



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

DECEMBER 2018



Holiday Hours

- Mon, Dec 24 —
5 am - 4 pm
- Tue, Dec 25 —
CLOSED
- Mon, Dec 31 —
5 am - 6 pm
- Tue, Jan 1 —
7 am - 8 pm

**Modified Group Fitness
Schedule & Fitness Hours**

Employee of the Month

FAC is proud to announce this month's employee of the month, Brea Shepherd! Brea is a Certified Personal Trainer from Albuquerque, New Mexico and is a talented Strength and Conditioning coach for all ages and practically any sport. While working through the Fitness/Wellness program at NAU, she still finds time to snowboard and work in three different departments at FAC. She loves the outdoors, moving, played competitive soccer and threw shot put in high school. Brea enjoys working with anyone, anywhere and enjoys helping FAC members work on anything from strength, stability, weight loss, to even just a positive relationship with exercise. If you see her at either club, please say hello and congrats!

Kids Night Out

Children can join us for fun while parents are out! We will have a bounce house, obstacle course, pizza, crafting, games and more! This fun-filled event will be held on Fri, Dec 7, 5 - 9 pm, FAC East. To register, call 779-5141 by 4 pm on the Wed prior the event. Pre-registration is required.

Happy New Year!

The Group Fitness instructors will be offering multiple back to back classes on Jan 1, 2019 at FAC West. Take one or take more! Sample a lot of different class formats that we offer at FAC. If you have been wanting to try a new class but have not been able to fit it into your exercise routine, this is an opportunity to try something new and get your New Year's resolution started! See flyers posted and check out the Jan Group Fitness schedules with class name, instructor and time!

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 on Thu, Dec 6, 5:30 pm, FAC East will provide a variety of regression/progressions that target the BIG 5 functional movements: Push, Pull, Lift, Carry and Torso Rotation.

Youth Athletic Performance Drop-In

FAC has two great opportunities for your youth athlete to shine! Take advantage of our drop-in schedule at FAC East on Wed at 4 pm with certified Personal Trainer Brea Shepherd and on Fri at 4 pm 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 our local high school athletes reach their true potential through a combination of proven industry methodology and positive, motivational coaching.

Toys for Tots

Have you noticed the Toys for Tots collections boxes at both FAC locations? You can be the difference in a deserving child's Christmas by donating a new unwrapped toy between now and Dec 16! Better yet, refer your family and friends to FAC and when they join before Dec 31, receive a \$25 referral credit on your FAC account and your family and friends will receive the holiday promotion of \$175 off the regular initiation fee! In addition, if they bring in a toy to donate by Dec 16, they will receive an extra \$25 off of the initiation fee!

Winter Break Camp

With winter break quickly approaching, it's time to think about FAC's Winter Break Camp! Your child will take part in fun activities, ranging from swimming in our warm saltwater pool, to playing in the snow! This camp is for children ages 4 - 12. Week one, Dec 26 - 28 and week two, Dec 31 - Jan 4. Drop off as early as 7:30 am and pick up as late as 5:30 pm. Campers can register for the whole week or choose the flexible options and tell FAC what days the camper will join us. Pre-registration is required by Wed, Dec 12. Registration forms available online or at either club. Call AIR for more information at 779-5141.

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	Jill Naleski 928-266-6504
Thursday	Holly Stone 928-853-5062	Rachel Williams 616-402-1702
Friday	Janus Hudson 928-853-9039	No Therapist Available
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.*

Drop -2- Size Challenge

Dreading the same ol' New Year's resolution? Look it in the eye and grin. Start the new year with friends and support with 2019's very first Drop -2- Size Challenge. Eight weeks of nutrition, sweat and fun to set your goal, work the plan and hold strong. Bring your friends so you can share your journey, complete with after camp celebration! You deserve to be proud! Enroll early and know your success is just around the corner. Mon/Wed/Fri, Jan 4 - Feb 22, 6 am, FAC East.

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 certified 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. Monday, Dec 17, 5:30 pm, FAC West.

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, Dec 6 - 27, 8:30 - 9:30 am, FAC West.

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, Dec 10, 4:30 pm / FACE
Mon, Dec 10, 6 pm / FACW

Naturopath - Emily Davenport

Fri, Dec 14, 2 pm / FACE
Fri, Dec 14, 3:30 pm, FACW

Podiatrist - Kelly Reber

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

Physical Therapist/Hypnotherapist - Don Berlyn

Wed, Dec 12, 2 pm / FACW
Thu, Dec 13, 4:30 pm / FACE

AED & Heartsaver CPR

Mon, Dec 3, 6 pm / Chris Thomas
Thu, Dec 13, 6 pm / Matt Turner
Wed, Dec 19, 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 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.

Too Bad, so SAD?

Bradford Croft, DO East Flagstaff Family Medicine, LTD

When the days are getting shorter and the temperature colder, do you find yourself getting a little more irritable? Have a little less energy? Feel a little more moody? And if you find that this pattern is consistent year after year, starting every fall and disappearing each spring, you may be suffering from Seasonal Affective Disorder, or SAD.

Seasonal Affective Disorder is a subset of major depression and may have hopelessness or worthlessness, as well as no interest in activities that once were enjoyable are common. Poor sleep patterns, difficulty concentrating, changes of appetite or weight and feelings of agitation are also frequent. Specific to SAD include craving starches and subsequent weight gain, heavy feelings of the arms and legs, as well as trouble with interpersonal relationships including hypersensitivity to rejection and problems getting along with others.

Although the specific cause is not known, some factors are likely contributing to the development of the disease. It is season specific, commonly starting as days get shorter and diminishing as longer days return. The decrease in sunlight may disrupt your circadian rhythm or "bio clock" which sets your wake/sleep cycle. Disruption of this cycle may lead to depression. Reduced sunlight can also cause a drop of serotonin which is known to affect mood and contribute to depression. Melatonin, another neurotransmitter, can be disrupted by a shrinking photo period and will affect sleep patterns and mood.

Females seem to be more likely to suffer from SAD, but males may experience greater severity of symptoms. Younger individuals are at greater risk for SAD, however the risk does decrease with increasing age. Those with a personal history of depression or family history of Seasonal Affective Disorder are also more likely to have SAD. The greater the swing of day/night intervals, the greater likelihood of this disorder as well.

The diagnosis of Seasonal Affective Disorder may be difficult to make, health problems and lab tests that contribute to depression need to be investigated. Additional types of depression may muddy the picture as well and need to be considered. There are some factors that do support the SAD diagnosis if present for over two years. These include depression that begins during a specific season every year and ends during another specific season annually, there are no episodes of depression during seasons of normal mood and there are more seasons of depression than seasons without depression over time.

There are treatments for Seasonal Affective Disorder but must be used with caution if there is a concern for additional underlying bipolar depression. Light therapy (phototherapy) involves exposure to a special type of light. The light source mimics the natural light of the outdoors and seems to influence the brain chemicals linked to mood. After days to weeks of consistent periods of exposure, this treatment seems to have a positive effect with most people suffering from SAD. Consult your doctor regarding light therapy treatment, as you need to assure the proper equipment for efficacy and safety. A common medication for preventing SAD is bupropion, an antidepressant. This may be considered for severe SAD and is usually started every year before the onset of symptoms and continued beyond the usual seasonal recovery time before stopping the prescription. Psychotherapy can help control negative thoughts and behavior as well as assist developing healthy coping skills and stress management. Of course, should you identify with these symptoms, please consult your health care provider as soon as possible.

Holiday Half-Off Coaching Program

If you're motivated for a change but looking for some guidance and accountability in the New Year, take advantage of our promotional offer of three months of half-off Fitness Coaching. Included in this package: custom designed upper body and lower body workouts, meet with one of our Certified Personal Trainers twice a month, receive weekly e-mails to motivate you and check in, nutritional guidance and the knowledge that you are starting a new life-style!

To take advantage of this offer and to be paired with one of our Certified Personal Trainers, contact Robb Faus, Fitness & Sports Director at 779-4593.

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 Certified Personal Trainer Robb Faus to experience this challenging and rewarding format on Tue, Dec 4 - 18, 9 - 9:45 am, FAC West and Fri, Dec 7 - 28, 9 - 9:45 am, FAC East. All ability levels welcome!

TRX Workshop

Are you interested in implementing TRX into your workout? If you are unsure how or just need some new ideas, join Certified Personal Trainer Robb Faus to learn a variety of exercises that will supplement your current workout or add something new. This three hour workshop will cover upper body, lower body, core and plyometric applications that will be sure to challenge any fitness level. All participants will receive a one-hour follow-up Personal Training consultation to ensure that any questions are addressed.

Enrollment is limited, registration required. Sat, Dec 29, 9 am - 12 pm, FAC East.

Fitness

Special Group Fitness Classes

Enjoy all the holiday fun by trying these special Group Fitness classes to keep you on track through the holidays!

Christmas Cookie Crusher: BODYCOMBAT®/ BODYPUMP®/ PIYO LIVE on Sat, Dec 15, 9 - 10:30 am, FAC West Main Group Fitness Room. Start Dec off right with three back to back classes that will get your mindset in the right place for the holidays! BODYCOMBAT®, 9 - 9:30 am; BODYPUMP® 9:30 - 10 am; PIYO LIFE 10 - 10:30 am. Crush those Christmas Cookie calories with Janelle and Vicky! Then go out and shop, decorate, wrap and party!

After-Burn VO Ride: Two hour fat blaster, Wed, Dec 26, Noon - 2 pm, FAC West Diamond Room! Melinda is ready to make sure all those holiday goodies don't stick around until next year. Burn those calories with a great winter ride!

Annual willPower Method® Plank Challenge: Sat, Dec 8, 9 am followed by willPower Method® class at 9:30 am, FAC West Diamond Room.

FAC & SportStop Leagues

For information and to register call our AIR desk at 779-5141. All FAC leagues are open to the general public. Our members enjoy a discount on league fees. Sign up for a league today.

— FAC Adult Leagues —

Adult CoEd Volleyball Leagues

- CoEd "B" League Winter Session begins Tue, Jan 8 and runs through Tue, Feb 19.
- CoEd "A" League Winter Session begins Thu, Jan 10 and runs through Thu, Feb 21.

Registration for these leagues opens Mon, Dec 3 and closes Thu, Jan 3 or when full.

— SportStop Leagues —

Indoor Soccer

- CoEd 5v5 Indoor Soccer Winter Session begins Wed, Jan 9 and runs through Wed, Feb 20.

Registration opens Mon, Dec 3 at 5:30 pm at the SportStop and closes Thu, Jan 3 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

Independence Swim Test

Are you between the ages of 12 and 15 and want to be able to use the club by yourself? Check out our Independence Certification! This will give you access to the club without direct adult supervision. All you have to do is meet with the fitness staff at both FAC East and FAC West, complete a swim test and a final exam. Swim tests are held every Thu, 5 pm, FAC East. Pre-registration is required. Appointments with Fitness Staff can be scheduled at any desk.

Parent-Tot Swim Class

This beneficial 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. Lessons are offered for children between the ages of 6 months and 2 1/2 years old. At 2 1/2, we recommend private or group lessons. Wed, Dec 5 - 26, 5:30 pm, FAC East. For more information and to register, call 928-779-5141.

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. Kids will be taught all strokes and get lots of practice. Goal setting and team building is a fundamental part of our swim team! Mondays, 5:15 - 6:15 pm, Dec 3 - 31 (no class Dec 24), FAC West pool.

Learn to Scuba Dive at FAC!

Getting scuba certified has never been so easy! Scuba classes are held one weekend a month through a local dive company, Summit Divers. Come explore and learn with us this December! Class will be by appointment in Dec. Contact Summit Divers for more info and to register at 928-556-8780.

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.

FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM THU BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

Fitness . . .

- **Small Group Personal Training** - Thu, Dec 6 - 27, 8:30 - 9:30 am, FAC West.
- **TRX Core** - Tue, Dec 4 - 18, FAC West; Fri, Dec 7 - 28, FAC East, 9 - 9:45 am.
- **FREE Body Composition Testing** - Tue, Dec 4 - 18, 5 - 6 pm, FAC West.
- **Free Functional Exercise Workshop** - Thu, Dec 6, 5:30 pm, FAC East.
- **Annual willPower Method® Plank Challenge** - Sat, Dec 8, 9 am, FAC West Diamond Room.
- **willPower Method®** - Sat, Dec 8, 9:30 am, FAC West Diamond Room.
- **BODYCOMBAT® / BODYPUMP® / PIYO LIVE** - Sat, Dec 15, 9 - 10:30 am, FAC West Main Group Fitness Room.
- **TRX Core Workshop** - Sat, Dec 29, 9 am - 12 pm, FAC East.
- **Free Foam Roller Clinic** - Mon, Dec 17, 5:30 pm, FAC West.

Fitness . . .

- **After-Burn VO Ride** - Wed, Dec 26, noon - 2 pm, FAC West.
- **Drop -2- Size Challenge** - Mon/Wed/Fri, Jan 4 - Feb 22, 6 am, FAC East.

Aquatics . . .

- **Private and Semi-Private Swim Lessons** - Private and semi-private lessons are available year round. Sign up with one of our Red Cross Certified Water Safety Instructors by calling AIR at 779-5141 or contact the Aquatics Manager for more information.
- **Independence Swim Test** - Thu, Dec 6, 13, 20 and 27, 5 pm, FAC East indoor pool. Pre-registration required. Contact the Aquatics Manager for more information and scheduling.
- **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, Dec 3 - 31 (no class Dec 24), 5:15 - 6:15 pm, FAC West indoor pool. Call 779-5141 for more information or to register.
- **Parent-Tot Swim Lessons** - Wed, Dec 5 - 26, 5:30 - 6 pm, FAC East. Pre-registration is required. Call AIR at 779-5141 or contact the Aquatics Manager.
- **Scuba at FAC** - Class by appointment. Contact Summit Divers at 928-556-8780.
- **Lifeguarding Classes** - Check the newsletter and flyer boards for upcoming Red Cross Lifeguard Certification classes. 2019 dates coming soon!

Youth Activities

- **Kids' Night Out, Fri, Dec 7** - Children ages 3 - 12 join us for a fun-filled evening while parents enjoy a night out on Fri, Dec 7, 5 - 9 pm, FAC East! We will have a bounce house, obstacle course, crafting, games, pizza and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, Dec 5.
- **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 alternate Tue/Thu, 5 - 5:30 pm and one Sat a month from 10 - 10:30 am, FAC East. Tue, Dec 4; Thu, Dec 13; Tue, Dec 18 and Sat, Dec 8. 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 the final exam. The packet must be completed with appropriate signatures. Final exams held alternate Tue/Thu, 5:30 - 6 pm and one Sat a month from 10:30 - 11 am, FAC East. Tue, Dec 4; Thu, Dec 13; Tue, Dec 18 and Sat, Dec 8. 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 DECEMBER CALENDAR OF ACTIVITIES

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> ANNUAL UNITED BLOOD DRIVE Fri, Dec 21 2 - 6 pm FAC West Diamond Room </div>		<div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> 25% OFF Tanning Packages at FAC! Relax in the warmth of our tanning bed! Receive 25% off with purchase of five or more! </div>				
2	3	4	5	6	7	8
	*TORPEDOES SWIM TEAM 5:15 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	TRX CORE 9 AM / FACW ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE ASK THE PODIATRIST KELLY REBER 6 PM / FACE	YOUTH ATHLETIC PERFORMANCE DROP-IN 1 PM / FACE *PARENT-TOT SWIM LESSONS 5:30 PM / FACE	INDEPENDENCE SWIM TEST 5 PM / FACE FREE FUNCTIONAL EXERCISE WORKSHOP 5:30 PM / FACE	TRX CORE 9 AM / FACE YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE KIDS NIGHT OUT 5 - 9 PM / FACE	WILLPOWER 9 AM / FACW WILLPOWER PLANK CHALLENGE 9:30 AM / FACW PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE
9	10	11	12	13	14	15
	ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW		ASK DON BERLYN 2 PM / FACW ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW	ASK DON BERLYN 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE INDEPENDENCE SWIM TEST 5 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	ASK THE NATUROPATH EMILY DAVENPORT 2 PM / FACE AND 3:30 PM / FACW	CHRISTMAS COOKIE CRUSHER 9 - 10:30 AM / FACW
16	17	18	19	20	21	22
	FREE FOAM ROLLER CLINIC 5:30 PM / FACW	PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	HEARTSAVER - AED CPR 6 PM / FACW	INDEPENDENCE SWIM TEST 5 PM / FACE	ANNUAL UNITED BLOOD DRIVE 2 - 6 PM / FACW	
23	24	25	26	27	28	29
	Club Hours 5 am - 4 pm	Merry Christmas! Clubs Closed	AFTER-BURN VO RIDE NOON - 2PM / FACW	INDEPENDENCE SWIM TEST 5 PM / FACE		TRX WORKSHOP 9 AM - NOON / FACE
30	31	Jan 1	Winter Break Camp Session One			
	Club Hours 5 am - 6 pm	Club Hours 7 am - 8 pm	Small Group Personal Training Thu at 8:30 - 9:30 am Dec 6 - 27, FAC West			