



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

AUGUST 2019

GREAT

Labor Day Hours

Mon, Sept 2
7 am - 8 pm

**Modified Group Fitness
Schedule & Fitness Hours**

Employee of the Month

Congratulations to Sean Strain, Aug Employee of the Month! Sean joined FAC in January 2014 when he transferred to Flagstaff with his company Peabody Energy as a Financial Accountant Manager. He loved the environment and facilities at FAC and especially enjoyed the energetic and challenging cycling classes, as he is an avid mountain biker. Seven months later he moved his wife of 21 years, Janelle and their three children, Osean, Zoe and Torin to Flagstaff. Sean is a very devoted family man, dedicating his love and quality time to them! He advocates for Special Olympics Arizona supporting his daughter Zoe, who has Down Syndrome. They all love living in Flagstaff!

When Janelle saw his passion for cycling and his enthusiasm for taking classes, she encouraged him to get certified in Les Mills RPM™. He did get certified in Oct, 2018 and has loved every minute he spends teaching! Sean has embraced the importance of connecting with his members before, during and after class and loves pushing them to their fullest potential. The energy, music and Sean's very strong and fast cadence have helped create a very successful RPM™ following! We are so lucky to have you on our FAC Group Fitness team, Sean!

BODYJAM®

Les Mills BODYJAM® is a totally unique dance workout and it's coming to FAC East in the Fall! It has fresh choreography and cutting-edge music from all over the world to create a dance experience like no other. You will be feeling like you're in one of those dance videos you love to watch. It's a high energy cardio workout that burns calories, blows out stress and gives you an authentic connection to pure dance!

Your fitness level or dance skills don't matter. BODYJAM® doesn't discriminate, dance is freedom and there are no rules. All you need is comfortable workout clothes, supportive shoes, a water bottle and a sweat towel! So join us in the Fall and see what this latest craze is all about!

To get a preview of what BODYJAM® is all about, join us for a class taught by Les Mills U.S. Master Trainer, Nikki Schultz, on Sat, Aug 3, 8:30 am, FAC East Main Group Fitness Room.

Exploring Gymnastics!

On Sat, Aug 10 - 31, 9:30 - 10:30 am, FAC East, bring your tots between the ages of 3 - 5 years old to explore gymnastics activities! Kids 6 - 8 years old will explore gymnastics from 10:30 to 11:30 am. Meet with Stacy to discover headstands, hand-eye coordination games and most importantly, have fun doing gymnastics! All participants will get a medal and have the opportunity to show off their sweet moves! Pre-registration is required, please call 779-5141 to register!

Youth Athletic Performance Drop-in

FAC has three great opportunities for your youth athlete to shine! Take advantage of our drop-in at FAC East on Mon, Wed and Fri at 4 pm with Certified Personal Trainers. 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 youth athletes to their true potential through a combination of proven industry methodology and positive, motivational coaching.

Group Swim Lessons

Join American Red Cross Water Safety Instructor, Emily Gutaw, two days a week for two week sessions on either Mon/Wed OR Tue/Thu afternoons to learn and grow in the pool this summer! Level 1 swim lessons will give kids the opportunity to learn bubbles, kicking and water basics. Level 2 swim lessons will expand on topics from level 1 encouraging more independence. Level 3 is for stroke development. Child should be able to swim on their own for level 3. Pre-registration required, call 779-5141 to register.

August 6 - 15, Tue/Thu, Level 1, 5 pm; Level 2, 5:30 pm.

August 20 - 29, Tue/Thu, Level 1, 5 pm; Level 2, 5:30 pm.

August 5 - 14, Mon/Wed, Level 3, 4:30 pm.

August 19 - 28, Mon/Wed, Level 3, 4:30 pm.

Massage Schedule

	FAC East	FAC West
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.

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, Aug 6 - 27, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, Aug 2 - 30, 9 am - 9:45 am, FAC East to experience this challenging and rewarding format. All ability levels welcome! Registration required.

First Responder Performance

Whether you're a first responder or just want to train like one, this workout will give you the challenge that you need to push your limits and send you home knowing you pushed yourself to a whole new level. Prepare for a variety of drills and circuits using non-traditional resistance training and focusing on both speed and power. Gloves and durable workout attire strongly recommended. Call Fitness and Sport Director, Robb Faus at 928-779-4593 for more information. Enrollment is limited, registration required. Saturdays, 10 - 11 am, FAC East SportStop.

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Myrya Ruiz invites you to join her on Tue, Aug 6 - 27, 6:30 - 7:30 am, FAC West for a bomber workout utilizing TRX, medicine balls and BOSU's that she 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.

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, Don Berlyn, Physical Therapist/Hypnotherapist and Dr. Erin Winter, Naturopath 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, Aug 5, 4:30 pm / FACE

Mon, Aug 5, 6 pm / FACW

Podiatrist - Kelly Reber

Tue, Aug 13, 4:30 pm / FACW

Tue, Aug 13, 6 pm / FACE

Physical Therapist/Hypnotherapist-

Don Berlyn

Mon, Aug 12, 6 pm / FACE

Tue, Aug 13, 6 pm / FACW

Nutritionist - Edward Griffen

Sat, Aug 24, 8:30 am / FACE

Sat, Aug 24, 10 am / FACW

Naturopath - Erin Winter

Thu, Aug 29, 8 am / FACW

Thu, Aug 29, 3:30 pm / FACE

AED & Heartsaver CPR

Tue, Aug 6, 6 pm / Kevin Wiles

Mon, Aug 12, 6 pm / Chris Thomas

Wed, Aug 21, 6 pm / Matt Turner

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 - 12 pm; **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

A Breath of Fresh Air

Bradford Croft, DO East Flagstaff Family Medicine, LTD

“Snore, snore.....SNORE, snore, snore.....SNORE, snore.....” If you have ever heard this breathing pattern before, you may have been witness to sleep apnea. These pauses in breathing may last from a few to prolonged seconds, happening fifteen, thirty, even sixty or more times in an hour. Another presentation of sleep apnea may be present as very shallow breathing. Either problem will commonly disrupt sleep as it drives sleep patterns from deep to shallow sleep. The result of this poor-quality sleep may cause daytime fatigue and tiredness. Signs include falling asleep during the day, at work, or while driving. Other signs and symptoms may include morning headaches, memory complaints, irritability or depression, frequent nighttime awakenings and dry mouth or sore throat upon awakening.

Mild sleep apnea affects about 1 out of 5 people and moderate to severe impacts one out of fifteen. In the U.S., that influences about 22 million Americans. As there are no physical findings or lab tests that diagnose the problem, sleep apnea is not a problem that can be found on a routine exam. The question is usually brought to the attention of the patient or physician by the spouse or bed partner.

Obstructive sleep apnea, the more common form of this sleep disorder, occurs when the muscles of the throat and tongue relax excessively and allow the tissues to collapse, blocking off the upper airway. When breathing stops and oxygen levels drop, the brain is triggered to disrupt sleep, tighten the muscles and stimulate a breath. But in addition to disruptive sleep, tighten the muscles and stimulate a breath. But in addition to disruptive sleep, the stress hormones that are released can raise your heart rate and increase the risk for high blood pressure, heart attack, stroke and arrhythmia (irregular heartbeats). Although sleep apnea can occur in anyone, it is commonly associated with men more than women and increases with age. People who are overweight may be prone to sleep apnea as well as those who drink alcohol, smoke, take sleep aids, or sleep on their back. Other considerations include those with smaller upper airways, allergies or other airway congestion, facial disfiguration, or in children, swollen tonsils.

Central sleep apnea is less common than obstructive and occurs when the brain fails to send the correct message for the respiratory muscles to function properly. As a result, breathing simply ceases momentarily. Although snoring doesn't typically occur with central apnea, there can be mixed apnea, that both forms are present in a patient.

When sleep apnea is suspected, testing includes an overnight study. Screening may be done at home, (commonly the preference of many insurances) measuring breathing patterns and air flow, heart rate, lung expansion and oxygen levels of the patient in his own bed. More extensive evaluation may be required in a sleep lab clinic that includes, among other measurements, heart and brainwave monitoring by a technician.

The treatments for sleep apnea depend on type and severity. In mild cases, a dental appliance worn in the mouth while sleeping may be effective. The most common treatment of more severe apnea consists of CPAP - continuous positive airway pressure. A mask covers the nose, nose and mouth, or inserted into the nose (nasal pillows) and is connected by a tube to a small pressure pump. The onboard computer monitors airway resistance and increases air pressure when resistance increases or breathing diminishes. This pressure balance keeps the airway open and prevents the collapse and obstruction.

Untreated apnea may shorten your expected life-span eight to ten years, as well as make other diseases more difficult to treat. If you have concerns regarding sleep apnea, please contact your health provider.

Aquatics. . .

Parent-Tot Lessons

Join Liz Hobbs at FAC East to play and splash with your baby! Parent-tot classes require the parent and child to get in the pool together to learn the basics of water play and water safety. Ages six months to 2 1/2 years old are welcome. Wed, Aug 7 - 28, 5 pm, FAC East. We will sing songs and have fun splashing and kicking together! Call 779-5141 to register.

Masters Swim

Join U.S. Masters coach Therese Umholtz on Thu, Aug 22 - Sept 12, 5:30 - 6:30 pm OR Fri, Aug 23 - Sept 13, 6:30 - 7:30 am in the FAC East Outdoor Pool to expand your swim workout! A new, challenging workout will be provided each day with coaching and instruction towards a more beneficial swim. All ability levels welcome! Try something new this summer! To register, call 779-5141.

Torpedoes Swim Team

Are you 6 - 14 years old? Can you swim at least one lap of freestyle? Want to learn the rest of the competitive strokes? Try Torpedoes Swim Team! Mon, Aug 19 - Sept 9, 5:30 - 6:30 pm, FAC East. US Masters Swim Coach, Therese Umholtz will introduce all strokes and give plenty of time to practice. She will help guide your child into a confident swimmer and get great exercise. Call 779-5141 to register.

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.

Fitness - FREE Clinics / Workshops

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. Fri, Aug 23, 8 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. 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, Aug 26, 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 a Fitness Professional. 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.

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.

Adult Volleyball Leagues

- CoEd 4's "B" League begins Tue, Sept 3 and runs through Tue, Oct 15.
- CoEd 4's "A" League begins Thu, Sept 5 and runs through Thu, Oct 17.

Adult Indoor Soccer

- CoEd 5 v 5 Indoor Soccer Fall Session I begins Wed, Sept 4 and runs through Wed, Oct 16. Registration for this league opens Mon, Aug 5 at 5:30 pm at the SportStop and closes Thu, Aug 29 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.

Strategies for Weight Loss

My name is Barry Wilkinson. I am a Certified Personal Trainer. I also have a certification in Nutrition for Fitness and Wellness. I was a Lifestyle coach for the YMCA Diabetes Prevention Program. I have designed and taught weight loss classes for both the City of Peoria and the City of Avondale.

I am also a former "heavyweight". At my heaviest, I weighed over 350 pounds. Currently I am half of my former self at 175 pounds. Through my own experience as well as working with my clients, I have come to realize that losing weight is simple, but it's not easy. It's simple in the sense that there is a physiological formula of "calories in vs. calories out". However, it's not easy because to maintain a weight loss takes a lifestyle change.

Weight control is a by-product of a healthy lifestyle. Nutrition is NOT as complicated as you might think. Come and give me an hour of your time and let me tell you what really works. You won't find it in a pill, diet, injection, infomercial product or surgical procedure. To achieve permanent weight loss, you must make lifestyle changes you can maintain for your lifetime. Mon, Aug 12, 10 am, FAC East or Mon, Aug 19, 11 am, FAC East. Registration is required and limited, sign up at any service desk or call 779-5141.

Climbing Saturdays

Join FAC Fitness Professional, Linden Whittemore on our climbing wall on Saturdays, Aug 3 and 17, 11 am - 1 pm, FAC East. Those six and older can come learn the basics of climbing and have fun! Pre-registration is required, 928-779-5141.

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. . .

- **Les Mills BODYJAM Master Class** - Sat, Aug 3, 8:30 am, FAC East Main Group Fitness Room.
- **First Responder Performance** - Sat, Aug 3 - 31, 10 am, SportStop at FAC East.
- **TRX Core** - Tue, Aug 6 - 27, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, Aug 2 - 30, 9 - 9:45, FAC East.
- **Small Group Personal Training** - Thu, Aug 6 - 27 at 6:30 - 7:30 am, FAC West.
- **Poolside Pound / Barre / PiYo** - Sat, Aug 10, 8:30 - 9:45 am, FAC East outdoor pool.
- **Strategies for Weight Loss** - Mon, Aug 12, 10 am and Mon, Aug 19, 11 am, FAC East.
- **Free Functional Exercise Workshop** - Fri, Aug 23, 7 am, FAC West.
- **Les Mills BODYPUMP Initial Training** - Sat/Sun, Aug 24 - 25, 8 am - 6 pm, FAC West Main Group Fitness Room.
- **Free Foam Roller Clinic** - Mon, Aug 26, 5:30 pm, FAC West.

Fitness. . .

- **Cycling / RPM Fusion** - Sat, 8:15 - 9:45 am, FAC West Diamond Room, FAC East Main Group Fitness Room.
- **Special Athletes Class** - Sat, Aug 31, 12:30 pm, Zumba with Sergio, FAC West Main Group Fitness Room.

Aquatics. . .

- **Parent -Tot Swim Lessons** - Wed, Aug 7 - 28, 5 pm, FAC East. Join Liz Hobbs 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.
Tue/Thu, Aug 6 - 15, Level 1 at 5 pm; Level 2 at 5:30 pm.
Tue/Thu, Aug 20 - 29, Level 1 at 5 pm; Level 2 at 5:30 pm.
- **Group Swim Lessons** - Held Mon/Wed and Tue/Thu for two weeks. These classes are geared towards kids ages 3-6 years old who are beginners at swimming. Pre-registration required, contact Aquatics Manager for additional questions.
Mon/Wed, Aug 5 - 14, Level 3 at 4:30 pm.
Mon/Wed, Aug 19 - 28, Level 3 at 4:30 pm.
- **Masters Swim** - Thu, Aug 22 - Sept 12, 5:30 - 6:30 pm or Fri, Aug 23 - Sept 13, 6:30 - 7:30 am, FAC East Outdoor Pool. Join U.S. Masters coach Therese Umholtz to expand your swim workout!
- **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, Aug 19 - Sept 9, 5:30 - 6:30 pm, FAC East outdoor pool. Call 779-5141 for more information or to register.

Youth Activities

- **Climbing Saturdays** - Join FAC Fitness Professional Linden Whittemore on our climbing wall at FAC East! Held Sat, Aug 3 and 17, 11 am - 1 pm. Linden will be belaying kids and adults ages six and older. Call 928-779-5141 to register.
- **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 at FAC East on Aug 9, 12, 23 and 26, 5:15 pm and Sat, Aug 31 at 10 am. 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 on Aug 9, 12, 23 and 26, 5:45 pm and Sat, Aug 31 at 10:30 am. Pre-registration is required, call 779-5141.
- **Independence Swim Tests** - To obtain your Independence Certification, you must complete your FAC East appointment, FAC West appointment and this swim test portion before registering for the final exam. Swim tests are held at the outdoor pool anytime during lifeguard hours 10 am - 5 pm, July - Aug. Pre-registration is not required, call 779-5141 to register or for more information.

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 AUGUST CALENDAR OF ACTIVITIES

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Small Group Personal Training Thu at 6:30 - 7:30 am Aug 6 - 27, FAC West				1	2 *TRX CORE 9 AM / FACE	3 BODYJAM MASTER CLASS 8:30 AM / FACE *FIRST RESPONDER PERFORMANCE 10 AM / FACE CLIMB 11 AM - 1 PM / FACE
4 BODYJAM INITIAL TRAINING 8 AM / FACE	5 *GROUP SWIM LESSONS LEVEL 3 4:30 PM / FACE ASK DR. CROFT 4:30 PM / FACE AND 6 PM / FACW	6 *TRX CORE 9 AM / FACW *GROUP SWIM LESSONS LEVEL 1 5 PM / FACE *FREE BODY COMPOSITION TESTING 5 PM / FACW LEVEL 2 5:30 PM / FACE *TRX CORE 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	7 *GROUP SWIM LESSONS LEVEL 3 4:30 PM / FACE *PARENT-TOT SWIM LESSONS 5 PM / FACE	8 *GROUP SWIM LESSONS LEVEL 1 5 PM / FACE LEVEL 2 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	9 *PASSPORT EXAM 5:15 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:45 PM / FACE	10 *EXPLORING GYMNASTICS! 9:30 AM / FACE
11	12 STRATEGIES FOR WEIGHT LOSS 10 AM / FACE HEARTSAVER - AED *PASSPORT EXAM 5:15 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:45 PM / FACE CPR 6 PM / FACW ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 6 PM / FACE	13 ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW AND 6 PM / FACE ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 6 PM / FACW	14	15	16	17 CLIMB 11 AM - 1 PM / FACE
18	19 STRATEGIES FOR WEIGHT LOSS 11 AM / FACE *TORPEDOES SWIM TEAM 5:30 PM / FACE	20	21 *PASSPORT EXAM 5:15 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:45 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	22 *MASTERS SWIM 5:30 PM / FACE	23 FREE FUNCTIONAL EXERCISE WORKSHOP 8 AM / FACW *PASSPORT EXAM 5:15 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:45 PM / FACE	24 BODYPUMP INITIAL TRAINING 8 AM / FACE BODYJAM MASTER CLASS 8:30 AM / FACE
25 BODYPUMP INITIAL TRAINING 8 AM / FACE	26 *PASSPORT EXAM 5:15 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:45 PM / FACE FREE FOAM ROLLER CLINIC 5:30 PM / FACW	27	28	29 ASK THE NATUROPATH ERIN WINTER 8 AM / FACW AND 3:30 PM / FACE	30	31 INDEPENDENCE CERTIFICATION PROGRAM 10 AM / FACE PASSPORT EXAM 10:30 AM / FACE SPECIALATHLETES ZUMBA 12:30 PM / FACW