



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

AUGUST 2018



**Holiday Hours**

**LABOR DAY**  
**Mon, September 3,**  
**7 am - 8 pm**

**Modified Group Fitness Schedule & Fitness Hours**

## Cardio Theater Voting

During the weeks of Sept 3 - 14, we will be asking for your vote to determine what channels our members would like to enjoy on our Cardio Theater system in our FAC East and FAC West cardio rooms. You will vote for four television channels, two radio stations and two XM stations. Additionally, we will ask for your vote for which XM station you would like in both weight rooms. The winning choices will be in effect from Oct through Mar. We will vote again in Mar.

FAC has chosen to focus on entertainment television and local stations to ensure that we foster a positive experience at FAC. Although many of us enjoy cable news, due to the potential divisiveness of some stations, we are choosing to follow industry leaders by making FAC a politically neutral environment. If you choose to watch these stations, you will find them on our TechnoGym treadmills or use our complimentary WiFi to watch on your mobile device. Or...unplug and enjoy your time at FAC uninterrupted by the outside world!

## Outdoor Pool

Lifeguards are on duty 10 am to 5 pm every day of the week through Aug 8 and on the weekends through Sept 15. The slide and mushroom will be turned on by 10 am with two lifeguards on duty. For safety purposes, the slide and mushroom are only to be utilized during scheduled lifeguard hours.

## FAC Member Online Services

As you might already have heard, we as a club are transitioning to a new software program called Club Automation. This change will greatly improve our processes as a club and will only improve your experience at FAC. One of the advantages the new software brings is the ability for you as a member to log-in online to view your profile. You will be able to log-in to our website at FAC and reserve courts, update your information, register for classes, pay your bill and much more. FAC will launch the online services mid Aug. We will send an email with log-in information. Update your email today with Membership Services.

## 26th Annual Kids in Motion with FAC

Each year during the month of Oct, the Flagstaff Athletic Club, through the Kids in Motion program, invites kids and their families to get in motion! Throughout the month of Oct, FAC's Fitness Professionals and Youth Activities staff visit each FUSD public elementary school. We meet with as many classes as we can for a discussion on the benefits of an active life-style and healthy eating. After that, we show students how fun fitness can be by getting everyone involved in various exciting cardio pumping activities.

In 2017, the Flagstaff Athletic Club was proud to donate \$4000 to the FUSD Elementary Schools Physical Education programs. Last year marked the 25th anniversary of the Kids in Motion program with over \$120,000 donated over the years by FAC to FUSD P.E. programs.

## Off Season Athletic Training

The goal of our off-season training camp is to help high school athletes increase their speed, agility, power, balance, coordination and reaction time during the off-season. Meet with our Certified Personal Trainers to improve your skills and take your game to the next level! Through their experience and methodology our trainers will guarantee that athletes will show improvement in their athletic ability. Tue/Thu, Aug 7 - 30, 5:15 - 6:15 pm, FAC East.

## Employee of the Month

Congratulations to Dezi Acker, FAC's Employee of the Month! She is a swim instructor, lifeguard and works in the Kids' Club at FAC! Dezi loves working with kids. Being a preschool teacher at a Montessori school for three years now, Dezi has the opportunity to help so many kids grow and learn! She enjoys hiking, biking or kayaking around Flagstaff. At FAC, you will mostly likely find her teaching swimming lessons in the indoor pool. We are so thankful to have someone like Dezi. Stop by the Kids' Club or the pool and say hi!

## Family Fun Pool Parties

FAC will hold the final pool party of the summer at the outdoor pool. We will have hot dogs, condiments and drinks, as well as games and lifeguards on duty! Parents may drop kids off with the lifeguard for up to two hours if they can swim one lap of the pool completely unassisted, but parents are also welcome to stay and have fun! Join us Fri, Aug 3, 5 - 9 pm for some good ol' family fun!

## Massage Schedule

	<i>FAC East</i>	<i>FAC West</i>
<b>Monday</b>	<b>Stephanie Gerst</b> 863-2636	<b>Holly Stone</b> 853-5062
<b>Tuesday</b>	<b>Rachel Williams</b> 616-402-1702	<b>Holly Stone</b> 853-5062
<b>Wednesday</b>	<b>Holly Stone</b> 853-5062	<b>Jill Naleski</b> 266-6504
<b>Thursday</b>	<b>Holly Stone</b> 853-5062	<b>Rachel Williams</b> 616-402-1702
<b>Friday</b>	<b>Janus Hudson</b> 853-9039	<i>No Therapist</i>
<b>Saturday</b>	<b>Janus Hudson</b> 853-9039	<b>Rachel Williams</b> 616-402-1702
<b>Sunday</b>	<b>Janus Hudson</b> 853-9039	<b>Krissy Marocco</b> 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.*

### Meal Prep

We are more than half way through the year. If you are not making it to your fitness goal, then perhaps you need to take a closer look at your eating habits. The food that we put in our bodies is our fuel. Exercising for an hour does not justify eating pizza and drinking beer. Muscles need a constant flow of oxygen and nutrients to maintain mass and to grow. Grab and go food is really convenient when faced with daily challenges. Why not make your own grab and go food? Initially it takes additional planning, but once you get the routine down, you'll be saving time.

The first thing that helped me get started was buying portable, reusable containers. I got online and explored different meal prep ideas based on some of my favorite foods. Oatmeal is one of my favorite breakfast choices. I throw a scoop of oats in sandwich containers and add a scoop of protein powder. You can add nuts, dried berries, cinnamon, etc. Before bed, I grab a container, pour in plain almond milk, mix it up, stick it in the fridge. In the morning I have super healthy, delicious cold oats ready to eat. If you have fresh or frozen fruit, add that in the morning. Grab the container and a spoon and enjoy!

Some important things to consider when choosing fuel to put in your mouth...FAT IS AMAZING. Eat avocado, nuts and splash veggies with olive oil. They may be high in fat, but they are nutrient dense foods. Stick to whole grains, but limit the amount of grains you eat during the day. Veggies are low in calories and high in nutrients. Just try to be aware of what you are using to fuel your body as you work towards your wellness goals.

Members are eligible for a Fit 1 or Equipment Orientations with a Fitness Professional. Schedule yours with the front desk. --- **Jenny Knox, Certified Personal Trainer and Nutritionist**

### 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, Aug 6, 4:30 pm / FACE  
Mon, Aug 6, 6 pm / FACW

#### **Naturopath - Emily Davenport**

Fri, Aug 10, 2 pm / FACE  
Fri, Aug 10, 3:30 pm, FACW  
**Featuring Vitamin B12 Shots!**

#### **Podiatrist - Kelly Reber**

Tue, Aug 14, 4:30 pm / FACW  
Tue, Aug 14, 6 pm / FACE

#### **Physical Therapist/Hypnotherapist - Don Berlyn**

Tue, Aug 7, 4:30 pm / FACE  
Thu, Aug 9, 12 pm / FACW

#### **AED & Heartsaver CPR**

**Mon, Aug 6, 6 pm / Kevin Wiles**  
**Wed, Aug 15, 6 pm, FACE / Matt Turner**  
**Mon, Aug 20, 6 pm / Chris Thomas**

**All CPR Classes FAC West**  
**(unless noted)**

### **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](mailto:rfaus@flagstaffathleticclub.com) or 779-4593.

**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](http://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.**

### **When Is a Shot “shot?”**

*Bradford Croft, DO East Flagstaff Family Medicine, LTD*

When we talk about immunizations, many of us think of “baby shots” and childhood immunizations. As vaccines are required by law for children to attend public schools, records are generally available through the educational institution and the pediatrician. However, there are a number of adult updates and new vaccinations we all should consider. As Aug is ‘Immunization Awareness Month’, do you know what you need and when you are due?

Meningococcal B vaccine should be considered for adolescent ages 16 - 18 going to college or other dormitory type environments. The close quarters of dorm living may put these individuals at risk of Meningitis B.

The human papilloma virus (HPV) is the most common sexually transmitted in the U.S. affecting both men and women. Historically, the significant concern of this disease is known for its role in the development of cervical cancer. It is also recognized as responsible for genital warts and multiple other cancers of both men and women. This immunization is recommended for people up to 26 years old.

The tetanus booster is a shot that typically contains an additional component to prevent diphtheria (Td). Once childhood dosing is completed, this should routinely be repeated at least every ten years. If the person suffers a puncture or other wound, the tetanus should be updated promptly if it has been five years or more since their last shot. There is also a tetanus vaccine that immunizes against pertussis, otherwise called whooping cough (Tdap). For adults who have not had a preliminary Tdap, it should be done as soon as possible. This is particularly important for those individuals having contact with younger children, such as grandparents or those in a child care setting. Flu shots (influenza) are an annual immunization. Because this shot does not last longer than a year, it should be administered before the flu season every year. And, as the upcoming flu season may have different strains of viruses from the prior year, the vaccine may change from year to year. Typically, this shot is given as early as the end of Aug through Oct, but can be administered at any time throughout the season. The nasal sprays are no longer recommended.

As we age, our immune systems weaken over time. At age 50 or older, the recommendation has been for everyone to get a shingles vaccine. The recent release of Shingrix is now the currently recommended vaccine. It is far superior to the older Zostavax that many have already received. This population is encouraged by the CDC to be re-immunized with Shingrix as soon as possible and those otherwise due should receive it as well.

There are two recommended pneumonia vaccines available at and after 65 years old. The Prevnar 13 is generally given first and the Pneumovax 23 is provided one year later to complete the series. These vaccines help prevent community acquired pneumonias which become much more likely as well as potentially lethal in the elderly.

These vaccines may have different recommendations of timing and dosing for patients with chronic diseases as well as during pregnancy. There may be other immunizations appropriate for you individually in addition to these general recommendations. It is an easy process to catch up on your immune status and maintain your protection against these nasty diseases. Consider this month what your immunization status may be. You can receive assistance through the Coconino County Health Department or consult your family physician. Immunization schedules can be found at <https://www.cdc.gov/vaccines/schedules/>.

### **Small Group Personal Training**

Become the fittest you’ve even been! Certified Personal Trainer Robb Faus invites you to join him for a bomber workout utilizing TRX, 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! Enrollment is limited. Thursdays, Aug 2 - 30, 8:30 - 9:30 am, FAC West.

### **Free Nutrition Counseling Session**

Meet with Certified Personal Trainer and Nutritionist Jenny Knox on Mon, Aug 27, 5 pm, FAC East to learn how to integrate effective meal planning and meal prep tips into your workout. Jenny can help answer questions and teach you how to create long lasting, proper eating habits. Contact AIR or sign up any service desk if you are interested in taking your goals to the next level! Registration is required. Space is limited.

### **Free Body Composition Testing**

Come in Wednesdays, 5 - 6 pm, FAC West to have your body composition measured by Fitness Professional, Hugo Casey. You will have seven skinfold sites measured and then come in to retest to calculate fat loss to help achieve your goals. Be prepared by wearing shorts and a sports top. Test is free. Registration is required and limited to four per week. No charge for re-testing!

## Fitness

### 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, Aug 7 - 28, 9 - 9:45 am, FAC West and Fri, Aug 3 - 31, 9 - 9:45 am, FAC East. All ability levels welcome!

### Free Climb / Climb Wall Certification

FAC Climbing Wall Certification is required to use the climbing wall. If you are interested in becoming certified to belay please contact Michelle Johnson at 440-5245, ext 2. Members may also attend the "Free Climb". See the FAC flyer boards for specific class days and times or ask any service desk member for details. Anyone 16 and older (or 12-15 with independence certification) may boulder on the bouldering wall. Anyone under 15 must have direct adult supervision (over 18) while on the bouldering wall. Climbing certification is not required to climb on the bouldering wall. If you are currently certified to climb on the climbing wall, please remember to clip your certification card on the board while climbing. Pre-registration is required and must be done the Wednesday before by 4 pm. Program will only run if minimum of two climbers/certifications are met. Held alternating Fri, Aug 17 and 31, 4 - 5 pm.

## 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 Volleyball Leagues

- CoEd "B" League Fall Session I begins Tue, Sept 4 and runs through Tue, Oct 16.
- CoEd "A" League Fall Session I begins Thu, Sept 6 and runs through Thu, Oct 18.

Registration for these leagues opens Mon, Aug 13 and closes Thu, Aug 30 or when full.

### — SportStop Leagues —

#### Indoor Soccer

- CoEd 5v5 Indoor Soccer Fall Session begins Wed, Sept 5 and runs through Wed, Oct 17.

Registration opens Mon, Aug 13 at 5:30 pm at the SportStop.

*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](http://www.flagstaffathleticclub.com). Non-members welcome.*

## Aquatics

### Parent-Tot

Parent-Tot swim classes are an awesome tool to get you and your child comfortable in the water! This beneficial class offers tips on how to hold, what to practice and safety topics to help your child get acclimated to the water before they are old enough for group swim lessons. Parents are required to get in the water with their children. For children 6 months to 2 1/2 years old. To register or more info, call 779-5141.

### Lap Swim Etiquette

As we roll through summer and into the school year, you may have noticed the pools have been a little busier. If all the lanes in the west pool are being used, be reminded there is a 30 minute courtesy swim time to accommodate those waiting. The same courtesy rule applies to the outdoor pool. Please utilize circle swimming which is done by swimming down on the right and back on the right to ensure no collisions when lap swimming. This is how professional and recreational swim teams can get so many people in the pool at one time! Just ask, be friendly and get to know each other! Contact the aquatics manager for more information.

### Independence Swim Test

During the month of Aug, Independence Swim tests can be taken in the outdoor pool 10 am to 5 pm through Aug 8 and weekends through Sept 16 with a lifeguard; no pre-registration necessary. Ask a lifeguard to perform the swim test and sign the packet to document the test was completed and passed. For more info, contact the Aquatics Manager.



## 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](http://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. . .

- **Gymnastic Bodies** - Starting Wed, Aug 1, Mon/Wed, 5:45 - 7 pm, FAC East Main Group Fitness Room; Tue/Thu, 5 - 7 pm, FAC East Multi-Purpose Room.
- **BODYPUMP® Launch** - Wed, Aug 1, 4:30 pm, FAC East Main Group Fitness Room with Marney, Bianca, Kristi and Angie R.
- **GRIT™ (S) Launch** - Thu, Aug 2, 5 pm, FAC East Main Group Fitness Room with Taylor.
- **Small Group Personal Training** - Thu, Aug 2 - 30, 8:30 - 9:30 am, FAC West.
- **TRX Core** - Tue, Aug 7 - 28, FAC West; Fri, Aug 3 - 31, FAC East, 9 - 9:45 am.
- **Poolside POUND Barre** - Sat, Aug 11, 8:30 - 10 am FAC East Outdoor Pool Deck.
- **Beginning ZUMBA** - Sat, Aug 11, 10:45 am, FAC East Main Group Fitness Room.

## Fitness. . .

- **STEPAPOLOOZA** - Sat, Aug 25, 8:15 - 9:30 am, FAC West Main Group Fitness room. Join Angie Rockow, Carol Orrill, Laurie Cortez and Kelly Guerrero for STEP, STEP ZUMBA and In-Line STEP. 75 min of fun, excitement and a definite Fatblaster! Following at 9:45 am will be BODYPUMP®45 taught by Angie Rockow. Work ALL the muscle groups in a 45 min format - working combinations of muscle groups in several tracks!
- **Free Climb / Wall Certification** - Fri, Aug 17 and 31, 4 - 5 pm, FAC East. Ages 16+ (or ages 12 - 15 with independence certification). Pre-registration required the Wed before by 4 pm. Call Michelle Johnson to register for certification at 440-5245, ext 2.

## Aquatics. . .

- **Family Fun Pool Party** - Fri, Aug 3, 5 - 9 pm, FAC East outdoor pool.
- **Independence Swim Test** - Independence Swim Tests can be taken Thursdays, 5:30 - 6:30 pm or weekends, 10 am - 5 pm through Sept 16. Participants must register before completing this portion of their Independence Pass at 779-5141.
- **Outdoor Pool** - Lifeguards are on duty 10 am to 5 pm every day of the week through Aug 8 and on the weekends through Sept 15. The slide and mushroom will be turned on by 10 am with two lifeguards on duty. For safety purposes, the slide and mushroom are only to be utilized during scheduled lifeguard hours.

## Youth Activities

- **Kids' Night Out, Fri, Aug 3** - Children ages 3 - 12 join us for a fun-filled evening while parents enjoy a night out on Fri, Aug 3, 5 - 9 pm, FAC East! We will have a bounce house, obstacle course, crafting, games, pizza and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, Aug 1.
- **Kids' Passport Exam** - Certification gives 6 - 11 year old FAC members the privilege of using FAC racquetball and basketball courts without direct adult supervision. Children must pass 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. Held alternate Tue/Thu, 5 - 5:30 pm and one Sat a month from 10 - 10:30 am, FAC East. Aug 2, 7, 16, 21, 30 and Sat, Aug 11. 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 and one Sat a month from 10:30 - 11 am, FAC East. Aug 2, 7, 16, 21, 30 and Sat, Aug 11. Pre-registration required. Call AIR at 779-5141.

# FAC AUGUST 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](http://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>
			<b>1</b> BODYPUMP® LAUNCH 4:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE	<b>2</b> GRIT™ LAUNCH 5 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>3</b> *TRX CORE 9 AM / FACW KIDS NIGHT OUT 5 - 9 PM / FACE	<b>4</b>
<b>Small Group Personal Training</b> <b>Thu at 8:30 - 9:30 am</b> <b>Aug 2 - 30, FAC West</b>						
<b>5</b>	<b>6</b> ASK DR. CROFT 4:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE ASK DR. CROFT 6 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	<b>7</b> *TRX CORE 9 AM / FACW ASK THE HYPNOTHERAPIST DON BERLYN 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE *OFF SEASON ATHLETIC TRAINING 5:15 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>8</b>	<b>9</b> ASK THE HYPNOTHERAPIST DON BERLYN 12 PM / FACW *OFF SEASON ATHLETIC TRAINING 5:15 PM / FACE	<b>10</b> ASK THE NATUROPATH EMILY DAVENPORT 2 PM / FACE AND 3:30 PM / FACW	<b>11</b> POOLSIDE BARRE/ POUND 8:30 AM / FACE PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE BEGINNING ZUMBA 10:45 AM / FACE
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> HEARTSAVER - AED CPR 6 PM / FACW	<b>16</b> PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>17</b> FREE CLIMB 4 PM / FACE	<b>18</b>
<b>19</b>	<b>20</b> HEARTSAVER - AED CPR 6 PM / FACW	<b>21</b> PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> STEPAPOLOOZA 8:15 AM / FACW BODYPUMP® 45 9:45 AM / FACW
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>31</b> FREE CLIMB 4 PM / FACE	