



## Free Exercise and Nutritional Guidance Clinic

with Maddox Aston

Sunday, April 14th  
@ FACW from 12:00pm-1:00pm

Embark on your fitness journey with Certified Personal Trainer Maddox Aston. Experience the effectiveness of body weight exercises, gain nutritional insights for creating a personalized nutritional pattern, and learn simple weightlifting techniques all in one comprehensive clinic. This free clinic is sure to set you on the path to a healthier lifestyle!

**SUMMER CAMP!**  
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**2024 Summer Camp**  
information and registration  
forms are now available in  
our FAC Kiosks and on our  
website at  
[flagstaffathleticclub.com](http://flagstaffathleticclub.com)  
under the Youth Activities  
tab.

**Camp runs from Tuesday, May 28th-Friday, August 2nd 2024**  
Our goal is to create an exciting positive experience for each camper through supervised fun and organized daily activities. Activities are age appropriate, emphasize social and character development, leadership, teamwork, sportsmanship and fun!

## Youth Basketball Skills- Athletic Performance Camp with Danny Martinez

Saturdays, April 6th - April 27th  
@ FACE from 1:00pm-2:00pm  
for ages 12-17



Designed and led by FAC Fitness Professional Danny Martinez, National Academy of Sports Medicine Certified Personal Trainer and former NAU Basketball Asst. Coach Athletic Performance Camp is structured to augment your basketball training and take it to the next level of physical performance. While the NBA may be out of reach, improving your game by focusing on the fundamentals of vertical leap and SAQ (speed, agility, and quickness), will certainly add a competitive edge to your aspiring athlete. This four-week program meets every Saturday on the courts at FACE from 1:00pm-2:00pm and is limited in enrollment to focus more closely on the attending individuals. Participants are asked to bring their own basketballs.



## Remodel Update

Our concrete pour on the main level of our remodel project has passed the stress test! The next step will be placing structural support beams and outlining the vestibule for the second floor. In the month to come, we are hoping to build the stairwell and pour the concrete for the second floor as well. If all goes well, we are hoping to begin some framing by the end of the month. Stay tuned for more updates on our website and social media.



### **Free Warm-Up and Recovery Stretching Clinic**

**With Maya Uribe**  
**Friday, March 29th**  
**@ FACE from 5:00pm-6:00pm**

Stretching is a necessary part of exercise recovery and can help reduce the risk of injury if done correctly. Join Fitness Professional and Certified Personal Trainer Maya Uribe for this one-hour workshop at FACE and learn the difference and similarities between the most common stretching techniques.

### **FAC Active Kids Drop-in**

**With Maya Uribe**  
**Mondays @ FACW in**  
**Racquetball court 2;**  
**from 5:00pm-6:00pm**

Looking for an activity for your kids in a safe and positive environment? Bring your kids to FACW after school for a fun filled hour of activities with Fitness Professional and Personal Trainer, Maya Uribe! Maya has developed a variety of fun activities that will be challenging in the areas of strength, flexibility, reaction time, and cardiovascular endurance.

### **Youth Basketball Skills Free Clinic**

**with Danny Martinez**  
**Saturday, March 30th**  
**@ FACE from 1:00pm-2:00pm**  
**for ages 12-17**

Using skills and coaching learned under the Northern Arizona University Basketball program, get ready to take your game to the next level.

In this program, young basketball players can expect to learn new elements of basketball while improving their speed, quickness, and agility. Enroll in this FREE program and prepare to add a competitive edge to your athlete.

Contact Danny Martinez at (928)830-8805 for more information.



### **CPR/Heart Saver-AED**

The American Heart Association Heart Saver CPR and AED course is designed for the responder who requires a credential for course completion, (this is not a Healthcare provider CPR/AED course). Items covered include recognition and emergency resuscitation techniques for heart attack, stroke and choking adults; recognition and mitigation of cardiopulmonary emergencies; treatment of choking in infants and children; instruction on AED use. There will be skill checklists and review questions to assist participants in meeting course requirements. Cards are delivered electronically via email by AHA within 1 to 2 weeks.

**6:00pm - 8:00pm / FACW**

**Monday, March 18th**  
**Sean Connolly**

**Thursday, March 21st**  
**Matt Turner**

**Wednesday, March 27th**  
**Kevin Wiles**

### **Do you have a Health Care question?**

The Flagstaff Athletic Club partners with local practices to offer you the opportunity to get your Health Care questions answered! Each month Dr. Brad Croft (East Flagstaff Family Medical), and Registered Dietician Haley Smith give an hour of their time at each club to answer your questions about your health. This is a free service for the members of FAC.

**Brad Croft:**  
**Monday, March 4th**  
**5:00pm @ FACE**

**Monday, March 4th**  
**6:15pm @ FACW**

**Haley Smith**  
**(Sports Nutrition):**  
**Tuesday, March 12th**  
**5:30pm @ FACE**

**Wednesday, March 13th**  
**5:30pm @ FACW**





## Sports

### Indoor Volleyball

Registration is now open  
B-league starts March 19th  
A-league starts March 21st  
Register online! or turn in a team  
registration form.

### Indoor Soccer

Registration opens March 4th  
League begins March 20th at  
FAC SportStop at 5:00pm

### Pickleball 101 Clinic

Every Sunday  
from 12:00pm-1:00pm

Registration required  
Free members/\$5 non mem

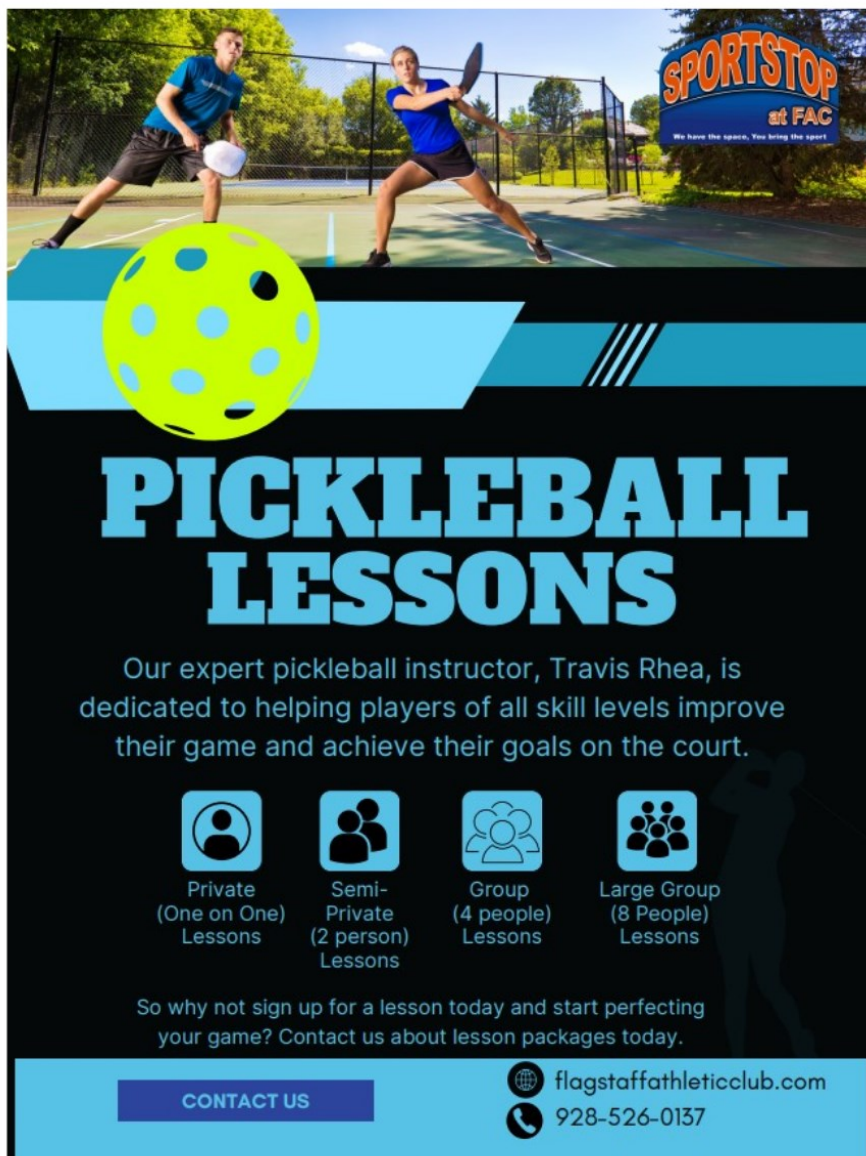
### Pickleball Drop-In: Court Rental

Drop-in time

Mon/Wed/Fri/Sat from 9:00am-12:00pm  
Tues/Thurs from 6:00pm-9:00pm





Court Rentals from 12:00pm-5:00pm  
\$15.00/hour/court

All FAC members receive 20% discount  
on anything pickleball.





**PICKLEBALL LESSONS**

Our expert pickleball instructor, Travis Rhea, is dedicated to helping players of all skill levels improve their game and achieve their goals on the court.

			
Private (One on One) Lessons	Semi-Private (2 person) Lessons	Group (4 people) Lessons	Large Group (8 People) Lessons

So why not sign up for a lesson today and start perfecting your game? Contact us about lesson packages today.

[CONTACT US](#)

 [flagstaffathleticclub.com](http://flagstaffathleticclub.com)  
 928-526-0137



#### March Hours of Operation:

Monday, Wednesday, Friday

9:00AM - 9:00PM

Tuesday, Thursday

12:00PM - 9:00PM

Saturday 9:00AM - 5:00PM

Sunday 12:00PM - 5:00PM

Please call 928-526-0137 for reservations.

Questions? Email Connor Mathews at [cmathews@flagstaffathleticclub.com](mailto:cmathews@flagstaffathleticclub.com)

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Pre-registration is required for all programs; Register on the FAC App, thru the FAC Member Portal, call or stop by any service desk. Program cancellation is required 48 hours prior to start of program.</p> <p>FAC West: (928) 779-4593 FAC East: (928) 526-8652</p>					1	2
<p>3</p> <p>Volleyball Drop-in 1:00pm-4:00pm FACE GYM</p> <p>Pickleball 101 Clinic 12:00pm-1:00pm (reg. req.) SportStop</p>	<p>4</p> <p>Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW</p> <p>FAC Active Kids Drop-In 5:00-6:00pm FACW</p>	5	6	7	8	9
<p>10</p> <p>Volleyball Drop-in 1:00pm-4:00pm FACE GYM</p> <p>Pickleball 101 Clinic 12:00pm-1:00pm (reg. req.) SportStop</p>	<p>11</p> <p>FAC Active Kids Drop-In 5:00-6:00pm FACW</p>	<p>12</p> <p>Health Care Corner Registered Dietician Haley Smith (Sports Nutrition) 5:30pm @FACE</p>	<p>13</p> <p>Health Care Corner Registered Dietician Haley Smith (Sports Nutrition) 5:30pm @FACW</p>	14	15	16
<p>17</p> <p>Volleyball Drop-in 1:00pm-4:00pm FACE GYM</p> <p>Pickleball 101 Clinic 12:00pm-1:00pm (reg. req.) SportStop</p>	<p>18</p> <p>CPR/ Heart Saver- AED 6:00pm-8:00pm FACW</p> <p>FAC Active Kids Drop-In 5:00-6:00pm FACW</p>	19	20	<p>21</p> <p>CPR/ Heart Saver- AED 6:00pm-8:00pm FACW</p>	<p>22</p> <p>Kids Diving Clinic 5:30pm-6:00pm FACE Indoor Pool</p>	<p>23</p> <p>Swiminar 9:00am-10:00am FACW Indoor Pool</p> <p>Intro to Plyometrics Free Clinic 1:00-2:00pm FACE</p>
<p>24</p> <p>Volleyball Drop-in 1:00pm-4:00pm FACE GYM</p> <p>31</p> <p>Pickleball 101 Clinic 12:00pm-1:00pm (reg. req.) SportStop</p>	<p>25</p> <p>FAC Active Kids Drop-In 5:00-6:00pm FACW</p>	26	<p>27</p> <p>CPR/ Heart Saver- AED 6:00pm-8:00pm FACW</p> <p>FREE Functional Balance and Strength Clinic 10:00-10:45am FACE</p>	28	<p>29</p> <p>Free Warm-Up and Recovery Stretching Clinic 5:00pm FACE</p>	<p>30</p> <p>Youth Basketball Skills Free Clinic 1:00-2:00pm FACE</p>



## Winter 2024 GROUP SWIM LESSON INFO

**Red Level** – Designed for children with little to no water experience. This class will introduce safety around water and basic swimming skills. Skills introduced include blowing bubbles, breath control, proper kicking techniques, floating, etc.

**Yellow Level** – Designed for children with some water experience. Children in this class should feel comfortable going underwater. This class will offer practice of the skills learned in Red Level and introduce new skills including arm strokes for freestyle and backstroke, rolling over to float and rest while swimming, breathing to the side, and treading water.

**Green Level** – Designed for children who can swim on their own but need more practice to develop efficient strokes. Children in this class should be able to swim on their own. This class will practice freestyle, backstroke, and treading water and will introduce breaststroke and diving.

**Baby & Me** – Designed for ages 6 months to 3 years old. This class will introduce the water and basic swimming skills to babies and parents to help develop good attitudes toward swimming! Introducing the water and having fun in the pool at a young age is beneficial to their success at the next level. This class will discuss how to keep your child comfortable in the water, basic swimming techniques, floating and submerging all while having fun!



### Winter Session 4: Thursdays

Mar. 7th – April 4th

5:00pm – Baby & Me

5:30pm – Yellow

6:00pm – Red

\*No class March 14th\*

**\*Baby & Me**

**Ages: 6 mos–3 yrs. old**

**\*Red, Yellow, Green**

**Ages: 3 – 10 yrs. old**

**Group Swim Lesson registration forms may be picked up at any kiosk or downloaded at [www.flagstaffathleticclub.com](http://www.flagstaffathleticclub.com) under the “Swim Lessons” tab.**

### Swiminar with Liz Hobbs

Tips and Tricks for faster, more effortless freestyle swimming.

West Indoor Pool

Saturday, March 23rd at 9:00am





## **GROUP FITNESS–New classes and time changes for current classes**

### Classes offered Sundays in March

#### East Main Room at 2:45pm

Mar. 3rd: High Fitness with Ali

Mar. 10th: Step & Strength with Dayne

Mar. 17th: Jambaree with Kerry

Mar. 24th: Soulfusion with Angie A.

Mar. 31st: Soulfusion with Angie A.

### New Bodycombat class– with Tommi

Starting Mar. 7th

Thursdays at 9:00am

East Main Room

### HIIT– with Kristina

Tuesdays at 4:45pm

West Main Room

### Hippity Hop Bodypump– with Jules and Angie R.

Friday March 29th at 9:00am

East Main Room

Body pump w/hip hop focused tracks before the Easter Bunny “Hip-hops” into town!

### Gentle Yoga with Live Sound Bath– with Jacqui

Tuesday, Mar. 26th at 6:15pm

Thursday, Mar. 28th at 6:15pm

Friday, Mar. 29th at 1:30pm

West Diamond Room

### Black Light Zumba– with Kate

Saturday, Mar. 2nd at 9:30am

East Main Room

\*Don't forget to wear neon!

## **SportStop at FACE**

The SportStop at FAC East has the space you need for your athletic activities. At the SportStop we have:

### **Baseball & Softball**

6 Iron Mike batting cages (4 baseball, 2 softball), 1 pitching cage with baseball and softball mounds.

### **Open Field Space**

Over 12,000 sq. ft. of open field space that can be used for a variety of sports, activities, and events. We have the space you bring the sport.

### **Indoor Soccer**

Adult and youth indoor soccer throughout the year on 2 modified indoor lined soccer fields with goals/nets. Fields are available for rent.

### **Sand Volleyball**

4 outdoor courts with lights. We offer adult leagues & special events throughout the summer. Courts are available for rent.

### **Indoor Pickleball**

8 indoor pickleball courts. Court rentals are available everyday 12–5pm. Drop-in times M/W/F/Sat. 9am–noon, Tue/Th 6–9pm. We have the space. You bring the sport.