



## 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

# DECEMBER 2017

# GREAT

### ***New Year's Fitness & Nutrition Blast***

If you're ready to make that dedicated step toward a life-style change, this is your opportunity. This program package includes three months of fitness coaching and nutritional tracking with an FAC Certified Personal Trainer designed to give you the New Year's kick and get you on your way toward successfully obtaining a sustainable healthy and fit life-style. The only requirement is your dedication to documentation, communication and a positive mental attitude! Included are two meetings per month with a personal trainer to monitor your workouts, weekly e-mails to keep you motivated and on track, and a nutritional tracking program with lots of tips and ideas for eating healthy and achieving your goal. We will help you reach your goals!

### ***Free Exercise Progression & Variation Clinic***

Are you bored with your current workout routine? Is your workout not challenging enough or not interesting? Join Certified Personal Trainers Jennifer Knox and Noelle Martinjako on Mon, Dec 4, 5:30 - 6:30 pm, FAC West and learn how to amp up your current workout and take it to the next level. The majority of the clinic will focus on progressing/varying upper body push and pull movements along with lower body movements. It will also include breaking down exercises into simpler movements for people at a more novice level. Registration is required. Space is limited.

### ***Holiday Wallyball Tournament***

In preparation of our reintroduction of Wallyball league play at FAC, we will be hosting a fun-filled day of playful competition on the courts at FAC West on Sat, Dec 16 with check-in at 9 am and tournament starting at 10 am. The 3v3 coed, double elimination format will guarantee two games and the winners will take home a championship t-shirt and the title as reigning champions until unseated in our next tournament in the spring.

### ***Women on Weights***

Have you been making New Year's resolutions to get in shape for decades? Make 2018 that turn around year that will put you on the path to good health and fitness for the rest of your life! Join Exercise Physiologist and FAC Group Fitness Instructor, Julie Mansene, for an amazing four weeks that will include discussion, support, life-style changes, basic nutritional guidelines and WORKOUTS. Warning: this could have side effects of weight loss, a positive self-image, becoming a gym rat, increased confidence, and a healthier life-style for you and your family!

Starting Mon, Jan 8 through Wed, Jan 31, 9 - 10:30 am on Mon and Wed in the upstairs multi-purpose room, FAC East. Early registration discount if registered by Dec 31. To register, contact AIR at 779-5141.

### ***Winter Break Camp***

With winter break quickly approaching, it's time to think about FAC's Winter Break Camp! Your child will take part in fun activities, ranging from swimming in our warm saltwater pool, to playing in the snow! This camp is for children ages 4 - 12. Week one, Dec 18 - 22 and week two, Dec 26 - 29. Pre-registration is required. Registration forms available online or at either club.

**Holiday Hours**

- Sun, Dec 24 —  
7 am - 4 pm
- Mon, Dec 25 —  
CLOSED
- Sun, Dec 31 —  
7 am - 6 pm
- Mon, Jan 1 —  
7 am - 6 pm

**Modified Group Fitness Schedule & Fitness Hours**

### ***Employee of the Month***

Congratulations to Zaira Macias, FAC Employee of the Month! Zaira works in the Fitness Department as a Fitness Professional, although you will probably see her helping out in numerous other capacities at both FAC West and FAC East. Always moving and always busy, Zaira is constantly smiling, helping members and staff alike in a number of ways. A native of Phoenix, Zaira recently graduated from NAU with a degree in Exercise Science and is actively applying for Physical Therapy school. She enjoys hiking, hanging out with friends, watching movies and played rugby for NAU. If you ever have a moment to meet this astounding young lady, stop and say hello while she is working a shift and never hesitate to ask her for instruction or advice regarding your fitness path. You will quickly find that Zaira truly loves her position at FAC and strives to help others achieve their goals. Se habla Espanol!

### ***Blood Drive***

United Blood Services Blood Drive on Fri, Dec 22, 2 - 6 pm, FAC West Diamond Room.

## 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

### Small Group Personal Training

Become the fittest you've ever been! Personal Trainer Brian Semonian invites you to join him Mon and Wed, Dec 4 - 27, 6 - 7 am, FAC East for a bomber workout system that he has developed to take your fitness journey to the next level. Designed to implement strength, flexibility, speed, agility and quickness, his programming is deliberately built upon itself to give you the challenge and results you are looking for. All levels welcome. Join with a friend to receive a promotional rate. Enrollment is limited, register today.

### Hard Core Abs

Summer will be here sooner than you think...it's time to get to work! Tone your abs, develop a strong core, or get that six pack with this rigorous ab training program led by FAC Personal Trainer AJ Zagarella. Come experience 45 minutes of high intensity, gut busting, abdominal training offered on Mon, Dec 4 - 18, 6 - 6:45 am, FAC East and Thu, Dec 7 - 28, 6 - 6:45 am, FAC West. All fitness levels welcome! Registration required.

## 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 the members of FAC.

## Health Care Corner

### Family Practice - Brad Croft

Mon, Dec 4, 4:30 pm / FACE  
Mon, Dec 4, 6 pm / FACW

### Naturopath - Emily Davenport

Wed, Dec 6, 10:30 am / FACW  
Wed, Dec 13, 10:30 am / FACE  
Featuring Vitamin B12 Shots!

### Podiatrist - Kelly Reber

Tue, Dec 6, 4:30 pm / FACW  
Tue, Dec 6, 6 pm / FACE

### Physical Therapist/Hypnotherapist - Don Berlyn

Tue, Dec 12, 4 pm / FACW  
Thu, Dec 14, 4:30 pm / FACE

### AED & Heartsaver CPR

Mon, Dec 4, 6 pm / Chris Thomas  
Wed, Dec 6, 6 pm / Matt Turner  
Tue, Dec 12, 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/Fri, 8:30 - 10 am; **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.

## **Weighing In On the Holidays**

*Bradford Croft, DO, East Flagstaff Family Medicine*

The "holiday season" is synonymous to many of us with the "eating season". Starting at Thanksgiving, our feeding frenzy extends relentlessly through Christmas and New Year's and continues to perpetuate all the way through the football playoffs into the Feb Super Bowl. And every holiday deserves a feast! Not just the holiday dinner, but also the endless numbers of parties, events and treats at the workplace as well as those at home all contribute to the caloric avalanche we experience through the winter months. No wonder it is not a surprise that most people gain the most weight every year in the month of Dec. They also commonly do not lose all of those acquired winter pounds. Maintaining just two of those extra pounds each season makes you twenty pounds heavier in a decade.

The answer is, of course, calories. Some fun facts are that, on average, the adult male needs 2500 calories to maintain his current weight. The average female needs only 2000 calories per day. It only takes an extra 500 calories each day to gain a pound every week. Imagine that the typical holiday dinner alone packs a usual 3000 calories and with appetizers and drinks may top 4500 calories for just that meal and up to 7000 for the day. "Not bad", you say. "There are only a couple of excessive meals during that season in which I indulge."

However, add the onslaught of holiday snacks, those extra calories may be easy to accrue. A couple of calorie counts for example: a slice of pumpkin pie is 279, slice of pecan is 532, cherry pie is 304 and apple pie alamode is 414 calories. Not a pie person? How about cookies then. Each sugar cookie from Subway is 220 calories. Beer is anywhere from 64 calories in the ultra light to 200 for a hearty IPA. Wine may range anywhere from 110 to 300 calories per glass depending on sweetness and alcohol content. If you are considering the playoff parties, a serving of beef nachos is 430 calories, a chili cheese hot dog is 340, one pork rib is 370 and a half dozen chicken wings is 616 calories ([www.calorieking.com](http://www.calorieking.com)).

The point is not so much the specific calorie count, but rather the ready availability of "extracurricular" food and treats in which we mindlessly and consistently indulge. Adding this onslaught of calories consumed throughout the "season", one could readily pack on two, five or even ten extra pounds this year.

Your awareness of these points may make it easier not to go overboard this year. Some tips include limiting your choices to eating only your favorite foods. You do not have to try one of everything. Serve yourself smaller portions, as most holiday foods are rich and should readily fill you up. Only eat one helping at a service. If you feel you must have more, drink a big glass of water and set your timer for twenty minutes. It is likely by then that meal has caught up and you will not be hungry for a second helping. Finally, eat slowly, taste very bite and enjoy these special treats. Celebrate the holidays and enjoy your time with family and friends.

## **Sports**

### **FREE Baseball Pitching & Hitting Mechanics Assessment**

Are you ready to put in the off-season work to improve your craft? Certified Personal Trainer and former pro scout, Brian Semonian will meet with you for 30 minutes to assess and offer feedback on your baseball mechanics at the SportStop, our indoor sports facility at FAC East. This session is free and by appointment only. Contact Brian at 718-419-1715 to arrange your private session.

## **Fitness**

### **Indoor Triathlon**

Challenge yourself and sign up for one of our monthly triathlons! These indoor triathlons are done in reverse format, starting with a two mile run, a seven mile bike ride on one of our customizable Schwinn Carbon Blue cycles and finish off with a refreshing one hundred yard swim. 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 as well as, experts! Please contact the Aquatics manager at 440-5245, ext 3 for questions or call 779-4593 to register. Sat, Jan 27, 10 am - noon, FAC West.

### **Free Climb & Climb Wall Certification**

FAC Climbing Wall certification is required to use the climbing wall at FAC East. 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" which is generally offered on Fridays, 4 - 5 pm! The Dec dates are Fri, Dec 1, 8 and 15. Anyone 16 and older (or 12-15 with their 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 you are climbing.

Conner Wesson will be running the program. Pre-registration is required by 4 pm the Wed before. Program will only be run if minimum of two climbers with certifications met.

**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

### 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 on Tue, Dec 5 - 19, FAC East. 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.

### 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 you have never worked before while challenging your balance in multiple planes. Join Personal Trainer Robb Faus to experience this challenging and rewarding format on Tue, Dec 5 - 19, 9 - 9:45 am, FAC West and Fri, Dec 1 - 29, 9 - 9:45 am, FAC East. All ability levels welcome!

### TRX Workshop

Are you interested in implementing TRX into your workout? Join Personal Trainer Robb Faus on Sat, Jan 13, 9 am - noon, FAC East to learn a variety of exercises that will supplement your fitness plan. This three hour workshop will cover upper body, lower body, core and plyometric applications that will be sure to challenge any fitness level. All participants will receive a one hour follow-up Personal Training session to ensure that all questions are answered. Class space is limited. Register now to reserve your space.

## Kids Programs

### Kids Night Out

Children can join us for fun while parents are out! We will have a bounce house and obstacle course, crafting, games, pizza and more! This fun-filled event will be held at FAC East on Fri, Dec 8, 5 - 9 pm. To register, call 779-5141 by 4 pm Wed, Dec 6. Pre-registration is required.

### Kids Passport

Kids Passport Certifications is held every Tue and Thu of each month from 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. 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. It is necessary to obtain and complete a packet before scheduling an appointment. 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 direct adult supervision. The first step in the certification process is to pick up an independence packet at any kiosk area. Complete the packet, schedule and complete appointments with fitness staff, register for the swim portion, and register for the final exam. In order to enroll in this class, the packet must be complete with all appropriate signatures on the signature page.

These certifications are held every Tue and Thu, 5:30 - 6 pm and one Sat a month, 10:30 - 11 am. Register with AIR by calling 779-5141.

## 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 League:

- All level combo league Winter Session begins Thu, Jan 4.

Registration for this league is now open and will close when full.

#### Adult CoEd Volleyball Leagues:

- CoEd 'B' League Winter Session begins Tue, Jan 2 and runs through Feb 13.
- CoEd 'A' League Winter Session begins Thu, Jan 4 and runs through Feb 15.

Registration for these leagues opens Dec 4 and closes Dec 28 or when full.

### SportStop Leagues

#### Indoor Soccer:

- CoEd 5v5 Indoor Soccer Winter Session begins Wed, Jan 3 and runs through Feb 14.

Registration for this league opens Mon, Dec 4 at 5:30 pm at the SportStop and closes Dec 28 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](http://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](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. . .

- **Small Group Personal Training** - Mon/Wed, Dec 4 - 27, 6 - 7 am, FAC East.
- **GYMNASTICBODIES** - Mon/Wed, Dec 4 - 27, 5:45 pm, FAC East Main Group Fitness Room and Tue/Thu, Dec 5 - 28, 5:45 pm, FAC East Multi-purpose Room.
- **Jingle Step** - Sat, Dec 2, 8:15 am, FAC West Main Group Fitness Room.
- **12 Days of Christmas** - Sat, Dec 2, 8:15 am, FAC West Main Group Fitness Room
- **Hard Core Abs** - Mon, Dec 4 - 18, 6 - 6:45 am, FAC East and Thu, Dec 7 - 28, 6 - 6:45 am, FAC West.
- **TRX Core** - Tue, Dec 5 - 19, FAC West and Fri, Dec 1 - 29, FAC East, 9 - 9:45 am.
- **TRX Workshop** - Sat, Jan 13, 9 am - noon, FAC East, Main Group Fitness Room.
- **Women on Weights** - Mon/Wed, Jan 8 - 31, 9 - 10:30 am, FAC East Multi Purpose Room.
- **Nia Holiday Gift** - Dec 20, 21, 27 and 28, 4:30 pm, FAC West Diamond Room.

## 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! Four week session will be held on Sat, Jan 6 - 27, 9 - 10 am. Contact the Aquatics manager at 440-5245, ext 3 for questions. Participants must pre-register at 779-5141.
- **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 4 competitive strokes. Come learn team aspects and goal setting skills. From Jan to May, swim team will be held on Mon, 4 - 5 pm, FAC West. Session I, Mon, Jan 8 - 29. Contact the Aquatics Manager at 440-5245, ext 3 or call 779-5141 to register!
- **Scuba Diving** - Scuba classes have wrapped up for the year, but will be back one weekend a month throughout 2018. Our scuba programs are run through Summit Divers. For more info, contact Summit Divers at 556-8780. To register, call 779-5141.
- **Lap Swim Clinics** - Clinics are held one Sat a month to get a personal assessment and tips for stronger swimming. Liz Hobbs will focus on technique with helpful hints to improve strokes and performance. Sat, Jan 20, 10 - 11 am, FAC East. Pre-register at 779-5141.
- **Independence Swim Test** - Swim tests will be conducted during the months of Sept through May on Thu, 5:30 - 6:30 pm, FAC East indoor pool. Registration is required. To register, call 779-5141 or at any service desk.

## Youth Activities

- **Kids' Night Out, Fri, Dec 8** - Children can join us for a fun-filled evening while parents enjoy a night out on Fri, Dec 8, 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, Dec 6.
- **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 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. Dec dates are Dec 5, 7, 12 and 19, 5 - 5:30 pm and Sat, Dec 9, 10 - 10:30 am. 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 then register for this portion, which is the final exam. The packet must be completed with all appropriate signatures. Dec dates are Dec 5, 7, 12 and 19, 5:30 - 6 pm and Sat, Dec 9, 10:30 - 11 am. 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](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.**

# FAC DECEMBER 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Small Group Personal Training Mon / Wed at 6 - 7 am Dec 4 - 27, FAC East</b>			<b>1</b>  *TRX CORE 9 AM / FACW FREE CLIMB 4 PM / FACE	<b>2</b>  JINGLE STEP 8:15 AM / FACW 12 DAYS OF CHRISTMAS 8:15 AM / FACW
<b>3</b>	<b>4</b>  *HARDCORE ABS 6 AM / FACE ASK DR. CROFT 4:30 PM / FACE FREE EXERCISE PROGRESSION & VARIATION CLINIC 5:30 PM / FACW *GYMNASTICBODIES 5:45 PM / FACE ASK DR. CROFT 6 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	<b>5</b>  *TRX CORE 9 AM / FACW ADVANCED VOLLEYBALL TRAINING 4 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE	<b>6</b>  ASK THE NATUROPATH EMILY DAVENPORT 10:30 AM / FACW ASK THE PODIATRIST DR. REBER 4:30 PM / FACW & 6 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	<b>7</b>  *HARDCORE ABS 6 AM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE	<b>8</b>  KIDS NIGHT OUT 5 - 9 PM / FACE FREE CLIMB 4 PM / FACE	<b>9</b>  PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE
<b>10</b>	<b>11</b>	<b>12</b>  ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	<b>13</b>  ASK THE NATUROPATH EMILY DAVENPORT 10:30 AM / FACE	<b>14</b>  ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACE	<b>15</b>  FREE CLIMB 4 PM / FACE	<b>16</b>  HOLIDAY WALLYBALL TOURNAMENT 10 AM / FACW
<b>17</b>	<b>18</b>	<b>19</b>  PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>20</b>  NIA HOLIDAY GIFT 4:30 PM / FACW	<b>21</b>  NIA HOLIDAY GIFT 4:30 PM / FACW	<b>22</b>	<b>23</b>
<b>Winter Break Camp - Week 1</b>						
<b>24</b>  Club Hours 7 am - 4 pm	<b>25</b>  Happy Holidays! Clubs Closed	<b>26</b>	<b>27</b>  NIA HOLIDAY GIFT 4:30 PM / FACW	<b>28</b>  NIA HOLIDAY GIFT 4:30 PM / FACW	<b>29</b>	<b>30</b>
<b>Winter Break Camp - Week 2</b>						
<b>31</b>  Club Hours 7 am - 6 pm	<b>Jan 1</b>  Club Hours 7 am - 6 pm					

# Flagstaff Athletic Club

## Winter Break Camp

Ages 4-12 Years

Week 1 - December 18th thru 22nd

Week 2 - December 26th thru 29th

### Full Week Camp

\$155/member—\$180/non-member

\$10 off each additional child

### Flexible Camp Daily Rates

1 Day \$55 member / \$65 non-member

2 Days \$95 member / \$110 non-member

3 Days \$125 member / \$145 non-member

4 Days \$145 member / \$170 non-member

Register for the week or choose the day(s).

Registration deadline, Wed Dec 13th at 4pm

Register Early! Minimum numbers must be met for camp to run.

*Drop-In Registration Not Guaranteed.*

Drop off as early as 7:30 am

Pick us as late as 5:30 pm

FAC East Sports Desk Entrance

1500 N. Country Club Rd / (928)526-8652

Email, fax or drop off registration form at either club.

Email [air@flagstaffathleticclub.com](mailto:air@flagstaffathleticclub.com)

Fax (928) 779-5658

Contact Michelle Johnson with questions [mjohnson@flagstaffathleticclub.com](mailto:mjohnson@flagstaffathleticclub.com)



# FAC Member Holiday Gift Guide



This Holiday Season FAC is offering member discounts for the following programs, services and items when purchased by Dec 31, 2017 (unless otherwise noted).

*All service package expiration dates apply*



## FAC and SportStop Gift Cards

Give a gift of health, fitness, sport, wellness, recreation and fun! FAC Gift Cards are available in any amount and can be used for Personal Training, Swim Lessons, Tanning, Programs, Pro Shop, Membership and more... SportStop gift cards are available in the SportStop.



## FAC Guest Passes

\$10 off Member book of 10 guest passes.



## FAC Membership Referral Credit

Refer family and friends to FAC and when they join before 12/31/2017

receive a \$25 referral credit on your FAC account and your family and friends will receive the Holiday promotion of \$175 off the regular initiation fee.

## FAC Group Fitness WOW class

Have you made the same New Year's Resolution year after year to get FIT? This year really do it with the help of our WOW class! You will get motivation and support from Julie Mansene, Exercise Physiologist and FAC Group Fitness Instructor, and you will get a workout EVERY session. Make 2018 a banner year on your road to improved health and wellness! Register for the WOW (Women on Weights) class by December 31 and receive \$25 off. Call AIR now at 928-779-5141 or stop at any service desk to sign up.

## FAC Fitness Programs—Small Group Personal Training

Take advantage of Small Group Personal Training!! Register in December for the January Small Group Personal Training and receive Small Group Training in February for 50% off.

## FAC Personal Training

Enjoy the gift of Fitness!! Purchase a Personal Training 6-pack for 20% off. Limit one per member, non-transferrable, expiration date cannot be extended. Discount does not apply to Personal Trainers Haugerud and Sampson.

## FAC Winter Break Camp

Receive 10% off camp fee when you bring a friend. Bring 2 or more and receive 25% off. Week 1 (Dec 18-22 and Week 2 Dec 26-29). Registration forms available at the club or online [flagstaffathleticclub.com/pdf/WinterBreakCamp2017.pdf](http://flagstaffathleticclub.com/pdf/WinterBreakCamp2017.pdf)  
Registration deadline is Wednesday, December 13, 2017.

Happy  
Holidays!

## FAC Pro Shop

Take 25% off all regular priced FAC logoed apparel .



## FAC Tanning Packages

Come in from the cold and relax in the warmth of our tanning beds! Purchase a package and take 20% off the tanning package price.

## FAC on Facebook

Check out Facebook for other offers and discounts on programs or services.



\* FAC West 928.779.4593 \* \* FAC East 928.526.8652 \*  
[www.flagstaffathleticclub.com](http://www.flagstaffathleticclub.com)

