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PG. 30

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**WILLIAM  
KARLSSON**

PG. 10

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LVAC MAGAZINE

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Dear Friends,

We would like to thank all of you who brought in a gift for the children during the "Fill the Fire Truck" toy drive to benefit the Southern Nevada Firefighters Burn Foundation. Also, a special thanks to all of our LVAC group fitness instructors and the Southern Nevada firefighters who participated in the classes offered in honor of the Burn Foundation at the North, Northwest and Southwest clubs on December 15th.

Last year was a transformative year for the LVAC board of directors, in that we lost our 85-year-old LVAC owner, Donahue Wildman, who passed away after several years of battling cancer. Don was a fitness industry and athletic icon, and a person who was so passionate about health and fitness that his enthusiasm was infectious. He "talked the talk" and most importantly "walked the walk," leading by example in pursuit of a life devoted to fun, health and living every day to its fullest.

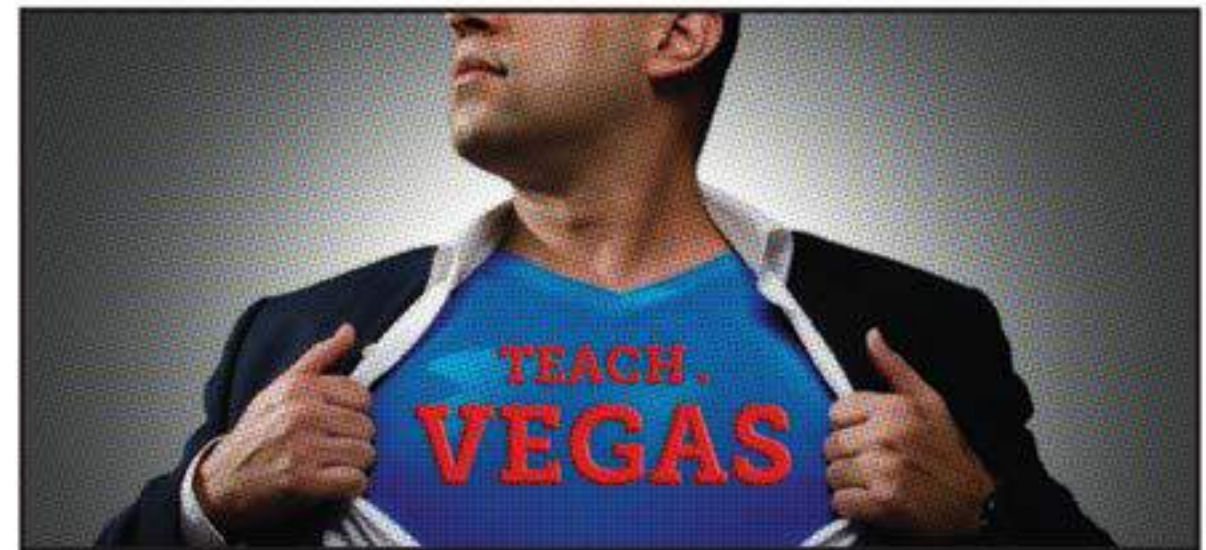
Don was a resident of Malibu, California, and many of his friends there affectionately referred to him as "The Wildman." If ever a name perfectly fit someone, Don Wildman would be that person. Don was a member of the Malibu Mob, which is an eclectic group of professional athletes, entertainers and entrepreneurs, who exercised and traveled the world together in pursuit of adventure. As its most senior mobster and possibly most athletic of the bunch, The Wildman was an inspiration to all, including big wave surfing legend Laird Hamilton, hockey great Chris Chelios, and tennis icon John McEnroe. Some of the other notable members of the Malibu Mob include: former Rage Against the Machine bass player, Tim Commerford, actors John C. McGinley and John Cusack, Kid Rock, and businessman Rande Gerber.

A great leader, Don Wildman dedicated much of his life to building the largest health club chain in the country, which eventually grew to more than 300 clubs coast-to-coast and more than 4 million members. Don joined LVAC as a principal owner and member of the board of directors in 1995, after retiring the year before with more than 30 years at the helm as the President and CEO of Bally's Total Fitness (formerly Health and Tennis Corp. of America "HTCA"). Don and his partners, including former LVAC Chairman/CEO Rudy Smith, and LVAC owners Jerry Kahn and George Jaconetti, sold HTCA in 1983. Don and my father, Rudy Smith, were not just business partners, they were best friends who, for decades, spent the holidays together. Like a second father to me, Don was also my first boss, and so I personally benefitted from his generosity and leadership, and most importantly his friendship and inspiration throughout my life.

To say The Wildman was an athletic icon can only be appreciated after recognizing some of his many athletic achievements along the way. Don loved triathlons and was a nine-time Hawaii Ironman Triathlon finisher, eventually winning his age division at the age of 60. He was also a two-time Race Across America competitor, and in 2010 at the age of 77 participated in the 3,000-mile race with team mates, Laird Hamilton and Tim Commerford. Continuing to compete into his 80s, Don was a ten-time participant in the Huntsman World Senior Games in St. George, Utah, in the road and mountain bike events. Most recently, at 81-years-old, The Wildman received gold medals and world records in his age division on the mountain bike, and the road bike for the hill climb and time trial events.

CONTINUED ON PG. 8

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Don Wildman was also a serial entrepreneur and innovator with a couple of his latest investments gaining global popularity, including the Golfboard, and Handout, a ski and snowboard glove company. The Golfboard is a revolutionary innovation in personal transportation. Half skateboard and half golf kart. Don and his partner Laird Hamilton pioneered the concept of "surfing the earth" from their shared interest in surfing and snowboarding. Handout Gloves incorporated Don's passion for snowboarding with a unique glove that has a zipper on the back to allow five-finger dexterity without removing the glove or mitten. Handout Gloves, with Don Wildman and his millennial partner Jake Sullivan, appeared a few years ago on a Christmas episode of Shark Tank, with one of the Sharks investing in the company.

The Wildman applied his passion for innovation to his personal fitness program, and was an early adopter of MyFitnessPal, which he started using around its inception 12-13 years ago when it was first introduced to the public. He would use it as an online journal of his exercise and dietary intake. He was very consistent, and his weight rarely fluctuated, as he believed in the motto, "If you don't measure it, you can't manage it."

Don was featured in many of my past letters. Early last year I wrote about his age-defying athleticism, when at the age of 84, Don went helicopter snowboarding in Chile and totally shredded the Andes mountains. Last August he set out to repeat this feat again, as the one and only heliboarding octogenarian in the world. I was there to again witness something that was even more unbelievable than the year before. Although cancer had spread to his brain and impacted the use of his left leg and arm, he was determined to have one more run. During the last month of his life, he took that last run, never accepting that cancer would overcome his enthusiasm and love of the sport and life. The only way The Wildman was able to perform at this level, even with cancer, is due to his sustained exercise and training for all those years and his ability to continue to push the limits of his physical fitness.

Don Wildman remarried in 2015 on the beach in front of his Malibu home with about 300 of his closest friends and family. The last three years of his life were a whirlwind, and he and his beautiful wife Nimisha, circled the globe from one snowboarding adventure to another. Japan, Switzerland, Russia, the Himalayas, and of course, Chile. These adventures were only possible due to his incredible level of fitness. There was one other place that Don spent most of his snowboarding time and that was at his second home in Utah's Wasatch Mountains. For most of the last 20 years of his life, Don was averaging more than 70 days a year of snowboarding, with many years more than 100 days. Even in his 80s, The Wildman was known for always being first on the lift to get first tracks on fresh powder.

Don was featured many years ago in an Esquire Magazine article (The World's Healthiest 75-Year-Old Man) for his amazing athleticism, and his legendary workouts and training routine. In that same magazine one of his best friend's Laird Hamilton was featured in an American Express advertisement, and when asked who his inspiration was, he wrote "The Wildman!"

We will miss our good friend, owner and athletic icon "The Wildman." Let's try to live life like a "Wildman" and live it to the fullest with a deep passion for health and fitness. We will miss you Donahue Wildman, and thank you for a lifetime of fun, memories and inspiration.

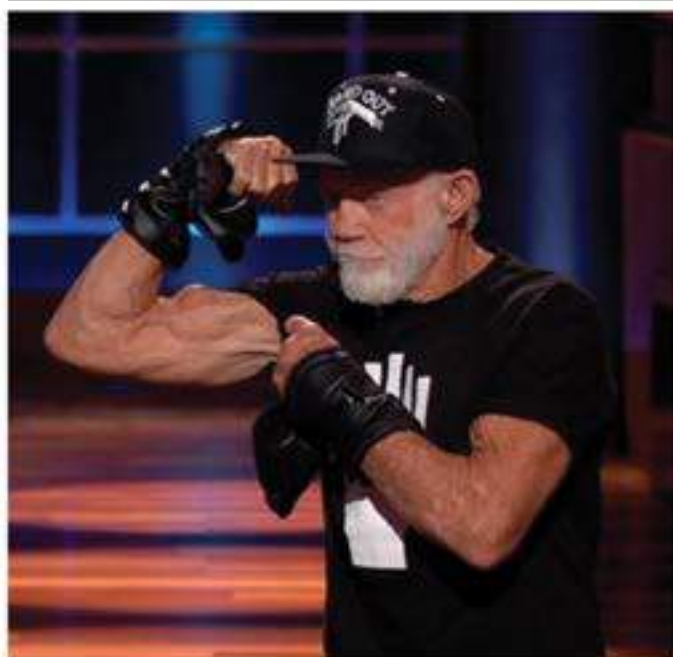
In memory of The Wildman,

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

Below: Don Wildman on Shark Tank.

Top right: Laird Hamilton and Don Wildman.

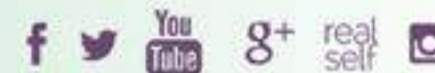
Below right: Don Wildman heli boarding in Zermatt, Switzerland.



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# WILLIAM KARLSSON

Recently, we sat down with LVAC spokesperson William Karlsson of the Vegas Golden Knights to delve into his new and exciting life in Sin City. It turns out, for Wild Bill, his biggest sin is an occasional chili cheese burger. Read on for some insight into our very own Swedish import.

**LVAC:** What's it like growing up in Sweden?

**William Karlsson:** It's different than growing up in Vegas, for sure. We have all the seasons. But, it's fun. I played hockey and soccer growing up. Hockey in the winter, soccer in the summer. I love the snow. I love to play in it.

**LVAC:** Your friends from Marsten (Stockholm)... What do they think of you living in Las Vegas?

**William Karlsson:** My friends they love the fact that I live here. They think about the Strip and all it has to offer. And, occasionally watch some hockey too. As with anyone else who is not from here, they think about all the gambling and the partying and all of that stuff. So, it's not much different from what everyone else is thinking.

**LVAC:** At what age did you realize that you wanted play hockey at the highest possible level?

**William Karlsson:** I realized that I wanted to play hockey very early. I was always pretty good at it. When I was a kid I used to say that when I grow up I'm going to play in the NHL. It's always kind of been my dream.

**LVAC:** Do you remember your first goal in the NHL?

**William Karlsson:** I remember my first goal very well. I was with Anaheim, we were playing Buffalo on the road and it was kind of a funny goal. I got a pass and I received it with my skate and I stepped on it. I had to back up a little...then I shot it and it went into the net. Pretty cool feeling. It was pretty overwhelming to score your first in the best league in the world.

**LVAC:** Let's talk about training. How often do you train off season?

**William Karlsson:** Well, first I take about three weeks off after the season. Then I just workout every day, Monday through Friday. I take the weekends off. That's kind of my schedule until I come back here to the States.

**LVAC:** What's your favorite part about training? What do you really enjoy?

**William Karlsson:** First of all, I have a great training group. The guys are

really fun. They make it fun to come to practice. Other than that, I don't know if I like anything particularly, but I just like the feeling afterwards when you know you had a good workout and you feel good about yourself.

**LVAC:** Who in your group is the ring leader?

**William Karlsson:** I don't think we have a leader. I think everyone is very determined and we just push each other to do better. In a group, we are very good.

**LVAC:** Congratulations on winning The Lady Byng Trophy. How much did that mean to you?

**William Karlsson:** Well, the Lady Byng meant a lot to me. It's a cool feeling going up on the stage to receive it. It kind of describes me as a hockey player. It's a receipt that you did something good.

**LVAC:** What's better, winning the World Championship, or making it to the NHL Finals?

**William Karlsson:** Well, I think it's just cooler to have made it to the Finals. But, it was a bitter end. We didn't win. It was cool to be there, but like I said we didn't win, so I would have to say the gold until we raise the cup.

**LVAC:** But, the world championship, was that an amazing feeling?

**William Karlsson:** Yes, it was pretty cool. It's always fun to represent your country and to bring it home. It made a lot of people back home happy. For sure a great feeling.

**LVAC:** If you never slept, what would you do with your spare time?

**William Karlsson:** If I never slept, I would probably play Fortnite. It's what I do all day. And work out, remember that.

**LVAC:** Who is your favorite teammate to just hang out with?

**William Karlsson:** Well the Swedes are always good to hang out with... obviously. My countrymen. Oscar Lindberg. Except from them, maybe Tuch (Alex Tuch). He's a good guy, fun to hang out with. Schmidt (Nate Schmidt), always happy. There's a lot of guys.

**LVAC:** Who is your favorite musical artist? Rattle off a few of your favorites.

**William Karlsson:** The 80's and the 70's too had a lot of good bands. Queen. Michael Jackson. There are so many good songs from that age. Back in the days.

**LVAC:** What about U2?

**William Karlsson:** U2 has some great songs too. What else? I like Bon Jovi too actually. There's a lot of good musicians today too.

**LVAC:** Who do you like today?

**William Karlsson:** I don't have a favorite, but I was sad when Avicii died. He made some good dance music.

**LVAC:** Have you ever be to Ibiza?

**William Karlsson:** I have not been to Ibiza. It's probably a good thing that I haven't been there yet. We'll see what happens, maybe in the future.

**LVAC:** Wild Bill in Las Vegas. What kind of mischief do you plan to get into here in Las Vegas?

**William Karlsson:** I don't know, I'm not too crazy. I mean we gotta remember that I got the name Wild Bill because I was so shy in the beginning when I first came over to North America. I don't know.

**LVAC:** Well that's good.

**William Karlsson:** Yea, I'm such a good guy.

**LVAC:** We all know about Swedish meatballs, but who in Las Vegas makes the best Sockerkaka (Swedish sponge cake)?

**William Karlsson:** Sockerkaka! That's a good question. I don't think I've had Sockerkaka in Las Vegas, so I can't really tell you that. But, I'd be more than happy to try some here.

**LVAC:** How many times did you practice "the goal"?

**"EVERYONE IS VERY DETERMINED AND WE JUST PUSH EACH OTHER TO DO BETTER."**

**William Karlsson:** I remember I did it when I was a kid. I both failed and I succeeded. I don't know what I was thinking. It was a perfect angle, perfect time to do it, the confidence was off the roof, so let's do it and it worked. I'm glad it worked because it was an important goal.

**LVAC:** How do you think your career has changed after that?

**William Karlsson:** For sure. I got a lot more attention after that. It was a good goal and the fans loved it.

**LVAC:** What is your favorite thing to eat that you know you probably shouldn't be eating?

**William Karlsson:** Yes. I like Fat Burger actually, because they have that chili thing that you can put on that I love.

**LVAC:** Who is your favorite Swedish athlete?

**William Karlsson:** In hockey, it's Peter Forsberg. In soccer, it's Zlatan Ibrahimović of the LA Galaxy.



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# JESSIE FIELDS



**LVAC:** What was your mindset “before” making a huge transformation?

**Jessie:** Before starting this journey, I had no idea of the importance and impact of what a healthy diet should consist of, or how extremely unhealthy I was living at that moment in time. Being a roughneck on an oil drilling rig in North Dakota I just thought I needed to work hard and eat when I could. Work production came before any thoughts of dieting or working out. I thought food was food and I should eat when I'm hungry and eat until I was full. I despised drinking plain water and easily went 3-4 years not directly drinking water. Honestly, I was a glutton. I smoked 3 packs of cigarettes a day and drank more than a 12 pack of soda every day. I just had it in my mind that I was born a big guy, and this is just the way I am and the way I will be forever. I'm just big-boned so I could never be fit.

**LVAC:** Now, what is your mindset?

**Jessie:** Now, my mindset is focused on sharing the journey and connecting with all walks of life. I want to help motivate and inspire others who may be thinking the same way I used to think. The biggest thing I learned in this journey is that anyone can go to the gym. Anyone can do cardio. Anyone can lift weights. Anyone can start a diet. That's why I chose my slogan, "Motivation from The Start".

**LVAC:** What was the low point that led to transformation?

**Jessie:** My low point was seeing a picture of myself from a New Year's Eve gathering in 2013. I was up to 310lbs. and I remember seeing myself and thinking, "Wow, this is too much. This is not the person I want to be". I was disgusted with myself. Plus, I couldn't actively participate in physical activities for more than 10 minutes because I would be winded, dizzy and light headed. I realized I had to do something and fast.

**LVAC:** Who inspired you to make the move to fitness?

**Jessie:** There were two people that were my main inspiration when moving into the fitness lifestyle, Ray Lewis (middle linebacker of the Baltimore Ravens) and Greg Pitt (fitness model and trainer). Ray Lewis was my idol way before starting my fitness journey. His motivation and compelling final season with the team on their run to the Super Bowl fueled my fire. I listened to Ray's motivational talks daily in the first months of my fitness beginning. Then, there was trainer Greg Pitt. He was a bottle rocket of motivation directly related to crushing fitness goals. His maxim, "Make No Excuses" and "Never Give Up". His motivational videos and inspiration as an athlete lit a fire in me.

**LVAC:** How did you handle your eating strategy?

**Jessie:** The only food issues I had in my early stages were definitely the withdrawals. In the first 7-14 days I eliminated dairy, sugar and bad fats completely cold turkey. During those days I had hot and cold flashes, body aches, extreme cravings, headaches and constant drops of energy. It was extremely tough to maintain my training and commitment to the diet at that time. Making it through those first two weeks was pivotal in the overall direction of my weight loss.

**LVAC:** How would you compare yourself from worst to right now?

**Jessie:** I began my fitness journey on February 13th, 2013. I've spent over five years shaping and molding my physique to see just how much I could achieve if I pushed my hardest towards my potential. Worst weight was 315lbs and I dropped to my lowest of 196lbs. I achieved over 100 lbs. of weight loss in the first 3 months, then I developed another 30 lbs. of muscle over the 3 years following.



**“BY GETTING STARTED, STAYING CONSISTENT, AND NEVER QUITTING, YOU CAN CHANGE YOUR LIFE TOO.”**

By Personal Trainer  
**DUSTIN RICHTER**



# PAUL RICH

“When I first met Paul Rich, he weighed 355 pounds. He suffered from type 2 diabetes, high blood pressure, and a laundry list of joint aches, pains, and necessary surgeries due to the excess weight he had been carrying around for years.

Within 14 weeks of us working together he dropped 55 pounds, putting his weight loss 20 pounds ahead of his doctors anticipated schedule. Along with his weight loss, his other symptoms of metabolic syndrome began to diminish.

Paul is a hard worker, both with me and on his own. He understands what it takes to make a complete lifestyle transformation. Raising four kids and running his own real estate office doesn't afford him much free time, so after everyone else is asleep, it isn't out of the ordinary for him to be out walking to get his full dose of daily activity. As a result, he is now down a whopping 125 pounds. In addition, his waist size is 20 inches smaller and he is off of his meds.

Paul's metamorphosis is an example that anyone can succeed if they make up their mind to do so. By getting started, staying consistent and never quitting, you can change your life too.”





# The athena salad

This tasty, *super healthy* salad combines fresh Roma tomatoes, with cucumber, fresh basil, red onion, avocado and feta cheese for a simple, fast and refreshing side dish that has *Mediterranean* diet written all over it.

#### Ingredients

- 6 roma (plum) tomatoes, diced
- 1 small cucumber - peeled, quartered lengthwise, and chopped
- 1/2 red onions, chopped
- 1/4 cup fresh basil leaves, cut into thin strips
- 1 medium avocado (chopped)
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon red wine vinegar
- 1 teaspoon lemon juice
- 3 tablespoons crumbled feta cheese
- salt and garlic pepper to taste

#### Directions

1. In a large bowl, toss together the tomatoes, cucumber, red onions, avocado, basil, olive oil, balsamic and red wine vinegar, lemon juice and feta cheese. Season with salt and garlic pepper.
2. Serves two people.

KEEP UP WITH LVAC  
IN AND OUT OF THE GYM



@LVACGRAM

# club life



Above: Group fitness instructors and members gathered together for LVAC's first ever backpack drive. Over 250 backpacks filled with school supplies for kids in need were donated.



Above: DANCEFIT instructors (from left) Amelia, Anyika, Joyce, and Toshie at the Lung Association Walk.



Dancefit instructors Sean Williams and Danielle Kalkas.



LVAC President Chad Smith (right) and his family with Vegas Golden Knights star William Karlsson.



Christina Goh, Trainer Claudia Aquino, and Cameisha Johnson.



LVAC employees Paulo and Patty after finishing Bike MS.



Araceli Pimentel, Lacey Rifle, Trainer Claudia Aquino, Cameisha Johnson, Gina Villani, Sherri Owens

BE SOMEBODY **NOBODY** THOUGHT YOU **COULD BE**



Eric Bean, Jr., a dancer with The Lion King National Tour. Dancers from the acclaimed Broadway musical *The Lion King* joined together with LVAC to host group fitness classes based on dances from the musical.



LVAC Personal Trainer Alicia Fife completed the New York Marathon in 2018. Go Alicia!



Team LVAC before beginning Bike MS in October, 2018. Bike MS is the largest fundraising bike series in the world. Each year, nearly 75,000 cyclists and more than 6,000 teams ride together to change the world for people with MS.

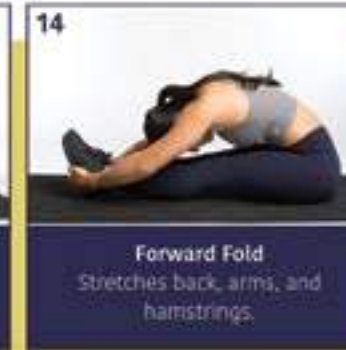


# 30 day stretch challenge

Featured Athlete: Crysta Imahara

The new year is a great time to try new things. One of the most neglected, yet important, aspects of fitness is improving your flexibility. A well-stretched muscle more easily achieves its full range of motion. This improves athletic performance and functional abilities, such as reaching or bending during daily tasks. Stretching can also be a great way to start your day, or a way to relax after a long day.

To help you get started and keep up this important component of your fitness program we offer you our 30-Day Stretch Challenge. Start anytime and do each stretch to your satisfaction over the next 30 days. Post your progress on our social media channels. Also, as with any new exercise regimen, check with your healthcare provider to make sure it's okay. Use #LVAC30DayStretchChallenge to keep us updated!





LVAC's annual "Fill the Fire Truck" Gift Drive rocked the house once again in 2018. More than 500 LVAC members showed up to three clubs to donate 400 gifts to children in need. Not only did they "Fill the Fire Truck", they filled the whole room with donations! The toys raised from this gift drive benefit the Southern Nevada Burn Foundation, a non-profit that consists of active fire department personnel providing support to victims of fires & catastrophic events. The Burn Foundation collects toys for the disadvantaged children throughout the valley.



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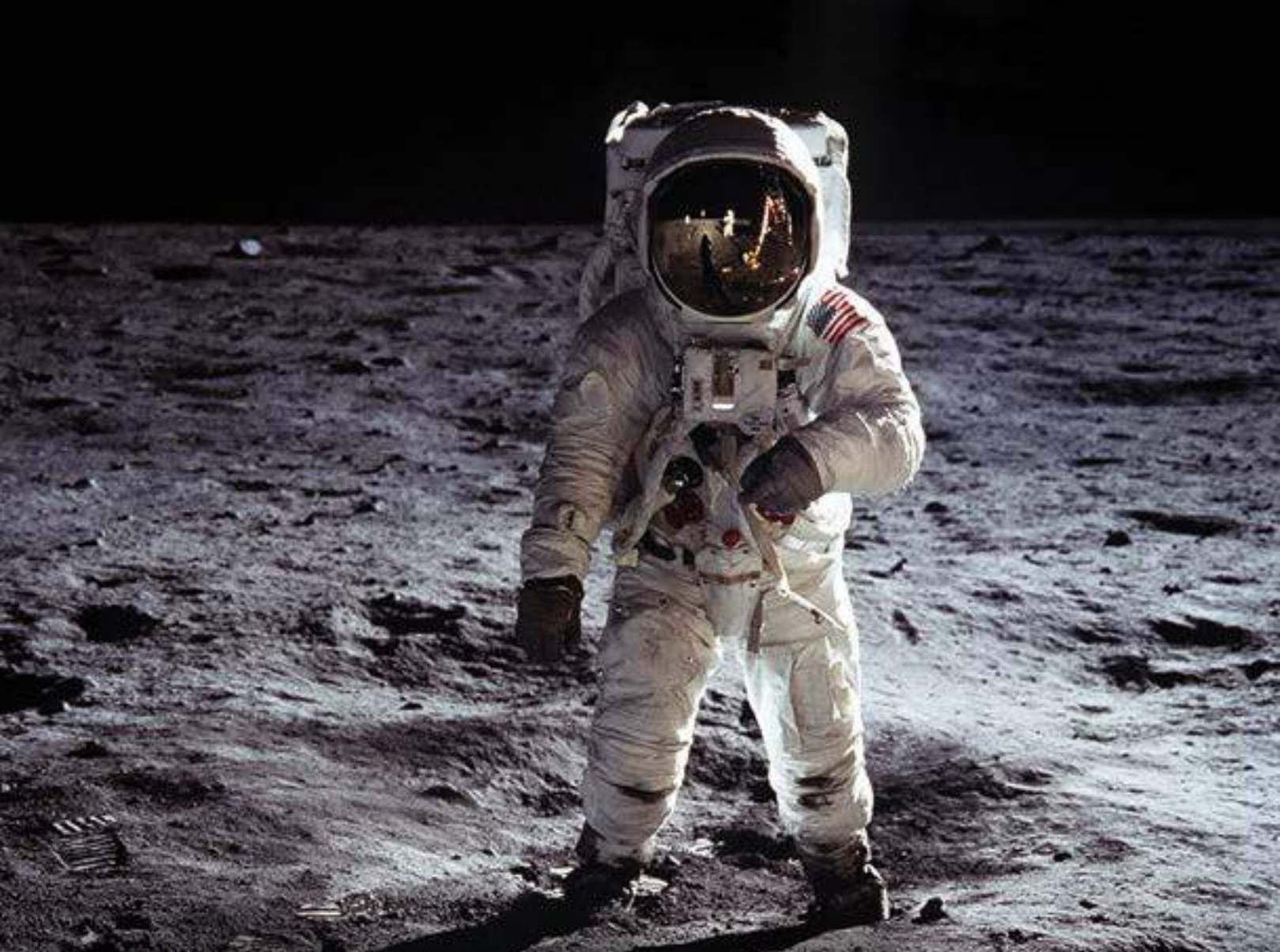
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# A MANIFESTO FOR MOVEMENT

By Dustin Richter

“I believe every human has a finite number of heartbeats. I don't intend to waste any of mine running around doing exercises.” If I were to tell you that this gem of wisdom came from the greatest astronaut of all time, and because of this - a person thought to possess the utmost intelligence - would you be a little surprised? Well, sorry to blow the lid off of the idea that space explorers are all geniuses, because this misguided statement came from none other than the moon walking legend himself, Neil Armstrong. I guess no one ever said that, “To be an astronaut means you have to be the smartest person in the room.”

So, what's with the astronaut bashing? Nothing in particular. I'm simply trying to illustrate the counterpoint to an extremely serious and dear to my heart belief (quite literally); exercise is essential to life itself. Yes, exercise, movement, play, getting off your butt; however you may refer to it, physical activity is an absolute necessity for survival to all human beings. And it has been since even before we evolved into our current form as homo sapiens.

Getting our hearts pounding, muscles burning, and blood vigorously pumping isn't simply a matter of giving ourselves more years on Earth to suffer through in old age, but a means of gifting us with the best quality of life possible. “If you don't use it, you'll lose it,” is an oft heard cliché. But it's true. Movement and activity in our youth is vital to staying as vibrant as possible.

Idleness is a seductive temptress but resist we must. Whether or not win Mr./Mrs. Olympia, movement still produces undeniable health benefits that lead to an estimated extra decade of life, regardless of a person's size. Ten extra years of memories and events with family and friends is a nice reward.

Need more convincing that the path of “more resistance” is the best one? Keep reading. When you stress your body through vigorous activity, several hormones and neurotransmitters are produced, including endorphins, dopamine, norepinephrine, and anandamide just to name a few. When

CONTINUED ON PG. 28



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these substances course through your circulatory system and reach their individual receptors, it leaves you with a feeling of happiness, well-being, and energy. No wonder exercise is often part of the treatment protocol for those suffering with depression.

Too little movement combined with too many high-calorie/low-nutrition foods have also messed with our DNA. As a result, many ailments of modern man such as heart disease, diabetes, cancer, Alzheimer's, stroke, depression and arthritis plague us when we should be free enjoying life, not lying in a hospital bed. This could be why the ancestral health movement and terms like fasting, Keto, Paleo, organic, natural and walking desks are becoming more and more popular. Not to mention Spartan races and triathlons are at full capacity all over the world.

Even more near and dear to my heart as an impetus to exercise is simply that we, as able-bodied individuals, should move just because we can. We can and must use our bodies as they were intended for because there are many people in this world who can't.

The child with cerebral palsy who can't even move their own wheel chair and rely on their parents to see beyond their bedroom. The teen stricken with leukemia who is bound to their bed for months at a time. Or the combat veteran returning from active duty as a paraplegic. Given the chance I doubt they would say they are too tired or busy to take a run. I believe dearly, with all my soul, that it's an absolute travesty that so many give in to sloth when there are just as many who aren't even given a choice.

I'll leave you with a quote and philosophy from another well-known man of our time, Sir Richard Branson. Branson has always linked movement with success and happiness. He says, "I seriously doubt that I would have been as successful in my career and happy in my personal life if I hadn't always placed importance on my health and fitness... Make time for yourself. Exercise does not deplete my energy. Instead, it gives me energy and makes me feel like a young kid again."

Maybe Sir Richard will never walk on the moon like Neil Armstrong did, but I wouldn't count him out either.

Richard Branson, founder of Virgin.



**"WE CAN AND MUST USE OUR BODIES AS THEY WERE INTENDED FOR BECAUSE THERE ARE MANY PEOPLE IN THIS WORLD WHO CAN'T."**

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# NEW FOOD. NEW YOU.

By Anita Abdul-Karim

It's a new year and many of us are looking to get into new health adventures and redefine ourselves in 2019. We may try a diet plan or two that lasts a few days, weeks or maybe even a couple months- how about investing in defining health for yourself that will last the whole year and beyond. In this article we will discuss the core basics of nutrition and tips on how to implement these nutrition essentials into your life. I hope the information below boosts your knowledge, motivation and success in living your best life.

Beverages can contain many hidden calories, based on the chart below. If one person consumes 796 calories in beverages a day (based on the chart above) then the average person will gain 1.5 pounds a week. That is 78 pounds in one year. Many people may not consume 796 calories a day from beverages but calories can sneak their way in and cause weight gain over time. Here are some tips that will keep the joy of sipping and dodge the calories:

**1. Just drink water.** If you don't enjoy the purity of simple water then adding fruits to flavor your water can bring ease to the sipping. You can start by chopping up cucumbers and mint, throwing them into a pitcher of water and sipping as you go. Try adding raspberries, strawberries or blackberries to your water bottles. You can even squeeze an orange into your water to rev up the flavor. Powdered water enhancers are also not a bad idea.

**2. Milk... Milk?** Try low-fat, non-fat or dairy free milk instead of creamer or whole milk in your coffee or tea. Almond milk, coconut milk and other milk alternatives have gained popularity as coffee enhancers over the years and are a trend that is here to stay. Almond milk contains 40 calories per 8 ounces vs. the 150 calories coming from whole cows milk, 110 calories from 1% and 80 calories from skim milk. Let's embrace the trend!

**3. We want the bubbly!** Carbonated beverages are just simply satisfying and we all know it. There is nothing like a tingly refresher before, during and after a burger and fries. It would be heart breaking to take that away which is why carbonated flavored waters are a perfect substitution. There are a number of brands on the market that have tasty flavored waters that get the job of refreshing, done. Try one or a few brands until you find the right one. If you are at a soda machine with low/no calorie soda alternatives then choose carbonated water with a few squeezes of lemon.

**4. Juice is sugar too.** 100% Juices contain calories- 8 ounces of 100% juice is around 128 calories. Although 100% juice does contain vitamins and minerals we want to limit our consumption to one cup a day. And yes, that includes fresh juice made at home. If volume is your thing, try mixing 1/2 of the juice you would normally drink with water and add ice. Also, if you're into making juices at home, switch to smoothies. Smoothies typically contain fiber from fruits and vegetables which increases satiety.

**5. Artificial- why not?** If you are not allergic or pregnant then go ahead and enjoy artificial sweeteners, especially if you are having a hard time incorporating some of the recommendations above. More information on "non-nutritive" sweeteners can be found on the USDA website.

Nutrition is not "all or nothing" which means is just all, so just eat it all. Incorporating balanced meals into your daily life will reduce the stress associated with following a strict diet and labeling each day as a "good" or "bad" day. Balanced meals are composed of fruits, vegetables, whole grain, healthy fats and proteins. All these components are important but vegetables are typically the most overlooked. Vegetables contain high amounts of fiber and low amounts of calories. They also contain key vitamins and minerals. Our bodies have to work to break down vegetables which means when we consume them, we stay more full for a longer period of time. Here are some tips to help shape up your meals with more veggies:

**1. Add veggies to breakfast.** This may seem absurd to some but we eat omelets all the time, right? For those of you who love omelets, keep doing what your doing, you can even add an additional 1/2 of spinach and/or mushrooms. Slicing cucumbers, zucchinis, or carrots next to your egg sandwich will add a refreshing touch to breakfast. Also, cooking kale into your oatmeal enhances the texture without taking over the flavor. Its never a bad idea to try everything once.

**2. Vegetables- ready.. set.. go!** Have vegetables stocked, washed, packed and ready to go. You can pair already prepped veggies with any entrée, sandwich, burger or burrito. Broccoli, cauliflower, bell peppers, and snapped peas are great staples to have washed and ready whether you want to through them over a bed of spinach and arugula for a salad or munch on during your break.

**3. Sauces, spices, herbs and dips.** Yes, all of those suggestions will make you not want to stop eating vegetables. Choose plant based or lower fat dips like hummus, black bean dip and Greek yogurt. Whip up your own dressing with garlic, lemon, salt and a splash of olive oil. Bake Brussel sprouts with fresh rosemary. Sautee green beans with ginger. Simply sprinkle hot sauce- hot sauce will pretty much make anything taste good.

**4. Aim for 1/2 of the volume** of your meal consisting of vegetables two times a day.

Type of Beverage	Calories in 12 oz.
Fruit Punch	192
100% Apple Juice	192
Lemonade	168
Regular Lemon-Lime Soda	148
Regular Cola	136
Sweetened Lemon Iced Tea (Bottled)	135
Tonic Water	124
Regular Ginger Ale	124
Sports Drink	99
Fitness Water	18
Unsweetened Iced Tea	2
Diet Soda (With Aspartame)	0*
Carbonated Water (unsweetened)	0
Water	0

\*Some diet soft drinks can contain a small number of calories that are not listed on the nutrition facts label. (USDA National Nutrient Database for Standard Reference)



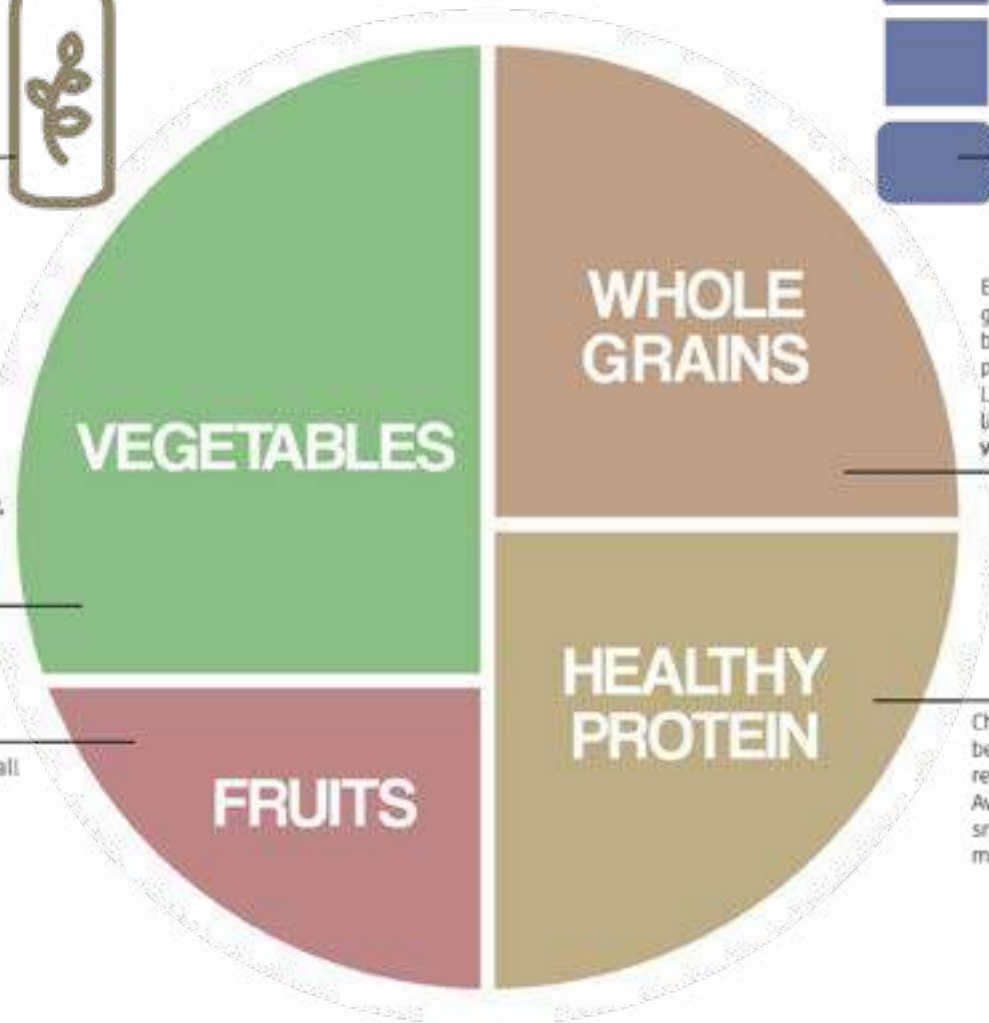
## HEALTHY EATING PLATE

Use healthy oils (like olive or canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies and the greater the variety, the better. Remember, potatoes and french fries don't count.

Eat plenty of fruits of all colors every day.



Drink water, tea, or coffee (with little or no sugar). Limit milk and dairy to 1-2 servings per day and juice to one small glass per day. Avoid sugary drinks.



Eat a variety of whole grains like whole-grain bread, whole-grain pasta, and brown rice. Limit refined grains like white rice and white bread.

Choose fish, poultry, beans, and nuts. Limit red meat and cheese. Avoid bacon, cold cuts, and other processed meats.

Fats and proteins are essential for a balanced diet. They keep the cells in our body alive, get our muscles to grow and keep us full for a long period of time. Although protein and fats are essential and delicious, the average American may consume more than needed. Let's talk numbers:

Protein recommendations for the average woman is 46 grams a day, and 56 grams for men. Three ounces of meat contains 21g of protein, which is similar in size to a deck of cards. An average of 44 grams of fat is recommended per day. Two tablespoons of peanut or almond butter contains 16g of fat and 7g of protein, similar in size to a golf ball. One tablespoon of olive oil is 14g of fat which is similar in size to a single die.

These portion sizes may surprise some of us because our typical portions do not resemble what the average recommendations are. Calories from proteins and fats can also be hidden in food preparation methods like pan frying or used to add additional flavor like adding lard to pasta and beans. Although some of these numbers and facts may be surprising,

there are great ways to consume the fats and proteins we love with ease. Let's talk tips:

**1. Plant fats.** Switch animal fats for plant fats. Olive oil, avocados, and nuts are great sources of plant fats that will keep your heart healthy. Use avocados as a spread or topping on sandwiches, substituting for mayonnaise and cheese. Try nut 'cheese' spreads on toast, crackers and vegetables- there are always new flavors and brands wanting you to have the perfect spread. Try plant butter alternatives like Smart Balance or Earth Balance, the flavor is just as buttery and delicious.

**2. Plant proteins.** Many grains and vegetables contain protein. Pair rice and beans or peanut butter and 100% whole grain toast. Quinoa, nuts and tofu are also excellent protein sources. Try tofu curry at your next Thai food outing or add quinoa to your chili recipe.

**3. Do you 'seafood'?** Fish is a great source of protein that contains omega 3 fatty acids, a nutrient our body does not produce naturally but needs in order to keep our brain healthy. Aim for salmon, albacore or any delicious fish of your choice twice a week.

**4. Just make it!** Create your own dressings and spreads like ranch made from Greek yogurt or Hummus. Trying sauce, dip, spread and dressing recipes is a great excuse to get in the kitchen and experiment. We can control what goes in them and how wonderful we want them to taste.

**5. Cheese has protein too.** 1 ounce of cheese contains 7g of protein, that's your typical string cheese size. Some cheeses are mixed with other ingredients and contain many additives- look for "pasteurized process cheese" on the label for the real kind. Skip the chicken and add feta to your salad or enjoy a grilled goat cheese sandwich with basil. Swiss, parmesan, asiago, sharp cheddar and gouda are also some gooey delicious favorites, just to name a few.

Whole grains, what are those? Grains is a food group that falls under the carbohydrate category. They contain high amount of fiber that can prevent constipation, lower blood cholesterol and keep us satisfied. Grains also contain B vitamins which metabolize food in the body for energy. Whole grains, grains in their original form, are top tier grains to consume because the fiber is fully and strongly attached to the starchy part of the grain. Other slightly processed grains are also beneficial. Let's tip into ways grains will work for you:

**1. Grains are a great breakfast food.** Millet, oats and buckwheat are some of the most popular. Instant oatmeal is highly processed so choose old fashion or steel cut oats. Top off your grain of choice with fresh or frozen berries, almonds, cinnamon and half a banana. Mixing in Greek yogurt can add a delicious and tangy protein source to your breakfast.

**2. Grains can be a delicious side dish, just dress them up.** Add corn, lime, and chili powder to your quinoa and enjoy as a side to your tacos. Add parsley, ground pepper, and a splash of olive oil to brown rice- it will level up your salmon dish.

**3. The crisp matters!** Sometimes we just want crackers or a piece of toast- choose the ones that have the highest fiber. Sprouted grain bread makes a great bed for avocado toast, and brown rice crackers dip well with your favorite hummus.

Although a lot of information was shared, incorporate these tips into your life as you see fit. Remember, these are tips that will last a lifetime so might as well enjoy the process of bringing them into your life.

One important non-nutritive tip is to sit back relax and enjoy your food. We often rush through our meals or may not find the time to enjoy our meals to the fullest. Whenever possible, be present with your food by putting your cell phone away and initiating meal time with co-workers, friends, family, or even a stranger. May your year be filled with all the health, joy and deliciousness from all of us here at LVAC.

Grain	% of grain that is fiber	Fiber in 16g of this grain
Amaranth.....	6.7%	1.1 grams
Barley.....	17.3%	2.8 grams
Brown Rice.....	3.5%	0.6 grams
Buckwheat.....	10.0%	1.6 grams
Bulgur Wheat.....	18.3%	2.9 grams
Corn.....	7.3%	1.2 grams
Khorasan Wheat.....	11.1%	1.8 grams
Millet.....	8.5%	1.4 grams
Oats.....	10.6%	1.7 grams
Quinoa.....	7.0%	1.1 grams
Rye.....	15.1%	2.4 grams
Sorghum.....	6.3%	1.0 grams
Spelt Wheat.....	10.7%	1.7 grams
Triticale.....	14.6%	2.3 grams
Wheat.....	12.2%	1.2 grams
Wild Rice.....	6.2%	1.0 grams

All values from USDA National Nutrient Database SR 26, Updated September 2013. In the U.S., foods labeled "High in Fiber" must contain at least 5 grams of fiber per serving. Most foods must have added fiber (extra bran, resistant starch or other fibers) in addition to whole grains, to be considered high fiber.

# STEM CELLS

## INSIGHTS INTO A NEW FORM OF THERAPY

An Interview with Dr. Brian Lemper

One of the most exciting medical therapies that is growing in effectiveness and popularity is Stem Cell Therapy. Locally, Dr. Brian Lemper has pioneered several protocols to help his patients live more productive and satisfying lives by reducing chronic pain and discomfort.

### We hear a lot about stem cell therapy these days. In a nutshell, what is it?

Stem cell therapies use developmental cells and their proteins to fix our damaged/diseased cells. There are solutions containing live cells, exosomes (stem cell proteins), as well as bone marrow or blood extract—each with very specific benefits. We cater each individual need to the appropriate regenerative product for the safest, longest possible benefit.

### How common is stem cell therapy?

Due to recent scientific advancements in ethics and safety these therapies are available anywhere from high tech medical facilities to beauty spas. Patients are educated nowadays and are looking for answers rather than coverups.

### If a person is already healthy, is there a prophylactic use for stem cell therapy?

What a wonderful question! At the NICE clinic we have designed a multitude of regimens that cater to our most common health and performance goals. As well we pride our selves with the ability to adapt our protocols to the individual.

### What are some more invasive measures that can be avoided by using stem cell therapy?

Absolutely! The Best part about regenerative medicine is that the goal of therapy is to “regenerate the tissues.” Multiple studies are showing the benefits of injection therapy using Stem Cell products over more invasive measures. More invasive procedures tend to have bigger complications, especially with cosmetic surgery. People are now seeing the benefits of restoring function with less time off work and more time to enjoy your family.

### Can you describe a stem cell therapy success story that you oversaw?

Oh boy! There are so many touching stories that actually get me choked up when I talk about them. This treatment, like so many others, affected the whole family. It was treatment for severe autism where the family was told there were no options for therapy because of this child's disorder. We spent one week with the family, a few hours a day in clinic. Within a few days after she returned home the mother sent me a video of the child climbing the stairs for the first time at three years of age. Two weeks prior to this event the child had never taken more than two steps without collapsing. She was eating solid foods which was another big first. The heart of our practices beats stronger and longer with each daily success.

### How affordable is stem cell therapy?

By partnering with state-of-the-art Stem Cell Labs based out of the United States we can bring the best of modern regenerative sciences to our community. We build individual treatment plans for each of our patients geared around maximizing performance and minimizing financial stress. At the NICE clinic we pride ourselves with not only the desire, but the ability to work with all financial situations.



Dr. Brian Lemper, The Nice Clinic  
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THE

# Value

OF YOUR LVAC MEMBERSHIP

By Bret FitzGerald



*"PROBABLY THE BEST GYM I'VE EVER WORKED OUT IN."*

- RON L.



For the last 21 years a guiding principle of Las Vegas Athletic Club management has been to provide the best value in fitness. Mission accomplished. No doubt one of the reasons LVAC has been voted Best Fitness Club in the Las Vegas Review Journal's annual Best of Las Vegas survey 23 times, including in 2018, was the significant value LVAC provides its members. And the plan going forward is to continue to offer the best value in fitness. When the current owner/operators assumed the reigns, one of the first decisions was to lower the membership price. The monthly rate went from \$45 a month to \$20 a month. That

move immediately doubled the value of an LVAC membership. Along with the rate decrease, ownership made a commitment to upgrade and improve the four locations.

So, new equipment was added to each club. Old treadmills were replaced with new ones. State of the art weight training equipment supplemented member favorites. New paint and new carpet freshened up the clubs. The value of an LVAC membership got better and better every month as the clubs began to take on a new, polished look.

By 1995, it was time to open a new club. That's when LVAC opened the location on Sahara Ave. and Decatur Blvd. This club represented the company's migration to the west. It was also the largest of the clubs and the first to offer two swimming pools. Ultimately, West Sahara replaced and older club just off Spring Mountain Rd. Since its opening, The West Sahara club has undergone significant expansion and improvement. Just this summer, a High-Performance training center has opened, and more improvements are on the way. Member Ron L. says, "Probably the best gym I've ever worked out in."

In 1997, LVAC opened the club on Maryland Parkway and Karen Ave., a replacement for the original location on Sahara Ave. and Almond Tree Lane. This club, known as the Central location, was nearly twice the size of the club on West Sahara. At 80,000 square feet, the Central club had five racquetball courts and massive cardio and resistance training areas. It was also the first LVAC that offered VIP locker rooms. Member Darcy M. says, "Awesome gym. I've been to a lot of gyms traveling for work and vacation. This is my favorite so far. 24/7 is really cool as well. There are plenty of weights and a great selection of equipment. A gym like this is needed in Tampa Florida. Great job staff and management!"

By the way, with the addition of these two new clubs and the addition of over 100,000 square feet of club space, LVAC did not raise membership prices for existing members and new members were paying as little as \$18 a month to use all five clubs. More value again.

The New Millennium and a great economy in the Las Vegas area brought with it one of the fastest growing areas in the country, Henderson, NV. So, in 2004 LVAC opened a massive location on Eastern Ave. in Green Valley adjacent the newly constructed 215 Beltway. The Green Valley location was state-of-the-art in every way. And, any current member of LVAC, no matter how long they were a member, and no matter how little they paid, could use this new club without an upgrade fee. By this time, LVAC was the talk of the town in the fitness community and was consistently winning the Best of Las Vegas poll. Member Ya-Chu C. says, "Very nice gym with separate work out areas for men and women. Zumba class teacher Carissa is energetic and fun. Highly recommended."

After a long search for the perfect location in the fast-growing Northwest part of town, LVAC found the perfect place at the corner of Rainbow Blvd. and Vegas Drive just off the 95 freeway. The club - which opened in the fall of 2005 - is the largest club yet, measuring over 100,000 square feet. Recent changes to our Northwest club include a beautiful High-Performance training room and several new pieces of cardio equipment. Other very exciting changes are planned for the club in the near future that will add more value to your membership. Member David A. says, "The best gym I have ever been to. Very large cardio area, a lot of machines and it's very, very clean."

The Southwest part of town - adjacent to Summerlin -

is the location of LVAC's movement into the fast-growing southwest part of town. Our West Flamingo club, located on Flamingo Road and Grand Canyon Blvd. opened on May 10, 2008. At over 90,000 square feet with a virtual sea of parking, the West Flamingo club created an indelible buzz from Summerlin all the way to Rhodes Ranch and beyond. Member Shalimar C. says, "Clean and loaded with equipment. What more could I want in a gym? Also, I love the playroom. It has plenty of fun stuff. My son has been there since he was 3, and always loves it. He's 10 now and still loves it."

Although it took seven years, LVAC's 7th club opened on May 25, 2015. This juggernaut of a club is the definition of state-of-the-art. Its convenient location on Decatur Blvd. and Tropical Parkway, just off the 215 serves the Aliante, Sky Pointe and Providence Master Planned communities, as well as all points of North Las Vegas. Its 90,000 square feet is roomy and luxurious. Member Kitty D. says, "I love this location. I generally attend the classes and they're so motivating, fun, and such a great workout. I also love how they're always 24/7. I work crazy hours, so being able to get in a swim at two in the morning and then get a post-workout smoothie is just awesome!"

All but one (East Flamingo) of LVAC clubs are open 24 hours a day, 7 days a week.

So, what does the future hold for LVAC? Construction on a new location in Henderson has been underway for over a year. The club is located on Galleria Drive at the 95 freeway in the same development as the new Henderson Hospital. The anticipated opening of LVAC Henderson is September 2019. The club will be very similar to our North Decatur club and will feature all of the amenities that astound our members every day.

As the city expands, so will LVAC, and when we do the value of your membership will expand along with it.



Top: LVAC Henderson under construction.  
Bottom: LVAC North Decatur after opening.



A group fitness room in 2010



A group fitness room in 2018



Front desk, 1997



Cardio entertainment area, 1997



An "Aerobics" class, 1997



Front desk, 2018



Cardio entertainment area, 2018



An LVAC group fitness class, 2018

# sweet potato fritters

## WITH SIRACHA MAYO

**Ingredients:**  
 2 sweet potatoes  
 3 eggs  
 ½ cup almond flour  
 ½ cup panko breadcrumbs  
 ½ teaspoon cinnamon  
 ½ tablespoon salt  
 ½ tablespoon ground pepper  
 ½ tablespoon garlic powder  
 Oil of your choice

**Dipping Sauce Ingredients:**  
 2 Tablespoons Greek yogurt  
 1 Tablespoon mayo  
 1 Tablespoon Sriracha

**Directions:**  
 1. Mix all sweet potato ingredients together except for oil  
 2. Scoop 2-3 oz of mixture, roll into a ball, then flatten  
 3. Place oil in hot skillet  
 4. Place fritters in skillet  
 5. Cook for 5 minutes or until brown then flip  
 6. Transfer fritters to a paper towel lined plate

Mix all dipping sauce ingredients together and serve.



# MIX UP YOUR avocado toast

Everyone loves avocado toast. It's an easy, quick, and healthy option that can be made at home or enjoyed at your favorite cafe. But after a while, the same old toast starts feeling tired and repetitive. Before you grow tired of throwing together the same old avocado toast, try some of LVAC's new spins on this popular favorite!

## smoked salmon

This savory option can be served on toasted wheat or sourdough bread. Spread freshly cut avocado on and top it with smoked salmon, kalamata olives, pearl tomatoes, freshly ground black pepper, veggie mayo, and a squeeze of lemon. You can also add bell peppers for a spicy kick.

## hummus and feta

Best served on whole grain bread. Adding hummus to your toast before piling on the avocado adds healthy protein and fiber. Top it off with feta cheese, fresh tomatoes, olives, bell peppers, and a dash of olive oil.

## creamy mayo

Start with a piece of toasted sourdough bread and add mustard before anything else. Follow it up with your avocado slices and bell peppers, then some sriracha and pepper, and sesame and poppy seeds. Add mayo on top.

## healthy breakfast

And finally, if you're getting tired of avocado by now, try this healthy breakfast toast: grab your favorite almond butter and sprinkle blueberries and raspberries on top of your toast, followed by coconut shreds and a drizzle of honey.



# apple roses

**Ingredients:**  
 1 package puff pastry (room temperature)  
 3 apples  
 1/3 cup lemon  
 ½ cup flour  
 1/3 cup apricot preserves or cinnamon

**Directions:**  
 1. Slice apples as thin as possible  
 2. Put into microwave until soft  
 3. Add lemon to reduce browning  
 4. Spread apricot preserves or cinnamon on puff pastry  
 5. Line spiced apples on each puff pastry strip with apple skin facing up  
 6. Fold puff pastry over bottom of lined apples  
 7. Choose a corner and roll then place into cupcake pan  
 8. Bake at 375 for 40 min

**Tips:**  
 After microwaving, apples should be soft enough to bend without breaking. We soaked the apple slices in water and then microwaved them, leaving them in the hot water as we constructed the apple roses to ensure that they were still able to bend and mold as we worked.



# 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/freestyle. 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



# 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

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



# 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
<b>BODYATTACK™ BY LES MILLS</b> This sports-inspired cardio workout builds strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!	55 Minutes	Cardio	535	Body Weight
<b>BODYCOMBAT™ BY LES MILLS</b> Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muai 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
<b>BODYSTEP™ BY LES MILLS</b> The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.	55 Minutes	Cardio	300	Height Adjustable Step
<b>BODYPUMP CLINIC: LEARN PROPER TECHNIQUE</b> 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
<b>BOOT CAMP</b> Both cardio and strength, this high intensity class practices drills for strength, power, endurance and speed. You'll be doing lots of relays, sprints, small hurdle running, lunging, push-ups, plyometric exercises, and much more, with options and modifications for those who need them. You will feel accomplished and invincible after completing this class.	60 Minutes	Total Body Workout	550	Various
<b>CYCLE</b> Cardio conditioning on a stationary bike. There is no learning curve... just get on the bike and go. This is an effective lower body, cardio workout that will tone your lower extremities and core for a long, lean body. Cycling can enhance your heart and lung capacity and is great for any age group.	60 Minutes	Lower Body & Core	500	Bike/Body Weight
<b>CYCLE XPRESS</b> 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
<b>DIRTY30</b> 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
<b>8STRIKES™</b> This class is unique from the heart pounding music that is custom made to the 8Strikes combinations that involve 8 points of contact used by kick boxers around the world. Use your fists, knees, elbows and feet to kick inches off your waist line. Squats, pushups and plyometric moves that will reshape your body. 8Strikes™ will challenge and improve your endurance, reaction time and reflexes.	60 Minutes	Total Body Workout	700	Body
<b>H.E.A.T.</b> HEAT (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
<b>HIIT</b> 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
<b>KICK BOXING</b> 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
<b>LITE STEP/LITE WORKOUT</b> 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
<b>PILOXING™</b> 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	250	Body Weight
<b>RPM™ CYCLE BY LES MILLS</b> 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	475	Indoor Stationary Bike
<b>STEP 1, 2, 3</b> 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	350	Step Bench

CLASS/DESCRIPTION	DURATION	AREAS WORKED	AVG. CAL. BURNED	EQUIPMENT
<b>ARMY RANGER BOOT CAMP</b> 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.	90 Minutes	Total Body Workout	500	Various
<b>BODYPUMP™ BY LES MILLS</b> Les Mills is the original barbell class. Designed for all ages and fitness levels, BODYPUMP delivers real results, real fast. This athletic-based workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music and easy to follow moves, BODYPUMP strengthens, tones, and defines the body.	60 Minutes	Strength Endurance	560	Barbell, Plates & Height adjustable Step
<b>KETTLE BELL POWER</b> These cannonball-shaped weights hold many benefits to full body conditioning. Kettle Bell training involves multiple muscle groups and energy systems all at once. The ability to improve mobility and range of motion as well as enhancing performance for everyday functioning. Burn major calories while performing movements that work the entire body.	70 Minutes	Total Body Workout	600	Kettlebells
<b>SANDBAG XPRESS</b> 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
<b>KETTLEBELL XPRESS</b> 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.	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
<b>ASHTANGA (INTRO/PREP) YOGA</b> 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.	60-70 Minutes	Mind/ Body	250	Yoga Mat, Body Weight
<b>BEGINNING YOGA</b> 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.	60-70 Minutes	Mind/ Body	200	Yoga Mat, Body Weight
<b>BODYFLOW™ BY LES MILLS</b> 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.	55 Minutes	Joint Flexibil- ity & Tight Muscles	300	Yoga Mat, Body Weight
<b>GENTLE YOGA</b> A slower approach to a traditional Yoga class, keeping joint limitations in mind for the practice of poses. This gentle approach isn't always easy and yet its simplicity may take you places you didn't know you could go!	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<b>GENTLE YOGA MIX</b> The yoga postures or asanas exercise every part of the body, keeping all the systems in radiant health. It combines all the movements needed for physical health with the breathing and meditation techniques that develop a state of inner peace and tranquility. Postures are held and performed slowly and meditatively, combined with deep abdominal breathing. These asanas work on all the various systems of the body, creating suppleness in the spine and flexibility. Each series of asanas is followed by one that provides the opposite stretch and any asana that works primarily on one side is always repeated on the other for balance and unity.	60-70 Minutes	Mind/ Body	120	Yoga Mat, Body Weight
<b>TAI CHI</b> The traditional slow, focused, moving meditation health exercise, Tai Chi has been associated with reduced stress, anxiety, depression, and enhanced mood in both healthy people and those with chronic conditions. It has been shown to improve aerobic capacity, increase energy, and build muscle strength.	60 Minutes	Mind/ Body	150	Body Weight
<b>VINYASA FLOW YOGA</b> Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. The breath becomes an important component because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated from Sanskrit as meaning "connection". In terms of yoga asana, we can interpret this as a connection between movement and breath.	60-70 Minutes	Mind/ Body	250	Yoga Mat, Body Weight
<b>YIN YOGA</b> 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.	60 Minutes	Total Body	150	Body Weight
<b>YOGA BLEND</b> Here you will discover how traditional Yoga and modern Fitness principles can be blended into an effective workout. You may find elements from Pilates and Functional Training incorporated in these classes.	60 Minutes	Mind/ Body	200	Yoga Mat, Body Weight

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



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