



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 GREAT

APRIL 2019

Easter Hours

Sunday, April 21

Noon - 8 pm

**Modified Group Fitness
Schedule & Fitness Hours**

FAC East Remodel

- Womens Locker Room **CLOSED** Mar 27 - Apr 9. (Ladies, please use gym locker rooms during this time).
- Front Desk **CLOSED** Mar 27 - Apr 2. (Please use Sports Desk Entrance.)
- Mens Locker Room **CLOSED** Apr 10 - Apr 23. (Men, please use gym locker rooms during this time).

Employee of the Month

Congratulations to Margie Light, our April Employee of the Month! Margie moved to Flagstaff in 1995 to raise her boys in the great environment that Flagstaff has to offer. She loves being outdoors, hiking and camping.

Margie began working for the Facilities Department at FAC East in October 2017. Margie loves working at the club and enjoys having a job that is physically active. One of Margie's favorite parts of her job is interacting with FAC members. She likes how friendly they are. Her favorite thing to do at FAC is Yoga. Thanks for all you do Margie!

Lifeguarding Review Class

If you are currently certified as an American Red Cross lifeguard, you know the certification expires after two years. Don't let your cert lapse, join Lifeguard Instructor, Emily Gutaw, for our Lifeguard review class to keep your Lifeguard cert current! Sat, May 4, 8 am - 5 pm to give plenty of practice time, final skill evaluation and take the final exam.

Les Mills "Soft Launch" Week April 7 - 13

The new releases are out for all Les Mills classes including BODYPUMP®, BODYCOMBAT®, GRIT®, RPM® and the instructors are practicing hard, learning the new choreography. All classes the week of April 7 - 13 at both clubs will be presenting the new workouts. Be sure and go to your regular class and try a new Les Mills Class too! You are going to have a great workout and have FUN!

Special Athletes Class

FAC will be offering a group fitness class once a month for Special Athletes. This month's class is Sculpt 360 on Sat, Apr 27, 12:30 pm, FAC West Main Group Fitness Room taught by Janelle. This class is for 12-year-olds and up, plus their parents! Members and non-members may attend for free. Our special needs children and their parents like to get involved in fun workouts to keep in shape and train for Special Olympics! We plan to offer a variety of workouts, so check out our schedules, flyers and FAC newsletters to get more information.

Youth Athletic Performance Drop-In

FAC has two great opportunities for your youth athlete to shine! Take advantage of our drop-in at FAC East on Wed, beginning Apr 3 at 4 pm with Certified Personal Trainer Brea Shepherd and Fri afternoons, beginning Apr 5 with Certified Personal Trainer Cameron Bloch. No matter what sport your athlete is participating in, our Fitness Professionals will develop their performance in the areas of strength, flexibility, reaction time, cardiovascular endurance and mental preparedness. Our goal is to help take our local high school athletes to their true potential through a combination of proven industry methodology and positive, motivational coaching.

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Linden Whittemore invites you to join him on Thu, Apr 4 - 25, 8:30 - 9:30 am, FAC West 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, proprioception, speed, agility and quickness, the programming deliberately builds upon itself to give you the challenge and results you are looking for. All levels welcome! Registration required.

TRX Core

If you are looking for the ultimate in core strength and balance, TRX CORE is the class for you! You will work upper body, legs and core like you have never worked before while challenging your balance in multiple planes. Join Personal Trainer Robb Faus on Tue, Apr 2 - 30, 9 - 9:45 am, FAC West; Tue, Apr 2 - 30, 6:30 - 7:15 pm, FAC East and Fri, Apr 5 - 26, 9 am - 9:45 am, FAC East to experience this challenging and rewarding format. All ability levels welcome! Enrollment is limited, registration required.

Massage Schedule

	<i>FAC East</i>	<i>FAC West</i>
Monday	Stephanie Gerst 928-863-2636	Holly Stone 928-853-5062
Tuesday	Rachel Williams 616-402-1702	Holly Stone 928-853-5062
Wednesday	Holly Stone 928-853-5062	
Thursday	Holly Stone 928-853-5062	Rachel Williams 616-402-1702
Friday	Janus Hudson 928-853-9039	Tosha Tervo 928-856-0977
Saturday	Janus Hudson 928-853-9039	Rachel Williams 616-402-1702
Sunday	Janus Hudson 928-853-9039	Krissy Marocco 928-380-2011

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.*

Weight and Cardio Room Etiquette

- Closed toed shoes required in the free weight, machine weight and cardio areas.
- The dropping of weight plates, dumbbells and barbells is prohibited at all times. Olympic and powerlifting exercises are allowed only on our power racks at FAC East and only when using the proper equipment. Please help us keep our equipment in great condition.
- Refrain from using ANY profanity in the cardio and weight rooms.
- Refrain from cell phone conversations in the cardio and weight rooms.
- Use the disinfecting spray provided to wipe down the equipment after use.
- Limit use of cardio equipment to 30 minutes when others are waiting.
- Gym bags are not allowed on the gym floor; please leave them in locker rooms.
- Liquid chalk is the only acceptable grip aid in weight room (dry chalk prohibited).
- Children under 12 are not allowed in the mezzanine areas.
- Children ages 8-12 allowed in cardio room with a Cardio Pass and supervision.
- Refrain from moving weight machines or stations in the weight room. Free weight benches and accessory benches are acceptable to move, but must be returned to their proper areas when you are finished.
- Children must be at least 12 years old to use the weight room with direct supervision or Independence Pass certified.

Do You Have a Health Care Question?

Each month **Dr. Brad Croft** (*East Flagstaff Family Medical*), **Dr. Kelly Reber** (*Northern Arizona Podiatry*), **Dr. Edward Griffen**, Nutritionist, 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 public service for FAC members.

Health Care Corner

Family Practice - Brad Croft

Mon, Apr 1, 4:30 pm / FACE

Mon, Apr 1, 6 pm / FACW

Podiatrist - Kelly Reber

Tue, Apr 2, 4:30 pm / FACW

Tue, Apr 2, 6 pm / FACE

Physical Therapist/Hypnotherapist-

Don Berlyn

Mon, Apr 8, 5 pm / FACW

Tue, Apr 9, 4:30 pm / FACE

Nutritionist - Edward Griffen

Sat, Apr 27, 8 am / FACE

Sat, Apr 27, 10 am / FACW

AED & Heartsaver CPR

Tue, Apr 2, 6 pm / Matt Turner

Mon, Apr 8, 6 pm / Kevin Wiles

Tue, Apr 16, 6 pm / Chris Thomas

All CPR Classes FAC West

(unless noted)

FAC Open Gym Schedule

Adult (16+) open gym times are provided for the fun and fitness of FAC members and guests. Members may play for free and guests pay 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.

Fitness

Spot On

Bradford Croft, DO East Flagstaff Family Medicine, LTD

As the days are getting longer in the springtime, we are starting to emerge from the winter shadows to warm up after a cold winter. But as we do, how many of us are thinking about the impact of the sun relating to our increased risk of cancer? Over time, we accumulate the long term effects of our solar exposures with an increasing risk to develop skin cancers.

The most common and widespread of cancers in the United States are those of basal cell and squamous cell carcinomas. There are about four million and one million respectively diagnosed annually. Generating from the layers that make up skin structures, these skin cancers usually develop as a response to repeated exposure to ultraviolet (UV) light. The most common source of UV light is sun exposure. Not to be forgotten is the risk associated with the us of tanning beds.

A basal cell cancer commonly presents as a skin colored, pearly looking bump or growth that does not go away. Sometimes it may develop as a pink or red scaly patch that sometimes bleeds and refuses to heal. They may look initially like a wart and sometimes have a crusty surface. Both cancers may grow over time, but usually grow slowly. With early intervention, both of these cancers can be usually cured with medication or surgery. With delay of treatment, these treatments may become expensive, prolonged and disfiguring.

A much less frequent but much more deadly form of skin cancer is melanoma. Originating from the melanocytes (the cells that give skin its pigment or color), this type is also associated with UV exposure. About half of these cancers on discovery are surface level. The other half likely have already penetrated into deeper levels of the skin, requiring more extensive treatment. Lesions of this type typically may show up earlier in life as compared to the basal and squamous cancers, but all kinds may also show up as we mature. Melanoma is responsible for over 9000 deaths annually in the U.S., about one out of every ten of these cancers once diagnosed.

To help tell a melanoma from a common mole, use the ABCDE:

“A” is for asymmetrical. Does the mole have an irregular shape with different looking parts?

“B” stands for border. Is the border jagged or irregular?

“C” is for color. Is the color uneven shades or brown, or with any black or bluish color?

“D” stands for diameter. Is the spot larger than the size of a pea?

“E” is for evolving. In the past few weeks or months, has the spot changed?

Actinic keratosis are changes to skin that indicates sun damage, but has not yet evolved to a cancer diagnosis. These scaly patches on a reddish base also have treatments available, the earlier the better. Although sun protection is the keystone to healthy skin, many of us in the Southwest get unintentional exposure. It is likely you may have developed some spots and patches over time you wonder about. Should you have skin lesions of question, the earlier you seek a professional opinion with your primary care provider or dermatologist, the better your outcome likely will be.

Aquatics . . .

Group Swim Lessons

Have fun in a group while learning the basics of swimming! Level one, Mon/Wed, Apr 8 - 17, 4 pm. Kids ages 3 - 7 will float, kick, jump and more with American Red Cross Water Safety Instructor.

Level two, Mon/Wed, Apr 22 - May 1, 4 pm. Following level one group lessons, level two will expand on previous topics and continue to develop your child's swimming skills. Strokes and breathing are introduced. To register, call 779-5141.

Parent-Tot Swim Lessons

Learn the basics of water development with your child on Fri nights, Apr 5 - 26, 5 pm, FAC East. Get in the water with your child. We will sing songs, have fun splashing and kicking together! Call 779-5141 to register.

Torpedoes Swim Team

Can you swim at least one lap of freestyle? Try Torpedoes Swim Team! Mon, Apr 15 - May 6, 5:15 - 6:15 pm, FAC West. US Masters Swim Coach, Therese Umholtz will introduce all strokes and give plenty of time to practice. Call 779-5141 to register.

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. This 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!

Fitness - FREE Clinics / Workshops

Free Back Pain Clinic

This is a great opportunity to consult with one of our Certified Personal Trainers, Danyelle Jorgensen to assess what steps to take to aid in relief of back pain. Many times, there is an imbalance between abdominal and back strength, lack of postural muscle strength or just the need for more flexibility. Come learn from Danyelle what may be a path towards alleviation of back pain. Mon, Apr 8, 4:30 pm, FAC East.

Back Pain Boot Camp

If you have attended Personal Trainer Danyelle Jorgensen's Free Back Clinic, you know that there are numerous causes and subsequently, a variety of techniques and methodologies to work on your aching back. Come join Danyelle to start the process toward relief! This class meets Mon and Thu mornings from 6 - 7 am, FAC East and runs for six weeks, Apr 15 - May 23. You will learn how to work toward strength and flexibility to get that healthy back back. Feel free to contact Danyelle directly with any questions at 928-380-5037.

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.

Get ready for our FAC Indoor Volleyball Spring Tournament! This event will be a women's and men's seeding on Apr 30 and May 2, respectively with a tournament the following week. Tournament nights will include t-shirts for all participants and free pizza from Fratelli. Get your team together and finish the indoor season strong as we transition into our Sand Volleyball season! Registration opens Apr 1. Minimum: 6 teams, maximum 12 teams.

— SportStop Leagues —

Adult Sand Volleyball Leagues

- Men's and Women's 2's League begins Mon, May 13. League runs for 7 weeks and includes final tournament on June 24.
- CoEd 4's "B" League begins Tue, May 14. League runs for 7 weeks and includes final tournament on June 25.
- CoEd 2's "Open" League begins Wed, May 15. League runs for 7 weeks and includes final tournament on June 26.
- CoEd 4's "A" League begins Tue, May 16. League runs for 7 weeks and includes final tournament on June 27.

Registration opens Mon, Apr 1 and closes Thu, May 9 or when full.

Indoor Soccer

- CoEd 5v5 Indoor Soccer Spring Session II begins Wed, Apr 24 and runs through Wed, June 5.

Registration opens Mon, Apr 1 at 5:30 pm at the SportStop and closes Thu, Apr 18 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.

Free Functional Exercise Workshop

Functional training when performed correctly, will lead to improvement in joint mobility, stability and more efficient motor patterns. These improvements will decrease the potential for injury sustained during athletic workout endeavors and daily living activities. Join Certified Personal Trainer Chrislyn Cook in benefiting from the use of functional exercise training that emphasizes the body's natural ability to move in six degrees of freedom. This workshop will provide a variety of regression/progressions that target the BIG 5 functional movements: Push, Pull, Lift, Carry and Torso Rotation. Enrollment is limited, registration required. Fri, Apr 26, 7 am, FAC West.

Free Foam Roller Clinic

Foam rolling has been proven to improve flexibility, performance, circulation, the nervous system and aids myofascial release. Adding this technique to your wellness program can be a huge benefit and can be done anywhere you have a foam roller. Come meet with Personal Trainer Robb Faus for this 45 minute Free Clinic to learn more about the benefits that foam rolling can do for you! Enrollment is limited, registration required. Mon, Apr 22, 5:30 pm, FAC West.

Free Body Composition Testing

Come in Tue between 5 - 6 pm, FAC West to have your Body Composition measured by Certified Personal Trainer Cameron Bloch. Seven skinfold sites measured. You can retest in order to calculate fat loss. Be prepared by wearing shorts and a sports top. Registration is required.

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. . .

- **ZUMBA® / PiYO** - Tue, Apr 2 - 30, 10:15 am, FAC West.
- **HIIT 40** - Thu, Apr 4 - 25, 5:45 am, FAC West with Tera.
- **Motown Spin / PiYo Fusion** - Fri, Apr 5, 5:30 - 6:30 pm, FAC East.
- **LesMills BodyCombat® Form & Technique** - Sat, Apr 6, 10:45 am, FAC West.
- **LesMills "Soft Launch" New Releases** - Apr 7 - 13.
- **Barre Form & Technique** - Sun, Apr 7, 1:00 - 1:45 pm, FAC East.
- **ZUMBA® Night w / PiYo** - Fri, Apr 19, 4:30 - 6 pm, FAC West.
- **Free Foam Roller Clinic** - Mon, Apr 22, 5:30 pm, FAC West.
- **Burlesque / Heels (fee)** - Fri, Apr 26, 6:45 - 8 pm, FAC West.
- **PUNCH/PUMP/PiYO** - Sat, Apr 27, 9 am, FAC West.
- **Special Athlete Class** - Sat, Apr 27, 12:30 pm, FAC West.

Aquatics. . .

- **Parent-Tot Swim Lessons** - Fri, Apr 5 - 26, 5 pm, FAC East. Join Miss Dezi for a fun-filled 30 minutes of splashing, smiles and basic water development. Class is for parents and babies, ages 6 mos to 2 1/2 years. Pre-registration is required.
 - **Group Swim Lessons** - Held Mon/Wed for two weeks at 4 pm. Level 1 will run the first two weeks of the month and level two the second two weeks of the month. These classes are geared toward kids ages 3-6 years old who are beginners at swimming. Pre-registration required, contact Aquatics Manager for additional questions. Level 1, Mon/Wed, Apr 8 - 17, 4 pm; Level 2, Apr 22 - May 1, 4 pm, FAC East.
 - **Lifeguard Review Class** - May 4, 8 am - 5 pm, FAC East. Don't let your American Red Cross lifeguard certification lapse! Take the review course and participate in a skills practice, final exam and final skills exam to be recertified for two more years!
 - **Torpedoes Swim Team** - Kids between the ages of 6 and 14 can join the Torpedoes swim team if they can swim one lap of freestyle. Mon, Apr 15 - May 6, 5:15 - 6:15 pm, FAC West indoor pool. Call 779-5141 for more information or to register.
 - **Masters** - Join US Masters Swim coaches Therese Umholtz and Liz Hobbs for a swim program to get you ready for the Masters Nationals swim meet in April! Session 3: Tue, Mar 26 - Apr 16, 6 - 7:15 am and Fri, Mar 29 - Apr 19, 6:15 - 7:30 am. Register for mornings or evenings.
- **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 info area and the Kids' Club. Packet must be completed before scheduling an appointment. Held 5:30 - 6 pm, FAC East. Wed, Apr 3; Mon, Apr 15 and Wed, Apr 24. Pre-registration is required, call 779-5141.
 - **Independence Final Exam** - Independence Certifications allow kids between the ages of 12-15 to use the entire club without direct adult supervision. Register for the final exam portion of our Independence Certification. This portion of the exam can only be taken upon completion of the swim test, and East and West fitness appointments. Register for the fitness appointments through the front desk. Pick up an Independence Certification packet at one of our kiosks to begin the process! Independence final exams are held at FAC East at 5 - 5:30 pm, Wed, Apr 3; Mon, Apr 15 and Wed, Apr 24.
 - **Independence Swim Tests** - Pre-registration is required for the Independence Swim tests and will be held at FAC East. Apr 3, 15 and 24, 4:30 pm, FAC East.
 - **Tiny Tots Olympics** - Kids ages 3 - 6 will have the opportunity to participate in the Tiny Tots Olympic games! Drop your tots off on Sat, Apr 6, 12:30 - 2:30 pm, FAC East or stay and play too! There will be a ceremonial torch run, stretching session, followed by fun games, sprints, jumps, obstacle courses and more! All to get your tots moving and especially having FUN!!

Youth Activities

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FAC APRIL CALENDAR OF ACTIVITIES

To register for a program, call AIR at 779-5141 Mon - Fri, 8 am - 4 pm or
 log on to "My Account" at www.flagstaffathleticclub.com
 *Activity continues on that day throughout the session

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW *YIN RESTORATIVE YOGA 7 PM / FACE	2 *TRX CORE 9 AM / FACW *ZUMBA/PIYO 10:15 AM / FACW ASK THE PODIATRIST DR REBER 4:30 PM / FACW FREE BODY COMPT TESTING 5 PM / FACW DR REBER 6 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW *TRX CORE 6:30 PM / FACE	3 *YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE YIN RESTORATIVE YOGA 7 PM / FACE	4 *HIIT 40 5:45 AM / FACW	5 *TRX CORE 9 AM / FACE YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE *PARENT-TOT SWIM LESSONS 5 PM / FACE MOTOWN SPIN/ PIYO FUSION 5:30 PM / FACE	6 *BODYCOMBAT FORM & TECHNIQUE 10:45 AM / FACW
7 LES MILLS SOFT LAUNCH WEEK BODYPUMP BODYCOMBAT RPM & GRIT BARRE FORM & TECHNIQUE 1 PM / FACE	8 GROUP SWIM LESSONS LEVEL 1 4 PM / FACE FREE BACK PAIN CLINIC 4:30 PM / FACE ASK DON BERLYN 4:30 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	9 ASK DON BERLYN 4:30 PM / FACW	10 GROUP SWIM LESSONS LEVEL 1 4 PM	11	12	13 FREE CLIMBING SATURDAYS 11 AM / FACE
14	15 BACK PAIN BOOT CAMP 6 AM / FACE GROUP SWIM LESSONS LEVEL 1 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE TORPEDOES SWIM 5:15 PM / FACE PASSPORT EXAM 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	16	17 GROUP SWIM LESSONS LEVEL 1 4 PM / FACE	18 BACK PAIN BOOT CAMP 6 AM / FACE	19 ZUMBA NIGHT W/PIYO 4:30 PM / FACW	20
21	22 GROUP SWIM LESSONS LEVEL 2 4 PM / FACE FREE FOAM ROLLER CLINIC 5:30 PM / FACW	23	24 GROUP SWIM LESSONS LEVEL 2 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	25	26 BURLESQUE/HEELS 6:45 PM / FACW (FEE)	27 ASK THE NUTRITIONIST EDWARD GRIFFEN 8 AM / FACE & 10 AM / FACW PUNCH/PUMP/PIYO 9 AM / FACW FREE CLIMBING SATURDAYS 11 AM / FACE SPECIALATHLETES SCULPT 360 12:30 PM / FACW
28	29 FREE FUNCTIONAL EXERCISE WORKSHOP 7 AM / FACW GROUP SWIM LESSONS LEVEL 2 4 PM / FACE	30	Small Group Personal Training Thu at 8:30 - 9:30 am April 4 - 25, FAC West			