



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

JUNE 2018



Holiday Hours

Tue, July 4th
FAC East, 7 am - 6 pm
FAC West - 7 am - 6 pm

FAC West Renovations

FAC West will be temporarily closed Mon, July 9 - 23 for renovations. The cardio room, weight room, GF rooms will open July 16.

Employee of the Month

Congratulations to this month's Employee of the Month, Angie Allen! Angie has been a member since 1992 and an amazing instructor since 2014. First starting out as a willPower & grace® and then a Barre Fusion® instructor, she recently became a Barre Above and PiYo certified instructor. She says fitness has given her the serenity and peace she has needed to get through the obstacles in life and it makes her a better mom, a better teacher and a better person. She feels you just "gotta sweat every day"!

Angie has a B.A. degree in English from the University of Oklahoma and a M.Ed. degree from the University of California. She is a reading specialist and certified dyslexia testing specialist at a charter school and has published a children's book "Drake's Flight"!

Congratulations Angie!

Outdoor Pool Open

Lifeguards will be 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.

The Great Cycle Challenge!

You can keep track of your miles --- indoors and out --- starting June 1 and the registration is free! All this to help fight Kids' cancer AND we are going to kick off this challenge with an FAC ride you won't forget! On **Sat, June 9**, 9 am to 1 pm, come ride with us in the FAC East gym. We will have our Schwinn bikes ready and waiting for you to ride 1 - 8 classes that day. Come and go as you like as long as bikes are available!

All your favorite instructors: Kelly, Rock, Tabitha, Robb, Ely, Melinda, Jenn C and Danyelle will lead you on this ride and we will have DJ, Justin Stump there to make sure our music is rockin'! For free registration and to find out how to get a jersey for \$20 and a free app to keep track of your cycling miles, go to www.greatcyclechallenge.com and sign up for Team Flagstaff Athletic Club Team! Register to reserve your bike. Call AIR 779-5141.

Youth Sports Conditioning 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/registrationform.

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, June 5 - 28, 4:45 - 5:45 pm, FAC East.

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 from 5 - 9 pm once a month starting June 29 for some good ol' family fun!

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

Overtraining

Jenny Knox, Certified Personal Trainer

When we experience stress in our lives, we change. This is applicable to emotional, mental and physical stressors. If someone experiences prolonged emotional stress, they will eventually crumble. The same goes for our bodies. Everyone has a different path of wellness they travel, some travel the path infrequently, others are fairly consistent and then there are the diehard fitness junkies. When we exercise, we put stress on our bodies. Our bodies typically respond by working more efficiently and become stronger, leaner, our body composition changes as we lose fat and gain muscle mass. Often, we feel inspired by such changes and fear reverting back to our former, softer, weaker state. This is when it is necessary to consider the drawbacks associated with overtraining.

Some signs of overtraining are: prolonged soreness, fatigue, soft tissue strains, injuries and irritability. To avoid overtraining, take a break. Every six months you should take at least a full week off from physical activity. This gives your body a chance to recover. You will find yourself, fully recharged, physically and mentally. It is also important to properly fuel your body. Food gives us nutrients and energy that helps our bodies respond to stress. The key is to eat nutrient dense foods that will provide your muscles with the nutrients needed to grow and repair themselves in an effort to prevent injury. Adequate sleep and sufficient water intake will also help your body recover on a regular basis, promote growth and help prevent additional stress.

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, June 4, 4:30 pm / FACE

Mon, June 4, 6 pm / FACW

Naturopath - Emily Davenport

Fri, June 29, 1 pm / FACE

Fri, June 29, 2:30 pm / FACW

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, June 5, 4:30 pm / FACW

Tue, June 5, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Tue, June 19, 4:30 pm / FACE

Tue, June 26, 1:30 pm / FACW

AED & Heartsaver CPR

Thu, June 7, 6 pm / Chris Thomas

Tue, June 19, 6 pm / Matt Turner

Thu, June 28, 6 pm / Kevin Wiles

All CPR Classes FAC West

FAC Drop In Schedule

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

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

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

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.

Keeping Afloat

Bradford Croft, DO East Flagstaff Family Medicine, LTD

Gatorade, Propel, Powerade, Body Armor and Vitamin Water are some of the names you may know. As the list of sports drinks continues to expand, so does the revenue spent. Estimated to be more than twenty-eight billion dollars spent on these beverages in the global market of 2017, sport drinks are a popular supplement for many who exercise. These beverages are designed to help athletes replace water, electrolytes and energy before, during or after training or competition. The right drink used for the right purposes at the right time can help to postpone fatigue and stabilize blood sugar.

Physical exercise may elicit high sweat rates resulting in potentially substantial water and electrolyte losses. There is significant variability of dehydration among people - men and women, slender to stocky, fit to deconditioned, even from different levels of exertion by the same individual. Additional influences that also increase water loss include higher ambient temperature and humidity as well as the exercise apparel worn. Adequate hydration prior to exercise is important. One should start with a "full tank" as opposed to catching up during or once exercise is completed. A simple hydration barometer is the color of your urine. A straw color or pale yellow tint usually indicates satisfactory hydration. Increasing intensity of yellow coloration indicates increasing levels of dehydration.

Hydration is better sustained throughout exercise periods rather than waiting until your session is completed. The best balance is to minimize fluid loss during exertion by drinking small quantities of liquids at regular intervals during exercise. It is important to maintain less than 2% of body weight loss during exertion. That is the level when significant electrolyte and carbohydrate deficit may become evident. The serious athlete may want to evaluate his hydration needs by calculating total body weight loss during a typical and maximal training effort. If the two percent limit is reached or surpassed, it is essential that glucose and electrolyte losses be remedied routinely with sports drink rehydration after training and competition.

Gatorade, the original sport drink, was initially designed for the elite college athlete. A reasonable sport drink should be about six to eight percent carbs with a small amount of sodium and potassium. However, not everyone may need sport drink rehydration. One estimate is that it may take up to ninety minutes of vigorous exercise or three hours of sustained lower level exertion to require carb and salt replacement. Plain water with a normal carbohydrate based meal may be adequate to replenish deficits post exertion. Beware of unnecessary calories in a lot of these drinks, as the energy consumption of many of our exercise regimens may not warrant the caloric cost. A number of us, given an hour in the gym, on the court or out the door, may be adequately restored with just water alone.

Use Your Breath to Feel the Way You Want

Your breath is the easiest way to communicate with your subconscious. Normally your subconscious controls your breathing; you don't have to consciously think about it. But anytime you want, you can consciously take control, holding your breath, breathing faster or slower, deeper or shallower. Breathing deeper and slower brings you to a calmer place with heart rate and blood pressure decreasing, faster tends to increase the heart rate as in getting ready for exercise. If you find your mind stuck in the future or past with unpleasant thoughts you can quickly bring your mind to the present by simply focusing on your breath.

For more information, contact Don Berlyn, PT, Hypnotherapist at 699-8263, email at flaghypno@gmail.com or check out the website www.flagstaffhypnotherapy.com.

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 June 25 at 4:30 pm.

FAC Group Rides

Summer is just around the corner and we are excited to start FAC Women's Group Rides! Starting June 5, Tue nights at 5 pm, ladies only mountain bike rides begin. Whether you are looking to meet new people, get more pedal time or looking to shred, we want you there! Bring water, snacks if needed and helmets are required. Rides will be one hour to ninety minutes long and will start at the FAC East parking lot. All riders and skill levels welcome! Lead by Fitness Professional Bethany Hancock. FAC Youth Mountain Bike Rides begins Wed, June 6, 5 pm. Ages 12 - 15 with any level welcome.

New to Zumba?

Beginning Zumba® class Sat, June 30, 10:45 am, FAC East. Learn the basic moves and feel more confident doing Zumba®. This class taught by Carol Orrill will be a gentle, fun, introductory class to Zumba® group fitness. Perfect for those new to working out or wishing to get the benefits of a lower intensity workout. Focus will be on balance, coordination and a big dose of fun!

Body Composition Test

Come in Wednesdays, 5 - 6 pm, FAC West to have your body composition measured by Certified Personal Trainer Zaira Macias. 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.

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, June 5 - 26, 9 - 9:45 am, FAC West and Fri, June 1 - 29, 9 - 9:45 am, FAC East. All ability levels welcome!

Advance 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, June 9 - 23, 1 - 2 pm, FAC East.

Nia

A mind-body wellness trend in group fitness that includes a combination of martial arts, modern dance and yoga. Offered by Stephanie Galloway, Wed/Thu, beginning June 7, 4:30 pm FAC West. To register, call 779-5141 or stop by any service desk.

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 opens June 11 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. Non-members welcome.

Aquatics

Group Swim Lessons

Group swim lessons begin June 4! 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! Session I: 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, June 4 - 13 or Tue/Thu, June 5 - 14, 8:55 - 9:25 am and 5:15 - 5:45 pm, FAC East. For children 6 months to 2 1/2 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 June, 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.

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. . .

- **TRX Core** - Fri, June 1 - 29, FAC East; Tue, June 5 - 26, FAC West, 9 - 9:45 am.
- **STEP - Michael Jackson Celebration** - Sat, June 2, 8:15 am, FAC West with Angie Rockow, Laurie Cortez and Molly Greenwald.
- **Gymnastic Bodies** - Starting Mon, June 4, Mon/Wed, 5:45 - 7 pm, FAC East Main Group Fitness Room; Tue/Thu, 5 - 7 pm, FAC East Multi-Purpose Room. No class June 28.
- **Pilates** - Starting Tue, June 5, 6:20 - 6:50 am, FAC West Main Group Fitness Room with Kelly Guerrero.
- **Nia** - Starting Wed, June 6, Wed/Thu, 4:30 pm FAC West with Stephanie Galloway.
- **PIYO** - Starting Sun, June 10, 3:15 pm, FAC East Multi Purpose Room with Angie Allen.
- **Small Group Personal Training** - Thu, June 14 - 28, 8:30 - 9:30 am, FAC West.
- **Barre 100's** - Thu, June 14, 4:30 pm FAC West Main Group Fitness Room with Angie Allen.
- **Free BOSU Clinic** - Mon, June 25, 5 pm, FAC East.

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, June 4 - 13 or Tue/Thu, June 5 - 14, 8:55 - 9:25 am and 5:15 - 5:45 pm, FAC East.
- **Cardboard Boat Race** - Teams of 2 - 4 will get the same amount of cardboard, 1 black garbage bag and an hour to build the best boat! Teams will then race across the pool, paddling their boat as fast as they can! This fun team building activity will be held Sat, June 30, 9 am, FAC East outdoor pool.
- **Family Fun Pool Party** - Fri, June 29, 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, June 8** - Children ages 3 - 12 join us for a fun-filled evening while parents enjoy a night out on Fri, June 8, 5 - 9 pm, FAC East! We will have a bounce house, obstacle course, crafting, games and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, June 6.

Youth Activities

- **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.
- **ZUMBA® Kids Class** - Sat, June 2, 10:45 am, FAC East Carol Orrill will be offering Zumba® Kids class. Kids get the chance to be active and jam out to their favorite music. The class is designed to introduce easy-to-follow Zumba® choreography that focuses on balance, coordination and fun!
- **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. June 5, 14, 19, 28 and Sat, June 2. 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. June 5, 14, 19, 28 and Sat, June 2. Pre-registration required. Call AIR at 779-5141.

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

FAC JUNE 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
	Small Group Personal Training Thu at 8:30 - 9:30 am June 14 - 28, FAC West				1 *TRX CORE 9 AM / FACW	2 MICHAEL JACKSON STEP 8:15 AM / FACW PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE ZUMBA KIDS 10:45 AM / FACE
3	4 PARENT-TOT SWIM CLASS 8:55 AM / FACE ASK DR. CROFT 4:30 PM / FACE PARENT-TOT SWIM CLASS 5:15 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE ASK DR. CROFT 6 PM / FACW	5 *PILATES 6:20 AM / FACW *PARENT-TOT SWIM CLASS 8:55 AM / FACW *TRX CORE 9 AM / FACW ASK THE PODIATRIST 4:30 PM / FACW OFF-SEASON ATHLETIC TRAINING 4:45 PM / FACE *GROUP RIDES 5 PM / FACE PASSPORT EXAM 5 PM / FACE PARENT-TOT SWIM CLASS 5:15 PM / FACW INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *GYMNASTICBODIES 5 PM / FACE ASK THE PODIATRIST 6 PM / FACE	6 *Nia 4:30 PM / FACW *YOUTH MOUNTAIN BIKE RIDES 5 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE	7 *Nia 4:30 PM / FACW *MINDFUL MOVEMENT 6:15 AM / FACW OFF-SEASON ATHLETIC TRAINING 4:45 PM / FACE *GYMNASTICBODIES 5 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	8 KIDS NIGHT OUT 5 - 9 PM / FACE	9 GREAT CYCLE CHALLENGE 9 AM / FACE *ADVANCED VOLLEYBALL TRAINING 1 PM / FACE
10 *PIYO 3:15 PM / FACE	11	12	13	14 BARRE 100'S 4:30 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	15	16
17	18	19 ASK THE HYPNOTHERAPIST DON BERLYN 4:30 PM / FACE HEARTSAVER - AED PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE CPR 6 PM / FACW	20	21	22	23
24	25 FREE BOSU CLINIC 5 PM / FACE HEARTSAVER - AED	26 ASK THE HYPNOTHERAPIST DON BERLYN 1:30 PM / FACW	27	28 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE CPR 6 PM / FACW	29 ASK THE NATUROPATH EMILY DAVENPORT 1 PM / FACE 2:30 PM / FACW POOL PARTY 5 - 9 PM / FACE	30 CARDBOARD BOAT RACE 9 AM / FACE BEGINNING ZUMBA 10:45 AM / FACE