUMBA	ZUMBA	
4:15	BODYPUMP			BODYPUMP			
4:30		BODYPUMP	BOOTCAMP				
5:30	H.E.A.T.		BODYPUMP		BODYPUMP		
6:00		MIXXEDFIT		BODYCOMBAT			
6:45			BODYCOMBAT		MIXXEDFIT		
7:00	ZUMBA	BODYPUMP		BODYPUMP			
7:45			ZUMBA				
8:00	MIXXEDFIT			MIXXEDFIT			
8:15		HIP HOP DANCE					
9:15		ZUMBA					

SOUTHWEST - ROOM 2

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

SOUTHWEST - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30					HYDROFIT		
9:00	AQUAFIT	AQUAEROBICS	RAPID LIQUID CARDIO	AQUAFIT		AQUAFIT	
9:30					AI CHI		
10:00		AQUAFIT		AQUA ZUMBA		AQUA ZUMBA	
PM							
6:00							
5:30	RAPID LIQUID CARDIO						
6:30		RAPID LIQUID CARDIO	RAPID LIQUID CARDIO				

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Class Schedules

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

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		BODYPUMP		BODYPUMP			
6:00	BODYPUMP	BODYCOMBAT	BODYPUMP	BODYATTACK	BODYPUMP		
8:00		STEP 2			PIYO	BODYATTACK	H.E.A.T.*
8:30				BODYCOMBAT			
9:00	CxWORX	BODYPUMP	MIXXEDFIT			KETTLEBELL PWR*	
9:15							CxWORX
9:30	BODYATTACK			BODYPUMP	ZUMBA		
9:45							KICKBOX
10:00		CxWORX	BODYPUMP				
10:30	BODYPUMP			H.E.A.T.*	M.R.T.	H.E.A.T.*	BODYPUMP
10:45							
11:30	BODYCOMBAT	M.R.T.	ZUMBA		BODYCOMBAT		ZUMBA
11:45							
PM							
12:00						BODYPUMP	
12:30	H.E.A.T.*			ZUMBA	BODYPUMP		BELLYDANCE*
1:00		ZUMBA*					
1:30					CxWORX		
2:00							BODYPUMP
2:15			BODYCOMBAT				
3:15							
4:00				KICKBOXING			
4:15	BODYPUMP		BODYPUMP				
4:45				BODYPUMP			
5:15							
5:30	MIXXEDFIT	BODYPUMP	BODYATTACK		BODYPUMP		
6:00				ZUMBA			
6:15		H.E.A.T.*					
6:30	BODYPUMP		KETTLEBELL*		BODYCOMBAT		
7:00				BODYPUMP			
7:30		MIXXEDFIT			ZUMBA		
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				YOGA GENTLE*			
8:30							
9:00					BODYFLOW	CxWORX	BODYFLOW
9:30	PILATES	BODYFLOW	BOOTY BLAST BAR	ZUMBA		PILATES	
10:30	PLYOGA	SANDBAG XPRESS	PLYOGA	CxWORX	SANDBAG XPRESS	PILOXING	PIYO
10:45							
11:15		YOGA BLEND		YOGA VINYASA*			
11:30						SANDBAG XPRESS	
PM							
12:00							YOGA VINYASA*
12:30	YOGA VINYASA*	PILATES	YOGA VINYASA*			ZUMBA	
4:15	YOGA VINYASA*		SANDBAG XPRESS				
4:30		BODYATTACK					
5:00			CxWORX				
5:15							
5:30		BOOTY BLAST BAR					
6:00			SANDBAG XPRESS	BODYCOMBAT			
6:15	SANDBAG XPRESS						
6:30		SANDBAG XPRESS					
7:00	BODYFLOW		YOGA BLEND*	SANDBAG XPRESS			
7:30		YOGA VINYASA*					

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		
5:30				CYCLE			
6:00		CYCLE	CYCLE				
7:30						CYCLE	
8:00				CYCLE	CYCLE		
8:30							CYCLE
9:00						CYCLE (45min)	
9:15	CYCLE				CYCLE		
9:30		CYCLE	CYCLE	CYCLE			RPM CYCLE
10:00						CYCLE	
10:30	CYCLE				CYCLE		
11:00		CYCLE					
12:30		CYCLE		CYCLE			

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Regeneration



Umbilical cord Stem cells are the only FDA approved stem cell product in the USA. They go through the FDA tissue bank screening process, have no HLA typing allowing anyone to be able to receive them, and they are zero year baby cells that can become not only any type of cell but immunomodulatory powerhouses themselves. Umbilical cord Stem cells are drawn to any degenerating, damaged, and inflamed cells and tissue. Umbilical cord stem cells have advantages over using your own older fat derived adult adipose stem cells. Umbilical cord stem cells have been used in treating over 100 different disease states including Osteoarthritis, Rheumatoid arthritis, dementia, Parkinson's, traumatic brain injury, Lupus, type 1 diabetes, and chronic pain among many other conditions. The Infusion of umbilical cord stem cells is an easy process of a 5-10 minute IV infusion right in the doctor's office. Dr. Michael Mall has been practicing here in Las Vegas since 1990. Call now to schedule a free consultation to see if you qualify for Regenerative Stem Cell therapy.

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MSM

Michael S. Mall, MD
MEDICAL CONCIERGE



Class Schedules



Visit **LVAC.com** or download the **LVAC App** on your mobile device for the most up-to-date info!

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

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

NORTHWEST RAINBOW - AQUA CLASSES

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

EAST FLAMINGO (898-5822)

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		BODYPUMP			BODYPUMP		
6:45		CxWORX					
8:00		YOGA VINYASA*		ZUMBA	BODY FLOW		
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	BODY FLOW			M.R.T.		BODY FLOW
11:00			CORE	BODY FLOW		M.R.T.	
11:30	ZUMBA		YOGA GENTLE*		PILATES		
PM							
12:00		TAI CHI		TAI CHI		STEP 1	
1:00	YOGA GENTLE*	ZUMBA					
4:00	BODYPUMP	M.R.T.					
4:15				H.E.A.T.			
4:30							
5:00	CORE	PILATES					
5:30	KICKBOXING		BODYFLOW	PILATES			
6:00		BODY PUMP					
6:30	CORE - 15 min		CORE	BODYPUMP			
6:45	BODYATTACK						
7:00			KICKBOX				
7:15		BELLYDANCE*					
7:30	ZUMBA						
8:00			MIXXEDFIT				

EAST FLAMINGO CLUB - AQUA CLASSES

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	RAPID LIQUID CARDIO	AQUAFIT	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO	RAPID LIQUID CARDIO		
9:00						RAPID LIQUID CARDIO	
10:00							
PM							
6:00		AQUAEROBICS					

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

NORTH DECATUR - ROOM 1 (647-5822)

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

NORTH DECATUR - ROOM 2

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00		CYCLE		CYCLE			
6:00	YOGA BEG.	CYCLE	CYCLE	CYCLE	CYCLE		
7:00							
7:30							
8:00							PLYOGA
8:15						PIYO	
8:45	CYCLE						
9:00			CYCLE	CYCLE			CYCLE
9:15		RPM CYCLE			CYCLE		
9:30						CYCLE	
10:00							
10:15	YOGA VINYASA*	PIYO	YOGA VINYASA*	YOGA GENTLE*	BODYFLOW		
10:30						BODYFLOW	
11:00							PILATES
11:30				SANDBAGXPRESS		SANDBAGXPRESS	
PM							
12:00	BODYCOMBAT				HOT HULA FITNESS		CYCLE
12:30						ZUMBA	
1:00							
3:00							
2:30	BOOTY BLAST BAR		BOOTY BLAST BAR				
4:00		BODYFLOW SANDBAGXPRESS		BODYFLOW			
5:00							
5:30	RPM CYCLE		BODYATTACK				
6:00		CYCLE		CYCLE	YOGA VINYASA*		
6:30			RPM CYCLE				
6:45	SANDBAGXPRESS						
7:00		SH'BAM		SH'BAM			
7:30	BELLY DANCING		YOGA VINYASA*				

NORTH DECATUR - AQUA CLASSES

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

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

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

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

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



Class Schedules

CENTRAL CLUB AT KAREN (734-5822)

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

CENTRAL CLUB AT KAREN - AQUA

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