



1200 West Route 66 • Flagstaff, AZ 86001  
W: 779-4593 • E: 526-8652  
Activities Desk: 779-5141 • Billing Office: 779-5141  
[www.flagstaffathleticclub.com](http://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**

JULY 2018



## Holiday Hours

**Tue, July 4th**

**FAC East, 7 am - 6 pm**

**FAC West - 7 am - 6 pm**

**Modified Group Fitness  
Schedule & Fitness Hours**

## Employee of the Month

Congratulations to Liz Anderson, FAC's Employee of the Month! Liz can be found greeting every member and guest with a smile at the FAC West Service Desk! She treats every individual she encounters with a positive, friendly and helpful attitude.

Liz grew up on a farm in Pahrump, NV and moved to Flagstaff to study Exercise Science at NAU. She enjoys being around animals, rock climbing and the ocean.

We are so grateful to have Liz as a part of the FAC team. Thank you Liz for all you do and for making each person feel like they are the most important person you've ever met.

## ZUMBA B1 & Zumba Kids Instructor Training

Join us for ZUMBA B1 training, in Spanish on Sat, July 14, FAC East Multi-Purpose Room, 8:45 - 5:30 pm. Join us for ZUMBA Kids training, in Spanish on Sun, July 15, FAC East Multi-Purpose Room, 8:45 - 5:30 pm. Register for either training online at [www.zumba.com](http://www.zumba.com).

## Outdoor Pool

Lifeguards are on duty 10 am to 5 pm every day of the week. 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 West CLOSED —

FAC West will be temporarily closed Mon, July 9 - 15 for renovations. July 16 - 22 the main lobby, front desk and lobby bathroom will be closed. Stay up to date by checking flyers, FAC website, emails and Facebook.

## 2nd Annual Tour de FrAnCe

Melinda Morfin will be coaching her Tour de FrAnCe VO Cycling program again starting July 18 - Aug 25. Melinda takes you on a virtual ride of parts of the actual Tour de France and you can compete in the following categories: Highest Average Power, Highest Average Resistance, Highest Average RPM's Most Miles Completed and Most Stages Completed! There will be a celebration following the final two hour ride on Aug 25.

## Off Season Athletic Training

FAC is proud to announce that we will be continuing our off-season training camp hosted at our facility this summer. The goal of our 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, July 3 - 26, 4:45 - 5:45 pm, FAC East.

## Youth Sports Specific Camp

Give your growing athlete the best possible experience this summer at our special offering during Kid's Camp. Your participant will be monitored and coached by our highly experienced Fitness Professionals in the areas of strength and conditioning, sports specific drills and practical application of the sport of the week. We take our athletics seriously, but this is also about having a good time and learning to love the spirit of sportsmanship and teamwork. Each week will end with a fun event that will reward your athlete with confidence and the sense of achievement. Mon - Fri, 8 am - noon, FAC East. Ages 8 - 14. Registrations available at both clubs and on [flagstaffathleticclub.com/registrationform](http://flagstaffathleticclub.com/registrationform).

## Family Fun Pool Parties

This summer, FAC will be holding three fun pool parties 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 Sat, July 27, 5 - 9 pm for some good ol' family fun!

## Massage Schedule

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

### HIIT vs. Cardio Endurance

Do you devote a lot of time to cardio yet never seem to reach the goals you are looking for? Did you have success initially, but seem to have hit a plateau and stopped losing weight? By incorporating HIIT into your routine, you will begin to reach your goals while spending less time on the treadmill or in the gym.

HIIT is a training technique which involves short bursts of high-intensity exercise followed by varied periods of active-rest, or complete rest. HIIT can be a useful exercise technique if time is an issue, and can also be beneficial in the physiological effect called excess post-exercise oxygen consumption (EPOC). EPOC, informally known as "after-burn" is the amount of oxygen required to restore to its normal, resting level of metabolic function. This allows your body to continue to burn calories long after you've worked out which is influenced by the intensity, not the duration of an exercise. Tabata is a type of HIIT workout that is structured as 20 seconds of hard effort and 10 seconds of rest for 8 sets. Tabata originally requires work on one exercise for 8 sets in 4 minutes, but can be modified by incorporating a cardio exercise and resistance exercise allowing the workout to feel less intimidating and not having to overwork muscles. If you're short on time, try switching your routine with HIIT workouts, maybe even on the treadmill. This type of workout can also be beneficial in improving endurance and speed. The overall goal should be to find a balance of both HIIT and continuous aerobic endurance exercise programs to improve all physiological, metabolic human body functions, including fitness goals. --- **Chrislyn Cook, Certified Personal Trainer**

## 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, July 23, 4:30 pm / FACE  
Mon, July 23, 6 pm / FACW

### Naturopath - Emily Davenport

Fri, July 27, 2 pm / FACE  
Fri, July 27, 3:30 pm / FACW  
**Featuring Vitamin B12 Shots!**

### Podiatrist - Kelly Reber

Tue, July 17, 4:30 pm / FACW  
Tue, July 17, 6 pm / FACE

### Physical Therapist/Hypnotherapist - Don Berlyn

Thu, July 5, 2 pm / FACE  
Thu, July 26, 12:30 pm / FACW

### AED & Heartsaver CPR

Mon, July 2, 6 pm / Chris Thomas  
Thu, July 19, 6 pm, FACE / Matt Turner  
Mon, July 30, 6 pm / Kevin Wiles

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.

### **Dragging Your Anchor**

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

Anemia is a condition of having a lower than normal amount of circulating red blood cells (RBC). This can be due to either your body not making adequate RBCs, having a source of bleeding that surpasses the body's ability to replenish them or that your body is destroying RBCs. All of these conditions result in the oxygen carrying component of circulation being compromised. If anemia is present, symptoms may include headache, fatigue and exhaustion. There may be shortness of breath or irregular heartbeats. As anemia worsens, there may be pain and or pallor or paleness to the skin. Long term presence of anemia may damage systems such as the brain, heart and other organs. Severe anemia may lead to death.

Iron deficiency anemia is the most common form worldwide. As iron stores are depleted or inadequate in the body, the bone marrow cannot make hemoglobin, the oxygen carrying component of the RBC. The most common reason for low iron is that of blood loss. This usually is caused by bleeding in the digestive or urinary tract, surgery, trauma, heavy menstrual periods or cancer.

Vitamin deficiency anemia is from inadequate levels of folate and vitamin B-12. These substances are also needed in addition to iron to produce healthy RBCs. This anemia is typically due to dietary deficiencies. Some individuals may have a problem with B-12. Although they may be consuming proper amounts, their body cannot properly process the vitamin. This is known as pernicious anemia.

Anemia of chronic disease may be a sign of underlying problems such as cancer, HIV and AIDS, rheumatoid arthritis, kidney disease, Crohn's disease or other inflammatory diseases. Obviously, other than treating the anemia itself, it is necessary to discover the source of the problem and treat the root cause.

There are a group of hemolytic anemias that cause RBCs to be destroyed faster than they can be replaced. These diseases include thalassemia, sickle cell disease, G6PD deficiency, malaria and acquired and immune hemolytic anemias, to name a few.

Prevention is not possible for many types of anemia. A vitamin rich diet may minimize the development of the diet-deficient anemias. This would include foods or supplements including iron, folate, B-12 and Vitamin C. Treatments, depending on the type of anemia, may range from simple iron supplements to transfusions, medication, marrow transplants and possibly surgical intervention.

As fatigue is a common complaint for many people, there are also many causes and contributions to having this symptom. If you have other chronic issues or illnesses, it is important to keep anemia in mind as a possible effect of these diseases. Your primary care provider can start the screening process when it is appropriate by ordering some simple blood tests as the first step to diagnosis and treatment. For more information: <https://www.mayoclinic.org/diseases-conditions/anemia/symptoms-causes/syc-20351360>.

### **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, July 5 - 26, 8:30 - 9:30 am, FAC West.

### **Free BOSU Clinic**

If you've ever been interested in adding the BOSU into 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 BOSU work to those interested at this free clinic at FAC East in racquetball court 4 on July 30 at 5 pm.

### **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, July 3 - 31, 9 - 9:45 am, FAC West and Fri, July 6 - 27, 9 - 9:45 am, FAC East. All ability levels welcome!

### Advanced Volleyball Training

Led by Personal Trainer Noelle Martinjako, Advance 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 will be crucial to jumping higher and hitting harder. Vertical will be tested at the beginning and end of the program. Sat, July 14 - 28, 1 - 2 pm, FAC East.

### Les Mills RPM® Instructor Training

Les Mills RPM® initial Training, Sat and Sun, July 28 and 29, FAC West Diamond Room, 8 am - 6 pm. Register for this training online at [www.lesmills.com](http://www.lesmills.com).

## 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 —

#### 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.

#### Sand Volleyball

- Men's and Women's 2's League Session II begins Mon, July 9. League runs for 7 weeks and includes a Tournament on Aug 20.
- CoEd 4's "B" League Session II begins Tue, July 10. League runs for 7 weeks and includes a Tournament on Aug 21.
- CoEd 2's "Open" League Session II begins Wed, July 11. League runs for 7 weeks and includes a Tournament on Aug 22.
- CoEd 4's "A" League Session II begins Thu, July 12. League runs for 7 weeks and includes a Tournament on Aug 23.

Registration for these leagues is open and closes July 5 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.*

## Aquatics

### Group Swim Lessons

For ages 3 and up, group swim lessons will be held in two week sessions, either Mon/Wed or Tue/Thu and are offered in the mornings and afternoons all summer! Level 1 - 7:45 - 8:15 am; Level 2 - 8:20 - 8:40 am. Level 1 - 4 - 4:30 pm; Level 2 - 4:40 - 5:10 pm. Contact the aquatics manager for information or call 779-5141 to register.

### Parent-Tot

This 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. Mon/Wed, July 9 - 18 or Tue/Thu, July 10 - 19, 8:55 - 9:25 am and 5:15 - 5:45 pm, FAC East. For children 6 months to 3 years old. To register or more info, call 779-5141.

### Lap Swim Etiquette

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! Contact the aquatics manager for more information.

### Independence Swim Test

During the month of July, Independence Swim tests can be taken in the outdoor pool 10 am to 5 pm 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.

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

## 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 Mon, July 2, Mon/Wed, 5:45 - 7 pm, FAC East Main Group Fitness Room; Tue/Thu, 5 - 7 pm, FAC East Multi-Purpose Room. No class July 4, 5 and 9.
- **TRX Core** - Tue, July 3 - 31, FAC West; Fri, July 6 - 27, FAC East, 9 - 9:45 am.
- **Small Group Personal Training** - Thu, July 5 - 26, 8:30 - 9:30 am, FAC West.
- **Poolside POUND Barre** - Sat, July 14, 8:30 - 10 am FAC East Outdoor Pool Deck.
- **ZUMBA B1 & ZUMBA Kids Instructor Training (in Spanish)** - Sat, July 14, 8:45 am - 5:30 pm, FAC East Multi-Purpose Room.
- **BODYCOMBAT Launch** - Sat, July 28, 8:15 am, FAC West Main Group Fitness Room.
- **BODYPUMP Launch** - Sat, July 28, 9:30 am, FAC West Main Group Fitness Room.

## Fitness . . .

- **Les Mills RPM® Initial Instructor Training** - July 28 and 29, FAC West Diamond Room, 8 am - 6 pm. Register at [lesmills.com](http://lesmills.com).
- **Free BOSU Clinic** - Mon, July 30, 5 pm, FAC East.
- **RPM Launch** - Mon, July 30, 4:45 pm, FAC West Diamond Room.
- **GRIT Launch** - Tue, July 31 and Thu, Aug 2, 4:30 - 5 pm (2 formats), FAC East Main Group Fitness Room.
- **BODYPUMP Launch** - Wed, Aug 1, 4:30 pm, FAC East Main Group Fitness Room.

## Aquatics . . .

- **Group Swim Lessons** - Registration is open and lessons begin June 4. Two week sessions available on Mon/Wed or Tue/Thu. Session I: Level 1 held 7:45 - 8:15 am and 4 - 4:30 pm. Level 2 held 8:20 - 8:40 am and 4:40 - 5:10 pm. Ages 3 - 6 yrs. Call 779-5141 for more info and to register.
- **Parent-Tot Classes** - For parents and tots ages 6 months to 2 1/2 years old. Mon/Wed, July 9 - 18 or Tue/Thu, July 10 - 19, 8:55 - 9:25 am and 5:15 - 5:45 pm, FAC East.
- **Family Fun Pool Party** - Fri, July 27, 5 - 9 pm, FAC East outdoor pool.
- **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, July 6** - Children ages 3 - 12 join us for a fun-filled evening while parents enjoy a night out on Fri, July 6, 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, July 4.
- **Summer Camp** - Registration is open for FAC Summer Camp for kids ages 4 - 12. Camp days run 7:30 am - 5:30 pm. Pick up a registration form at any FAC kiosk or download on FAC website.
- **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. July 10, 19, 24 and Sat, July 14. 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

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 JULY 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>   | <b>2</b><br>*GYMNASTICBODIES<br>5:45 PM / FACE<br>HEARTSAVER - AED<br>CPR<br>6 PM / FACW                               | <b>3</b><br>*TRX CORE<br>9 AM / FACW<br>*OFF SEASON<br>ATHLETIC TRAINING<br>4:45 PM / FACE<br>*GYMNASTICBODIES<br>5 PM / FACE | <b>4</b><br><b>FOURTH<br/>OF<br/>JULY<br/>HOURS<br/>7 AM - 6 PM</b>                      | <b>5</b><br>ASK THE<br>HYPNOTHERAPIST<br>DON BERLYN<br>2 PM / FACE<br>*OFF SEASON<br>ATHLETIC TRAINING<br>4:45 PM / FACE                          | <b>6</b><br>*TRX CORE<br>9 AM / FACW<br>KIDS NIGHT OUT<br>5 - 9 PM / FACE                     | <b>7</b>   |
| <b>8</b>   | <b>9</b>   | <b>10</b><br>PASSPORT EXAM<br>5 PM / FACE<br>INDEPENDENCE<br>CERTIFICATION<br>PROGRAM<br>5:30 PM / FACE                       | <b>11</b><br>*GYMNASTICBODIES<br>5:45 PM / FACE  | <b>12</b><br>*GYMNASTICBODIES<br>5 PM / FACE  | <b>13</b>   | <b>14</b><br>POOLSIDE POUND/<br>BARRE<br>8:30 AM / FACE<br>ZUMBA B1<br>INSTRUCTOR<br>TRAINING<br>SPANISH<br>8:45 AM / FACE<br>PASSPORT EXAM<br>10 AM / FACE<br>INDEPENDENCE<br>CERTIFICATION<br>PROGRAM<br>10:30 AM / FACE<br>*ADVANCED<br>VOLLEYBALL<br>TRAINING<br>1 PM / FACE |
| <b>FAC WEST CLOSED, ENJOY FAC EAST</b>   |  |   |  |   |   |  |
| <b>15</b><br><b>FAC WEST<br/>CLOSED</b><br><br>ZUMBA KIDS<br>INSTRUCTOR<br>TRAINING<br>SPANISH<br>8:45 AM / FACE<br>PASSPORT EXAM<br>10 AM / FACE<br>INDEPENDENCE<br>CERTIFICATION<br>PROGRAM<br>10:30 AM / FACE | <b>16</b>  | <b>17</b><br>ASK THE PODIATRIST<br>KELLY REBER<br>4:30 PM / FACW<br>AND<br>6 PM / FACE  | <b>18</b><br>*2ND ANNUAL<br>TOUR DE FRANCE   | <b>19</b><br>PASSPORT EXAM<br>5 PM / FACE<br>INDEPENDENCE<br>CERTIFICATION<br>PROGRAM<br>5:30 PM / FACE<br>HEARTSAVER - AED<br>CPR<br>6 PM / FACE | <b>20</b>   | <b>21</b>  |
| <b>FAC WEST STILL UNDER RENOVATION<br/>FRONT DESK, LOBBY, PRO SHOP &amp; LOBBY BATHROOM CLOSED</b>   |  |   |  |   |   |  |
| <b>22</b><br><b>FAC WEST<br/>FRONT DESK,<br/>LOBBY, PRO<br/>SHOP, &amp; LOBBY<br/>BATHROOM<br/>CLOSED</b>  | <b>23</b><br><b>FAC WEST<br/>ALL AREAS<br/>OPEN</b><br><br>ASK DR. CROFT<br>4:30 PM / FACE<br>AND<br>6 PM / FACW       | <b>24</b><br>PASSPORT EXAM<br>5 PM / FACE<br>INDEPENDENCE<br>CERTIFICATION<br>PROGRAM<br>5:30 PM / FACE                       | <b>25</b>  | <b>26</b><br>ASK THE<br>HYPNOTHERAPIST<br>DON BERLYN<br>12:30 PM / FACW   | <b>27</b><br>ASK THE<br>NATUROPATH<br>EMILY DAVENPORT<br>2 PM / FACE<br>AND<br>3:30 PM / FACW | <b>28</b><br>BODYCOMBAT<br>LAUNCH<br>8:15 AM / FACW<br>BODYPUMP<br>LAUNCH<br>8:30 AM / FACW  |
| <b>29</b>  | <b>30</b><br>RPM LAUNCH<br>4:45 PM / FACW<br>FREE BOSU CLINIC<br>5 PM / FACE<br>HEARTSAVER - AED<br>CPR<br>6 PM / FACW | <b>31</b><br>GRIT LAUNCH<br>4:30 PM / FACE  | <b>Small Group Personal Training<br/>Thu at 8:30 - 9:30 am<br/>July 5 - 26, FAC West</b> |   |   |  |