



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 2017

Easter Hours

Sunday, April 16
Noon - 8 pm

Modified Group Fitness
Schedule & Fitness Hours

Memorial Day Duathlon

FAC will host its' first annual Memorial Day Duathlon on Mon, May 29, 8 am, FAC East! The event will include a three mile run and a 500 yard swim. Early registration is open and early bird pricing ends May 1. Call Nate Pallat with any questions at 779-4593 or call 779-5141 to register.

Employee of the Month

Congratulations to Ian Foster, Employee of the Month for April! Ian comes from a very athletically inclined family and hails from Ohio. After doing some acting and modeling, Ian made his way to Flagstaff a little over a year ago and has found FAC to be a great fit for his love of staying fit, active and healthy. A daily fixture in the weight room at FAC West, you can also find Ian playing in the volleyball league, taking on all comers in racquetball and inventing new ways to play wallyball.

Outside of FAC, Ian is studying hard to complete his EMT certification with the goal of eventually getting onto the Flagstaff Fire Department.

If you want to find Ian, head down to the SportStop and you will meet one of FAC's best!

Practical Nutrition Education Workshop

Proper nutrition in concordance with an appropriate resistance/endurance training program is the proven key to boosting an individual's health status while simultaneously lowering their risk of developing chronic diseases like cardiovascular disease, diabetes and cancer. It is somewhat simple to be involved in a resistance/endurance training program, but knowledge about practical nutrition is scarce. The practical nutrition education workshop will coach participants on how many calories they should be consuming daily based on training goals and individualized body composition. The in-service will demonstrate what, for example, 2500 calories actually looks like, as well as, how to space out meals throughout the day to optimize your energy consumption and utilization! The workshop incorporates an example food prep demonstration and a presentation including:

- FDA Dietary Guidelines
- Food is the most powerful drug
- What does your daily caloric intake actually look like?
- Enhancing your daily caloric intake
 - More G-BOMS and less processed foods
- Optimal training programs

The Practical Nutrition Education Workshop will be held on Sat, April 29, 11 am - 12:30 pm, FAC West and is free to members. Registration required. Call AIR 928-779-5141.

Spring Doubles Racquetball Shootout

This Spring, FAC is proud to host a fun day of racquetball on Sat, Apr 22, FAC West for members and non-members alike. Come test your mettle and play for your rightful title of FAC Club Champion. The format will be a doubles shootout with partners chosen randomly from two divisions. Call 928-779-5141 for info or to register.

Core Strength Clinic

Core strength! These are the buzz words we think of when we picture tight, strong abs and a healthy back. But, what does core strength really mean? What can we do to make sure we are strengthening our core and not just our abdominal muscles? (That's right, the core includes much, much more than just the abs!) Join Personal Trainer and Yoga teacher Rebekah Hensley for a FREE informative clinic about the true definition of core strength and learn five easy, effective exercises to keep your core strong for life on Tue April 11, FAC East, 10 am and Tue April 18, 10 am, FAC West! Registration is required. Call AIR 928-779-5141.

One of FAC's most experienced Personal Trainers, Rebekah Hensley, has developed a series of clinics to discuss various corrective exercise techniques. With many years of study and practical experience, you will find Rebekah a valuable resource for any questions you may have. Presented monthly, you can meet with Rebekah each month and learn about techniques to aid in recovery or strengthen a problem area.

Massage Schedule

	<i>FAC East</i>	<i>FAC West</i>
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	Angie Gaston 380-9353
Friday	Janus Hudson 853-9039	Rachel Williams 616-402-1702
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.*

Volleyball Strength and Power

Volleyball Strength and Power is for players of all levels who are looking to increase their vertical jump and hitting power by incorporating plyometric and explosive power exercises. The main emphasis will be on strengthening the lower body, core and shoulders, all of which will be crucial to jumping higher and hitting harder. Vertical will be tested at the beginning and end of the program. Call AIR 928-779-5141 for more information or to register. Tue/Thu, Apr 11 - 27, 4 - 5 pm, FAC East.

Off Season Athletic Training

The Flagstaff Athletic Club is proud to announce that we will be starting an off season training camp hosted at FAC East on Tue/Thu, 4:45 - 5:45 pm, beginning April 4. The goal of the camp is to help high school athletes increase their speed, agility, power, balance, coordination and reaction time during the off season. Personal Trainer Stephen Darling has created a program based in standards set forth by the American College of Sports Medicine and knows from experience that his methodology will show guaranteed improvement in the participant's athletic ability. Sign up at either facility or call 779-5141 for more information.

Do You Have a Health Care Question?

Each month Dr. Brad Croft (*East Flagstaff Family Medical*), Dr. Kelly Reber (*Northern Arizona Podiatry*), Drs. Emily Davenport and Erin Victor (*Flagstaff Clinic of Naturopathic Medicine*), Gayle Baingo (*EmPower Health by Nutrition*) and Don Berlyn, PT, Hypnotherapist give an hour of their time at each club to answer your questions about your health. This is a free public service for the members of FAC.

Health Care Corner

Family Practice - Brad Croft

Mon, Apr 10, 4:30 pm / FACE

Mon, Apr 10, 6 pm / FACW

Naturopath - Emily Davenport

Tue, Apr 4, 5:30 pm / FACW

Tue, Apr 25, 5:30 pm / FACE

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, Apr 4, 4:30 pm / FACW

Tue, Apr 4, 6 pm / FACE

Registered Dietician - Gayle Baingo

Sat, Apr 8, 11 am / FACW

Sat, Apr 8, 12:30 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Wed, Apr 12, 4 pm / FACW

Thu, Apr 13, 4 pm / FACE

AED & Heartsaver CPR

Thu, Apr 13, 6 pm / Chris Thomas

Tue, Apr 18, 6 pm / Kevin Wiles

Mon, Apr 24, 6 pm / Matt Turner

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/Fri, 8:30 - 10 am; Basketball - Mon - Fri, 12 - 2 pm; Volleyball - Sat, 1 - 3 pm; Badminton - Sat, 5 - 7 pm.**

For info, contact Robb Faus at rfaus@flagstaffathleticclub.com.

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.

Fitness Fest Conference & Expo

Jennifer Kotalik was invited to be a presenter at the Fitness Fest in Mesa on Sat, Apr 22, 9:30 - 11 am. Her presentation will be Barre-LESS Fusion, a willPower Method®. We're excited for this recognition of Jennifer's excellence in the world of fitness and wish her the best of luck!

Jennifer has been an instructor with FAC since 1997. She has a B.S. degree in Nursing from NAU, is a full-time RN at Flagstaff Medical Center, is a National Group Fitness Instructor trainer for NAFC and a Master Instructor of the willPower Method® since 2014.

Ask Jennifer about attending her session, or contact www.FitnessFest.org.

Health Care - Moving Up to the Cloud

Brad Croft, DO, East Flagstaff Family Medicine

Have you ever been in a health care situation and you do not have all of the medical information you need? Perhaps you need a visit to an emergency room. You may be consulting with a medical specialist you have not seen before. You do not have a list of all of your medications. Or perhaps you forgot to bring a copy of a recent lab or a procedure that was just done. It may be after-hours or on the weekend and your doctor's office cannot be contacted. Or worst case scenario, you are traveling and have an accident or acute hospitalization and are unable to communicate anything about your health history.

Most medical offices to date are using electronic health records (EHR). Whether these reports are server based in the doctor's office or cloud based in the web, historically they have never been interconnected in any system. For a number of years the Arizona Health-e Connection, a statewide non-profit partnership, has been striving to develop a statewide health information exchange (HIE). This web-based system would provide secure access to patient health info among authorized participants, to facilities such as hospitals, emergency rooms and physicians.

After much time, the system is now up and running. Health information is uploaded routinely into this system from participating hospitals and subscribing medical offices. Medical reports, x-ray studies and lab values are transmitted daily and channeled to individual protected patient accounts. If information is needed, those participating hospitals (which is most) and physicians (who are many) have the opportunity of securely accessing your health information once the provider's authenticity is confirmed by the network. In Arizona, this information is forwarded by default unless a patient decides to not participate (opt-out). By notifying your providers of health care of your desire to not participate, provision and access to your personal health information (PHI) will be blocked.

This system is gaining momentum from a statewide perspective. As our health care community and patients both embrace this technology, our care will be improved by better care coordination, safety and quality. Additionally, the cost of health care will be reduced by elimination duplicate or unnecessary tests or procedures. As this network links to other state and regional networks, this system will become the foundation for better, safer and less costly care nationwide.

For more information on Health Information Exchange, talk to your provider, click online at <https://azhec.org/information-center/health-info-exchange/>, as well as read an informative article at <http://www.healthcareitnews.com/news/health-information-network-arizona-launches-state-hie>.

How to do H.I.I.T.

H.I.I.T., otherwise known as High Intensity Interval Training, is a great way to rev up your metabolism and continue burning calories throughout the day. It can be applied to both cardiovascular and strength training. The concept behind H.I.I.T. is to work out for a short duration of time while maintaining a high intensity level. This helps save time when you have a busy schedule or only have 30 - 45 minutes to exercise. When performing H.I.I.T., you should strive to get to a heart rate in between 85 - 95% of your heart rate max, $(220 - \text{age} \times 0.85 - 0.95)$ for roughly 15 to 20 seconds. High intensity intervals should be followed by an active recovery, which should be around 60 - 65% of your heart rate max. Starting off, the recovery period should be two to three times longer than the working interval (i.e. interval of 20 seconds should have an active recovery of 40 - 60 seconds). Eventually, the working to recovery ratio should be 1:1.

H.I.I.T. for cardiovascular training usually consists of a five minute warmup period in order to increase blood flow and warm up the muscles, to prevent injury. Followed by 10 - 15 minutes of intervals and a five minute cool down. This type of training should last no longer than 20 - 25 minutes. H.I.I.T. does not have to be limited to the treadmill or sprinting. It can be done on an elliptical, jump roping, swimming, cycling, be creative!

H.I.I.T. for strength training is different than for cardiovascular training, but the overall concept is the same. The workout consists of all-out effort for a short bout of time followed by active recovery (i.e. 20 seconds work, 20 seconds recover). The easiest way to format a H.I.I.T. workout is by pairing a cardiovascular exercise (such as jumping jacks or mountain climbers) with a strength exercise (i.e. bent-over row or squat). Each pair of exercises is done four times with a minute break before starting the next pair. Overall, there should roughly be 5 - 7 exercise pairings total in order to keep the workout short.

Fitness

TRX CORE

If you're looking for the ultimate in core strength and balance, TRX CORE is the class for you! You will work upper body, legs and core like you have never worked before while challenging your balance in multiple planes. Join Personal Trainer Robb Faus on Tue, Apr 4 - 25, 9 - 9:45 am, FAC West and Fri, Apr 7 - 28, 9 - 9:45 am, FAC East to experience this challenging and rewarding format.

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 Reverse CoEd 4's Volleyball Leagues

This 4-week mini-league's format is to "warm up" CoEd 4's teams for our upcoming sand season. This will be a reverse CoEd league with nets at women's height. Referees will be provided for the mini indoor session.

- CoED 'B' League League begins Tue, Apr 18 - May 9.
- CoED 'A' League League begins Thu, Apr 20 - May 11.

Registration for leagues is now open and closes Thu, Apr 13 or when full.

Adult Racquetball Leagues

- All level combo league Spring Session II begins Thu, Apr 20. Registration for this league is now open.

SportStop Leagues

Indoor Soccer: Spring session begins Wed, Apr 19 and runs through May 31. Registration for this league closes Apr 13 or when full.

Sand Volleyball: Leagues are six weeks followed by a final tournament. Registration opens Mon, Apr 24 and closes Thu, May 11 or when full.

- Men's and Women's 2's League begins Mon, May 15 and includes a final tournament on June 26.
- CoEd 4's 'B' League begins Tue, May 16 and includes a final tournament on June 27.
- CoEd 2's "Open" League begins Wed, May 17 and includes a final tournament on June 28.
- CoEd 4's 'A' League begins Thu, May 18 and includes a final tournament on June 29.

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.

Synrgy 360 - Spring Promotion!!

Synrgy 360 represents the evolution of small group personal training. With workouts designed and monitored by FAC's Certified Personal Trainers, this circuit training format will be a challenge for every population at any fitness level. Whether you are just getting back into working out or a seasoned athlete looking for a creative and challenging cross-training workout, Synrgy 360 is adaptable to fit your needs. Call Fitness and Sports Director, Robb Faus with questions.

- **The workouts are flexible!** Our Personal Trainers are experienced in adapting to any fitness level while keeping you engaged, motivated and on your path to meet your goals.
- **It is cost effective!** While some may need one-on-one training to reach their goals, Synrgy 360 allows for the participant to purchase an all-inclusive training package that lasts for a specific duration, effectively reducing the cost per session.
- **Come as often as you like!** Our schedule allows for a wide variety of opportunities throughout each month. Classes are available Mon - Thu at 6 am, noon, 3:45 pm and Fri at 6 am and noon.
- **Workout with a friend!** Partner training is a great way to achieve your goals through mutual accountability. Of course, you may very well meet new friends if you choose to go it alone.

To register, call 779-5141 or stop by the service desk.

Daily Rate

\$10/member or \$20/non-member

Weekly Rate

\$25/member or \$50/non-member

Monthly Rate

\$75/member \$105/non-member

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.

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 . . .

- **Synrgy 360 Small Group Personal Training** - Mon - Thu, 6 am, noon and 3:45 pm; Fri, 6 am and noon.
- **Les Mills Launch** - Sat, Apr 1, FAC West:
 - RPM - 8:15 am, Diamond Room.
 - BODYCOMBAT - 8:15 am, Main Group Fitness Room.
 - BODYPUMP - 9:30 am, Main Group Fitness Room.
 - GRIT - 10:45 am, Main Group Fitness Room.
- **Les Mills Launch** - Sun, Apr 2, FAC East:
 - BODYPUMP - 3 pm, Main Group Fitness Room.
- **TRX Core** - Tue, Apr 4 - 25, FAC West and Fri, Apr 7 - 28, FAC East, 9 - 9:45 am. (Fee)
- **Special Zumba Lineup** - Sat, Apr 29, FAC East:
 - Zumba Step, 9:30 am
 - Zumba Party, 10 am
 - Zumba Kids, 10:45 am

Aquatics . . .

- **Private and Semi Private Swim Lessons** - Lessons for all swimming levels are available from our Red Cross certified swimming instructors year round! For info or to register, call Nate at 440-5245, ext 4.
- **Torpedoes Youth Swim Team** - Tue, 5 - 6 pm, FAC West indoor pool starting Apr 4. Coaches will focus on four competitive strokes: Butterfly, Backstroke, Breaststroke and Freestyle. If you are between 6 - 14 and can swim one lap of the pool (50 yards) we are looking for you!
- **Parent-Tot Swim Classes** - Designed to work with parents showing them how to work safely and effectively with their infant and/or toddler 6 months - 3 years. Class teaches basic water skills and activities for water development and prep for future swim lessons. Mon/Wed, 5:30 - 6 pm, FAC East indoor pool. Call 779-5141 or stop by any desk to register.
- **Lap Swim Clinic** - A special class will be held on Sat, Apr 22, 10 - 11 am, FAC West. Focus on the fundamentals of proper form and designed for all ability levels to participate. If space is available, drop-ins are welcome! Stop at any service desk or call 779-5141 to register! Contact Nate Pallat at 779-4593.
- **Lifeguard Training** - This class, in association with the American Red Cross and FAC, is designed to teach the skills required to become a certified Red Cross lifeguard. Taught by experienced lifeguard instructor Matt Maurer, class is approximately 32 hours and physically demanding. Excellent swimming skills required. Certifications include two years lifeguard certification, First Aid and 2 years CPR and AED for the professional rescuer. Two courses will be offered, the first will be May 10 - 14 and the second course TBD. To register, call 779-5141.

- **Independence Swim Test** - Swim tests will be conducted every Tue, 4 - 5 pm, FAC East. Register by calling 779-5141 or at any service desk to secure a spot!

Youth Activities

- **Kids' Night Out, Apr 7** - Parents, enjoy an afternoon and evening out while your children ages 3 - 12 join us on Fri, Apr 7, 5 - 9 pm, FAC East. There will be games and activities, arts and crafts, pizza, swimming, bounce house and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, Apr 5.
- **Kids' Passport Exam** - The Kids Passport certification is held every 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. In order to receive their certification, children must pass both a written and oral exam. Information and certification packets are available at each desk and the Kids' Club. Packet must be completed before scheduling an appointment. Apr dates are Tue/Thu, Apr 4 - 27 and Sat, Apr 8. Pre-registration is required. To register 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 Personal Trainer at FAC East, register for the swim portion, complete an appointment with a Personal Trainer at FAC West and then register for this portion, which is the final exam. The packet must be completed with all appropriate signatures. These certifications are held every Tue/Thu, 5:30 - 6 pm, FAC East and one Sat a month from 10:30 - 11 am. Apr dates are Tue/Thu, Apr 4 - 27 and Sat, Apr 8.

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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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Synergy Small Group Personal Training Mon - Thu, 6 am, Noon and 3:45 pm Fri, 6 am and Noon					1 LES MILLS LAUNCH FACW 8:15 AM - RPM 8:15 AM - BODYCOMBAT 9:30 AM - BODYPUMP 10:45 AM - GRIT
2 LES MILLS LAUNCH FACE 3 PM - BODYPUMP	3	4 *TRX CORE 9 AM / FACW ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW *ATHLETIC TRAINING 4:45 PM / FACE KIDS' *TORPEDOES YOUTH SWIM TEAM 5 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE ASK THE NATUROPATH EMILY DAVENPORT 5:30 PM / FACW ASK THE PODIATRIST KELLY REBER 6 PM / FACE	5	6 INDEPENDENCE SWIM TEST 4 PM / FACE *ATHLETIC TRAINING 4:45 PM / FACE KIDS' PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE	7 *TRX CORE 9 AM / FACW	8 KIDS' PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE ASK THE NUTRITIONIST GAYLE BAINGO 11 AM / FACW 12:30 PM / FACE
9	10 ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW	11 *VOLLEYBALL STRENGTH & POWER 4 PM / FACE KIDS' PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	12 ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACW	13 *VOLLEYBALL STRENGTH & POWER 4 PM / FACE ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACE KIDS' PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	14	15
16	17	18 KIDS' PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	19	20 KIDS' PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	21	22 SPRING DOUBLES RACQUETBALL SHOOTOUT 10 AM / FACW LAP SWIM CLINIC 10 AM / FACW
23	24 HEARTSAVER - AED CPR 6 PM / FACW	25 KIDS' PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE ASK THE NATUROPATH EMILY DAVENPORT 5:30 PM / FACE	26	27 KIDS' PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	28	29 SPECIAL ZUMBA LINEUP 9:30 AM - ZUMBA STEP 10 AM - ZUMBA PARTY 10:45 AM - ZUMBA KIDS
30						