



FLAGSTAFF ATHLETIC CLUB

1200 West Route 66 • Flagstaff, AZ 86001

W: 779-4593 • E: 526-8652

Activities Desk: 779-5141 • Billing Office: 779-5141

www.flagstaffathleticclub.com

Hours: Mon-Thu, 5:00 am - 11 pm

Fri, 5:00 am - 9 pm • Sat - Sun, 7 am - 8 pm

FEELING GREAT

APRIL 2018

Easter Hours

Sunday, April 1
Noon - 8 pm

Modified Group Fitness
Schedule & Fitness Hours

Employee of the Month

Greg Nez is the April Employee of the Month. He has lived in Flagstaff for nine years and he loves this town! Greg has been an employee in the Facilities Department since Aug 2017. Greg is at FAC working mostly evenings and after hours. According to Greg, "The staff at FAC are awesome people to work with and that's what I like most about working here. I enjoy the atmosphere of both overnight and day shifts."

In his free time, Greg likes to lift weights, read, hike trails, play chess and occasional travel to places he has never been, even locally!

Greg enjoys meeting new people, so if you happen to see him, tell him hello and congratulations!

Advanced Volleyball Training

Led by Personal Trainer Noelle Martinjako, Advanced Volleyball Training is a sports specific program designed to give volleyball players of all ages and abilities the competitive edge. If you are looking to increase your vertical jump and hitting power, this is for you!! The main emphasis will be incorporating plyometric and explosive power exercises to strengthening the lower body, core and shoulders, all of which are crucial to jumping higher and hitting harder. Vertical will be tested at the beginning and end of the program. Sat, Apr 14 - 28, 1 - 2 pm, FAC East

Ten Benefits of Barre

It sounds like a ballet class, but it's not. Barre fitness classes are simply ballet-inspired movements incorporated in a great workout. Barre classes mix elements of Pilates, dance, yoga and functional training choreographed to motivating music. There are good reasons why more and more people are trying out Barre workouts and you should give it a shot, too.

Here are ten reasons to try a Barre workout with Angie Allen on Tue/Thu, 4:30 pm, FAC West and Sun, 3 pm, FAC East.

1. It's hard on muscles, kind on joints
2. No experience required
3. A workout from head to toe
4. Works muscles to failure
5. There are modifications for every age and level
6. Increases flexibility
7. Never boring, always fun
8. Loss of weight and inches
9. Increase range of motion and endurance for all activities and sports
10. Rapid Results!!

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Robb Faus invites you to join him for a bomber workout utilizing kettle bells, medicine balls and BOSU's that he has developed to take your fitness journey to the next level. Designed to implement strength, flexibility, speed, agility and quickness, the programming deliberately builds upon itself to give you the challenge and results you are looking for. All levels welcome. Mon/Wed, Apr 2 - 30, 6:30 - 7:30 am, FAC West. Join with a friend to receive a promotional rate. Enrollment is limited.

TRX Core

If you're looking for the ultimate in core strength and balance, TRX CORE is for you! You will work upper body, legs and core like never before while challenging your balance in multiple planes. Join Personal Trainer Robb Faus to experience this challenging and rewarding format on Tue, Apr 3 - 24, 9 - 9:45 am, FAC West and Fri, Apr 6 - 27, 9 - 9:45 am, FAC East. All ability levels welcome!

Free Kettlebell Clinic

If you've ever been interested in adding kettlebells to your workout or just want some new ideas to supplement your program now is your opportunity to meet with one of FAC's top trainers. Jenny Knox will teach you some great new workout ideas and demonstrate the value of kettlebells at this free clinic Wed, April 25, 4:30 pm, FAC East Multipurpose Room. Sign up early, registration is required and limited to the first six participants.

Karaoke Cycling

Join Kelly for a fun ride Fri, April 27, 7 pm, FAC West Diamond Room. Bring your best singing voice and follow the prompter of past to present hit songs. Start the weekend with a party --- a Karaoke party on a BIKE!

Massage Schedule

	FAC East	FAC West
Monday	Stephanie Gerst 863-2636	Holly Stone 853-5062
Tuesday	Rachel Williams 616-402-1702	Holly Stone 853-5062
Wednesday	Holly Stone 853-5062	Jill Naleski 266-6504
Thursday	Holly Stone 853-5062	Rachel Williams 616-402-1702
Friday	Janus Hudson 853-9039	No Therapist
Saturday	Janus Hudson 853-9039	Rachel Williams 616-402-1702
Sunday	Janus Hudson 853-9039	Krissy Marocco 380-2011

No Show Policy: Massage therapists require 24 hours notice to cancel your massage appointment. There is a \$40 fee for the first incidence and \$65 fee for a repeat occurrence. Policy enforcement is at the discretion of the therapist.

Fitness

Muscle & Metabolism

Zaira Macias, CPT

As a female Personal Trainer, I have heard time and again how other women are afraid of getting "bulky" or "big" with weight training, but it's not all about looks. According to Harvard Health, after the age of 30, people can lose as much as 5 percent of their muscle mass per decade --- and with the loss of muscle mass comes a decrease in metabolism. Metabolism is influenced by a number of factors, specifically muscle maintenance. The more muscle you have, the higher your metabolism is because it takes more energy and more calories for your body to remodel and repair damaged muscle. So, don't be afraid of resistance exercise! Weight training, any other type of weight bearing or resistive exercise promotes muscle maintenance. With heavy lifting and recovery, it may also promote muscle growth but no need for ladies to fret, women do not have enough testosterone (the main male steroid hormone,) to make the same kinds of size gains as men (even with heavy weights). So, if you're stuck in a rut and can't seem to get the results you want, even though it feels like you are eating right, or you simply want to prevent muscle loss, try revving your metabolism with resistance training. More questions? Come see me at FAC West or FAC East, just call the desk and ask for a Fit 1 consultation, one of the many free services available to our members through our Fitness Department.

Do You Have a Health Care Question?

Each month Dr. Brad Croft (East Flagstaff Family Medical), Dr. Kelly Reber (Northern Arizona Podiatry), Dr. Emily Davenport (Flagstaff Clinic of Naturopathic Medicine), and Don Berlyn, Physical Therapist/Hypnotherapist, give an hour of their time at each club to answer your questions about your health. This is a free service for FAC members.

Health Care Corner

Family Practice - Brad Croft

Mon, Apr 2, 4:30 pm / FACE
Mon, Apr 2, 6 pm / FACW

Naturopath - Emily Davenport

Fri, Apr 20, 1:30 pm / FACE
Fri, Apr 20, 3 pm / FACW

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, Apr 10, 4:30 pm / FACW
Tue, Apr 10, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Tue, Apr 10, 4 pm / FACE
Fri, Apr 13, 11 am / FACW

AED & Heartsaver CPR

Thu, Apr 5, 6 pm / Matt Turner
Mon, Apr 9, 6 pm / Chris Thomas
Tue, Apr 24, 6 pm / Kevin Wiles

All CPR Classes FAC West

FAC Drop In Schedule

Adult (16+) "drop in" gym times are provided for the fun and fitness of FAC members and guests. Members may "drop in" for free and guests may "drop in" for a guest fee and enjoy reserved space in our gymnasium for the following sports and times:

Pickleball - Tue/Thu, 8:30 - 10 am and Sat, 10 am - noon; Basketball - Mon - Fri, 12 - 2 pm; Volleyball - Sat, 1 - 4 pm.

For info, contact Robb Faus at rfaus@flagstaffathleticclub.com or 779-4593.

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Fitness

“Cheers” May Not Be Cheerful

Bradford Croft, DO East Flagstaff Family Medicine, LTD

Alcohol is absorbed through the stomach into the bloodstream. Within minutes, it is distributed throughout the body in the muscles, organs and brain, and peaks over the next 45 to 90 minutes. During that time, the body will metabolize alcohol by breaking it down in the liver with an enzyme called alcohol dehydrogenase. From there, its by-products can be excreted from the body. This finite rate of removal may vary to some degree from person to person, but as the alcohol is broken down into acetaldehyde and other by-products, the effects of the alcohol diminish. If the amount of alcohol ingested is greater than can be removed from the body, blood alcohol levels increase along with its effects. For some, these effects may initially be pleasant due to relaxation and reduced inhibitions. As alcohol levels continue to rise, other functional changes in the brain produce lowered concentration, slurred speech, lessened reflexes and response time as well as poor judgement, coordination and concentration.

Blood alcohol levels can be measured by lab testing. The legal definition of DUI intoxication in Arizona is a blood alcohol concentration of .08 percent or more. Personal diversity allows for some people to be more influenced by the effects of alcohol, others less. Ability to perform is not an indication of intoxication, as “it is unlawful for any person who is under the influence of intoxicating liquor or any drugs to drive or be in actual physical control of any vehicle” per ADOT definition.

So, how much drinking is too much? There are individuals who may deem themselves as “responsible drinkers”. This means assigning a designated driver, limiting the amount of drinks consumed at an event, not allowing personal compromise from alcohol intake, and not allowing alcohol to control life or relationships. The National Institute on Alcohol Abuse and Alcoholism defines moderate alcohol consumption as up to one drink per day for women and up to two drinks per day for men.

Binge drinking is defined as four drinks for women and five drinks for men on the same occasion over about two hours. Binge drinkers are at a high risk of experiencing personal injuries and are fourteen times more likely to drive impaired. They are also more likely to experience sexual compromises, including unintended pregnancy and STDs. With large quantities consumed in a short time, alcohol poisoning can be a real and fatal consequence.

“Alcohol use disorder” is a medical diagnosis of chronic compulsive alcohol use, loss of control over intake and a negative emotional state when not under the influence. This problem can be seen with people who continue to drink on a daily basis despite the negative impacts of physical or social problems. This pattern of repeated abuse is also associated with chronic disease development. Heart associated diseases include arrhythmias (irregular heartbeats), cardiomyopathy (weakening of the heart muscle), stroke and high blood pressure. Liver diseases include hepatitis, fatty liver and cirrhosis. Alcoholic pancreatitis is an extremely painful inflammation of the pancreas. There is increased risk of cancer of the mouth, esophagus, throat, liver and breast. Alcoholic dementia is the deterioration of memory and destruction of the brain from chronic alcohol exposure.

As April is Alcohol Awareness month, this article is to encourage you to reflect upon your drinking habits. Not everyone who abuses alcohol is an alcoholic. In fact, only about one out of ten are. Most individuals at risk from their habits are unaware or in denial. Most alcohol abuse is brought forward by spouse, family or friends. The AUDIT-C is an alcohol screen that can help identify hazardous drinkers or those who have an active disorder. It can be found online at https://www.integration.samhsa.gov/images/res/tool_auditc.pdf. A very quick screening test is the CAGE test: Have you ever felt you should **C**ut down on your drinking? Have people **A**nnoyed you by criticizing your drinking? Have you ever felt bad or **G**uilty about your drinking? Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (**E**ye opener)? An answer of “yes” to two or more is clinically significant. If you think you have a problem with your drinking, please talk to your Primary Care Provider.

Aquatics

Lifeguarding Class

Offered through American Red Cross, Wed - Sun, Apr 25 - 29, 6 - 10 pm week-nights, 8 am - 5 pm on weekends. Participants must be at least 15 and a strong swimmer. Registration deadline Wed, April 18, 4 pm. Online course must be completed prior to class.

Lifeguard Review

If you are currently certified as an American Red Cross Lifeguard and it will expire soon, join us for a re-certification class on the last day of the Lifeguard Training class, April 29, 8 am - 5 pm. Pre-registration is required and deadline is Apr 23.

Independence Swim Test

Jan through May, Independence Swim tests available on Thursdays, 5:30 - 6:30 pm. Participants must register before completing this portion of their Independence Pass. Call 779-5141 to register or for more information.

To register for a program, call AIR at 779-5141, Mon - Fri, 8 am - 4 pm or log on to “My Account” at www.flagstaffathleticclub.com. FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM THU BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

Aquatics

Adult Lap Swim

Get a great in-water workout this 2018 with one of our Lap Swim classes at FAC West. Long time USA Masters coach, Therese Umholtz, will provide participants with sets to improve technique, strokes and endurance, all while getting an awesome workout! This four week session will be held on Tue/Thu, Apr 10 - 26, 6 - 7 am. Participants must pre-register. Contact the Aquatics Manager for questions, or call 779-5141 to register.

Indoor Triathlon

Challenge yourself and sign up for one of our monthly triathlons! Participants are encouraged to sign up again and beat their previous times; \$5 off second sign up! Held one Sat a month at FAC West, these fun events are geared towards novice and experts! Please contact the Aquatics Manager for questions or call 779-5141 to register. Sat, Apr 21, noon - 2 pm.

Scuba

Scuba classes are held one weekend a month in 2018! April class is Sat and Sun, Apr 7 and 8, 9 am - 4 pm, FAC East. Our scuba programs are through Summit Divers, a company specializing in diving certifications and watersports. Get out and adventure! For more information, please contact Summit Divers at 556-8780 or call 779-5141 to register.

Torpedoes Youth Swim Team

Gear up for summer with a fun, team building atmosphere on our youth swim team! Kids between the ages of 6 - 14 who can swim 50 yards are encouraged to sign up for swim team. Participants will be introduced to all four competitive strokes. Come learn team aspects and goal setting skills while learning the strokes before summer starts. Swim team will be held on Mon, Apr 2 - 30, 4 - 5 pm, FAC West. Call the Aquatics Manager for info or 779-5141 to register.

FAC & SportStop Leagues

For information and to register call our AIR desk at 779-5141. All FAC leagues are open to the general public. Our members enjoy a discount on league fees. Sign up for a league today.

— FAC Adult Leagues —

Adult CoEd Racquetball Challenge Ladder

All level Adult CoEd Racquetball Challenge Ladder begins Mon, April 16 and runs through June 8. This 7-week challenge is designed to give our players a fun variety of opponents in their quest to be named as club champ. Participants are expected to play at least one match per week. In the final week we will hold a single elimination tournament for the top four seeded players to determine the overall champion. Current standings will be displayed on the website, Facebook and at both clubs by the end of the day Monday. If you are not familiar with this format, please contact Fitness and Sports Director Robb Faus at rfaus@flagstaffathleticclub.com for more information. Registration for this challenge is now open.

Adult Reverse CoEd 4's Volleyball Leagues:

This 4-week mini-league's format is intended to "warm up" CoEd 4's teams for our upcoming sand season. This is a reverse CoEd league with nets at women's height.

- CoEd 'B' League begins Tue, Apr 17 through May 8.
- CoEd 'A' League begins Thu, April 19 through May 10.

Registration for this league is now open and closes Thu, Apr 12 or when full.

— SportStop Leagues —

Indoor Soccer

- CoEd 5v5 Indoor Soccer Spring Session II begins Wed, Apr 18 and runs through Wed, May 30.

Registration for this league is open and closes when full.

Sand Volleyball

- Men's and Women's 2's League begins Mon, May 14. This league runs for 7 weeks and includes a Final Tournament on June 25.
- CoEd 4's "B" League begins Tue, May 15. This league runs for 7 weeks and includes a Tournament on June 26.
- CoEd 2's "Open" League begins Wed, May 16. This league runs for 7 weeks and includes a Tournament on June 27.
- CoEd 4's "A" League begins Thu, May 17. This league runs for 7 weeks and includes a Tournament on June 28.

Registration for these leagues opens Apr 23 and closes May 10 or when full.

To register, teams must have a captain, sign up as a team and provide all payment and player contact information. You may register at any FAC service desk during club hours or at our AIR desk during business hours 8 am - 4 pm, Mon - Fri. Team registration forms available at www.flagstaffathleticclub.com. Non-members welcome.

Programs

Program info available at both clubs' service desks, bulletin boards and kiosks.

To register for a program, call AIR at 779-5141 Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com.

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Fitness . . .

- **Gymnastic Bodies** - Mon/Wed, 5:45 pm, beginning Mon, Apr 2, FAC East Main Group Fitness Room. Tue/Thu, 5:45 pm, beginning Thu, Apr 3, FAC East Multi-Purpose Room. No classes Apr 10 - 16.
- **Small Group Personal Training** - Mon/Wed, Apr 2 - 30, 6:30 - 7:30 am, FAC West.
- **TRX Core** - Tue, Apr 3 - 24, FAC West and Fri, Apr 6 - 27, FAC East, 9 - 9:45 am.
- **Les Mills Launch** - BODYCOMBAT, Sat, Apr 7, 8:15, FAC West Main Group Fitness Room; BODYPUMP, Sat, Apr 7, 9:30 am, FAC West Main Group Fitness Room; BODYPUMP, Sun Apr 8, 3 pm, FAC East Main Group Fitness Room; GRIT, Tue, Apr 10, 4:30 pm, FAC East Main Group Fitness Room; RPM, Thu, Apr 3, 10:15 am, FAC West Diamond Room.
- **Barre** - Sun, Apr 8 - 29, 3 pm, FAC East Multi-Purpose Room. Tue/Thu, Apr 3 - 26, 4:30 pm, FAC West.
- **Karaoke Cycling** - Fri, Apr 27, 7 pm, FAC West.
- **Free Kettlebell Clinic** - Wed, Apr 25, 4:30 pm, FAC East.

More Fitness . . .

- **Indoor Triathlon** - Challenge yourself and sign up for one of our monthly triathlons Sat, Apr 21, noon - 2 pm, FAC West. These fun events are geared towards novice and experts! Contact the Aquatics Manager for questions or call 779-5141 to register.

Aquatics . . .

- **Adult Lap Swim** - Three week session will be held on Tue/Thu, Apr 10 - 26, 6 - 7 am. Contact the Aquatics Manager for questions or register at 779-5141.
- **Lifeguarding Class** - Lifeguard class through the American Red Cross Wed - Sun, Apr 25 - 29, Wed - Fri, 6 - 10 pm and 8 am - 5 pm on Sat and Sun. Participants must be at least 15 years old and a strong swimmer. Contact the Aquatics Manager for questions or register at 779-5141. Registration deadline Wed, Apr 18, 4 pm.
- **Torpedoes Youth Swim Team** - Kids between the ages of 6 - 14 who can swim 50 yards are encouraged to sign up for swim team. Participants will be introduced to all 4 competitive strokes. Come learn team aspects and goal setting skills. Swim team will be held on Mon, 4 - 5 pm, FAC West through May. Call Aquatics Manager at 440-5245, ext 3 or call 779-5141 to register!
- **Scuba Diving** - Sat and Sun, Apr 7 and 8, 9 am - 4 pm. Contact Summit Divers at 556-8780 for information or 779-5141 to register.
- **Independence Swim Test** - Independence Swim Tests can be taken Thursdays, 5:30 - 6:30 pm. Participants must register before completing this portion of their Independence Pass at 779-5141.

Youth Activities

- **Kids' Night Out, Fri, Apr 6** - Children ages 3 - 12 can join us for a fun-filled evening while parents enjoy a night out on Fri, Apr 6, 5 - 9 pm, FAC East! We will have a bounce house, obstacle course, crafting, games and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, Apr 4.
- **Kids' Passport Exam** - The Kids Passport certification is held alternate Tue/Thu, 5 - 5:30 pm and one Sat a month from 10 - 10:30 am. Certification gives 6 - 11 year old FAC members the privilege of using FAC racquetball and basketball courts without direct adult supervision. Children must pass both written and oral exams. Information and certification packets are available at each desk and the Kids' Club. Packet must be completed before scheduling an appointment. Apr 3, 12, 17, 26 and Sat, Apr 7. Pre-registration is required, call 779-5141.
- **Independence Certification Program** - This certification is for FAC members ages 12 - 15 who would like to use the club without an adult. Pick up an independence packet at any kiosk area. Complete the packet, schedule and complete an appointment with a Fitness Professional at FAC East, register for the swim portion, complete an appointment with a Fitness Professional at FAC West then register for this portion, which is the final exam. The packet must be completed with appropriate signatures. Held alternate Tue/Thu, 5:30 - 6 pm, FAC East and one Sat a month from 10:30 - 11 am. Apr 3, 12, 17, 26 and Sat, Apr 7. Register with AIR by calling 779-5141.

To register for a program, call AIR at 779-5141, Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com. FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM THU BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

FAC APRIL CALENDAR OF ACTIVITIES

To register for a program, call AIR at 779-5141 Mon - Fri, 8 am - 4 pm or
 log on to "My Account" at www.flagstaffathleticclub.com
 *Activity continues on that day throughout the session

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 Easter Holiday Hours Noon - 8 pm *BARRE 3 PM / FACE	2 *TORPEDOES YOUTH SWIM TEAM 4 PM / FACW ASK DR. CROFT 4:30 PM / FACE *GYMNASTICBODIES 5:45 / FACE ASK DR. CROFT 6 PM / FACW	3 *TRX CORE 9 AM / FACW RPM 10:15 / FACW *BARRE 4:30 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *GYMNASTICBODIES 5:45 / FACE	4 *GYMNASTICBODIES 5:45 / FACE	5 *BARRE 4:30 PM / FACW *INDEPENDENCE SWIM TEST 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	6 *TRX CORE 9 AM / FACE KIDS NIGHT OUT 5 - 9 PM / FACE	7 BODYCOMBAT LAUNCH 8:15 AM / FACW BODYPUMP LAUNCH 9:30 AM / FACW PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE SCUBA CLASS 9 AM - 4 PM / FACE LES MILLS BODY COMBAT CERTIFICATION TRAINING 8 AM - 5 PM / FACE
8 LES MILLS BODY COMBAT CERTIFICATION TRAINING 8 AM - 5 PM / FACE SCUBA CLASS 9 AM - 4 PM / FACE BODYPUMP LAUNCH 3 PM / FACE	9 HEARTSAVER - AED CPR 6 PM / FACW	10 *ADULT LAP SWIM 10 AM / FACW ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACE ASK THE PODIATRIST DR. REBER 4:30 PM / FACW GRIT 5 PM / FACE ASK THE PODIATRIST DR. REBER 6 PM / FACE	11	12 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	13 ASK THE HYPNOTHERAPIST DON BERLYN 11 AM / FACW	14 *ADVANCED VOLLEYBALL TRAINING 1 PM / FACE
15	16	17 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	18	19	20 ASK THE NATUROPATH EMILY DAVENPORT 1:30 PM / FACE ASK THE NATUROPATH EMILY DAVENPORT 3 PM / FACW	21 INDOOR TRIATHLON NOON / FACW
22	23	24 HEARTSAVER - AED CPR 6 PM / FACW	25 FREE KETTLEBELL CLINIC 4:30 PM / FACE LIFEGUARD CLASS 6 - 10 PM / FACE	26 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE LIFEGUARD CLASS 6 - 10 PM / FACE	27 LIFEGUARD CLASS 6 - 9 PM / FACE KARAOKE CYCLING 7 PM / FACW	28 LIFEGUARD CLASS 8AM - 5 PM / FACE ZUMBA BASIC I CERTIFICATION TRAINING IN SPANISH 8:30 AM - 5:30 PM FACE
29 LIFEGUARD CLASS 8AM - 5 PM / FACE LIFEGUARD REVIEW CLASS 8 AM - 5 PM / FACE ZUMBA KIDS CERTIFICATION TRAINING IN SPANISH 8:30 AM / 5:30 PM FACE	30					
Small Group Personal Training Mon / Wed at 6:30 - 7:30 am April 2 - 30, FAC West						