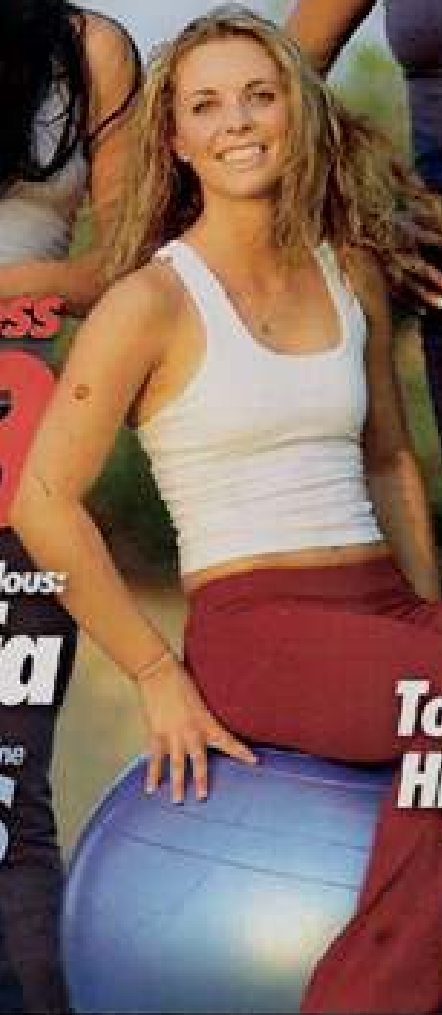
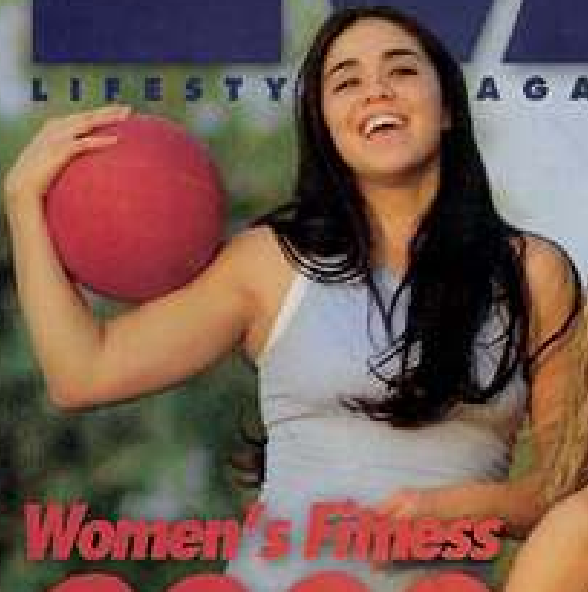


LAS VEGAS ATHLETIC CLUBS

# LVAC

LIFESTYLE MAGAZINE



*Women's Fitness*

# 2003

*Lifestyles of the Fit & Fabulous:*

## Jodi Fonfa

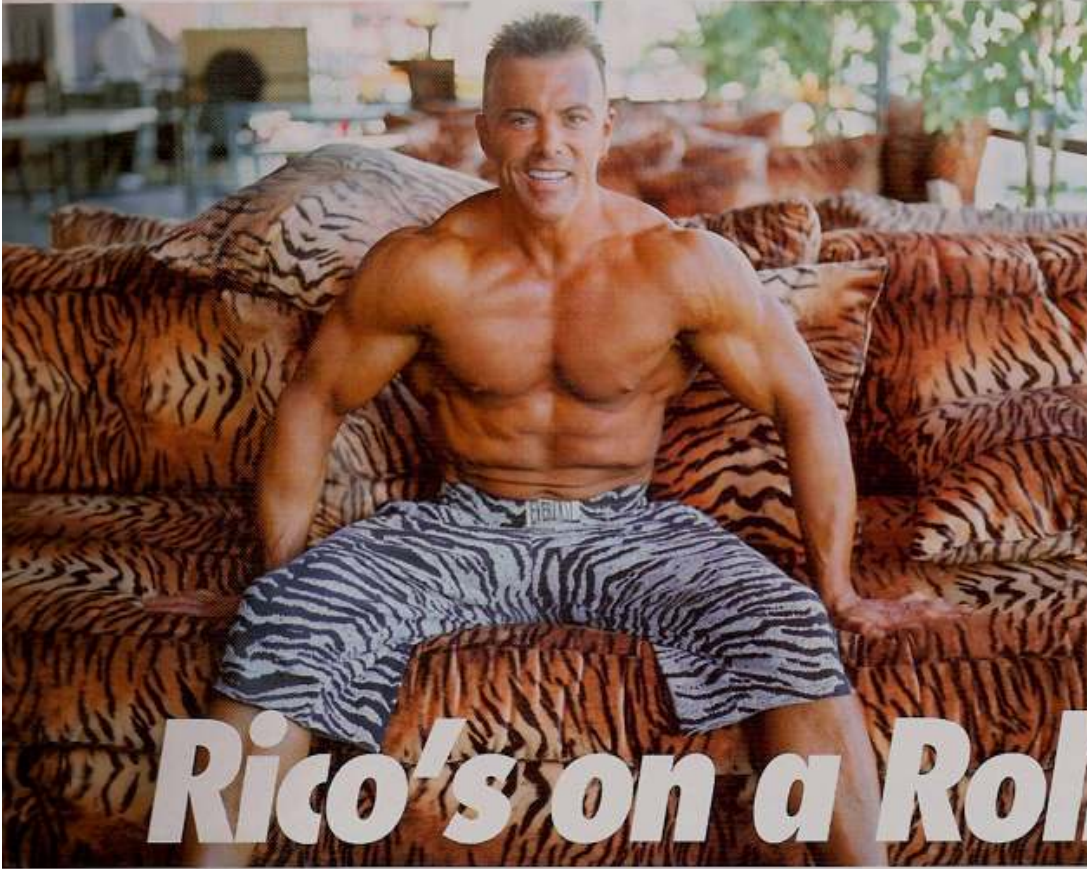
*From the editors of Oxygen Magazine*

### 20 DAYS

*To a new you*

*LVAC Honors  
Top Female  
High School  
Athletes*

*Page 18*



IVAC member, Rico Connor won his second bodybuilding competition this year. The 47-year old businessman took home the hardware at the Musclemag Universe Model Quest competition in the Masters division at the Mandalay Bay Resort on October 20th. Connor was also featured in a recent issue of Muscle & Fitness magazine.

***Rico's on a Roll.***