



## 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

# DECEMBER 2019

# GREAT

## Holiday Hours

— Tue, Dec 24 —

5 am - 4 pm

— Wed, Dec 25 —

CLOSED

— Tue, Dec 31 —

5 am - 6 pm

— Wed, Jan 1 —

10 am - 8 pm

**Modified Group Fitness  
Schedule & Fitness Hours**

## Employee of the Month

FAC's December Employee of the Month is Kahle McCann! Kahle started with FAC in the Facilities Department where he gained knowledge and confidence in all things associated with keeping the clubs at their finest. The position has led him to be quite the handyman! Always wanting to learn new things, Kahle transitioned from the Facilities Department into a position at the Service Desk in September!

Kahle's parents moved to Phoenix from Minnesota just four months prior to his birth. He comes from a large extended family with over 200 relatives remaining in Minnesota. Growing up he played ice hockey and is a huge Phoenix Coyotes fan! Before moving to Flagstaff in July of 2006, he attended several games and is now happy to make it to one or two a year.

When Kahle is not working, he enjoys playing his guitar and even sings when he is home alone with his dog Dylan (named after Bob Dylan of course). He has been playing the guitar for 20 years and enjoys folk and classic rock. He picked out Dylan from an adoption event this summer at Your Pie where he was enjoying his favorite food of all time - pizza! Congratulations Kahle and thank you for being an exceptional part of the FAC team!

## Holiday Classes

**REINDEER GAMES**, Sat, Dec 7, 10:45 am, FAC West Main Group Fitness Room with Angie R.

**SPECIAL ATHLETES REINDEER GAMES**, Sat, Dec 7, 12:30 pm, FAC West Main Group Fitness Room with Angie R, Kelly and Janelle.

**CHRISTMAS COOKIE CRUSHER**, Sat, Dec 14, 9 - 10:30 am, FAC West Main Group Fitness Room with Vicky and Janelle (30 min BODYCOMBAT®, 30 min BODYPUMP®, 30 min PiYo).

**PUMP UP THE JAM**, Sun, Dec 15, 12:30 pm, FAC East Main Group Fitness Room with Janelle and Kerry (30 min BODYJAM®, 30 min BODYPUMP®).

**SPRINTING THROUGH THE SNOW**, Sat, Dec 21, 8:15 - 9:45 am, FAC West Diamond Room with Tabitha, Sean and Jenn C (Cycling/RPM™).

## Lifeguard Certification Class

If you are 15 years old and a good swimmer, you are eligible to be trained as an American Red Cross Lifeguard! This certification is valid for two years upon completion and certifies you in CPR/AED/First-Aid/Lifeguarding. Must attend all scheduled class times, pass pre-requisite swim, complete 7-hour online portion before the start of the course and the final exam. There will be plenty of time to practice all skills introduced and plenty of time for studying/questions on material. Contact the business office or aquatics manager at 779-5141 for more information. Class runs Jan 15 - 18. Pre-registration is required by Fri, Jan 10, 4 pm.

## 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, Dec 9, 10 am, FAC East or Mon, Dec 16, 11 am, FAC East. Registration is required and limited, sign up at any service desk or call 779-5141.

## Holiday Blood Drive

Fri, Dec 20, 2:30 - 6:30 pm, FAC West Diamond Room. Must complete Fast Track Health History on the day you donate blood. No appointment necessary.

## Massage Schedule

|                  | <i>FAC East</i>                        | <i>FAC West</i>                        |
|------------------|--|--|
| <b>Monday</b>    | <b>Stephanie Gerst</b><br>928-863-2636 | <b>Holly Stone</b><br>928-853-5062     |
| <b>Tuesday</b>   | <b>Rachel Williams</b><br>616-402-1702 | <b>Holly Stone</b><br>928-853-5062     |
| <b>Wednesday</b> | <b>Holly Stone</b><br>928-853-5062     | <b>Janet Leger</b><br>774-696-3272     |
| <b>Thursday</b>  | <b>Holly Stone</b><br>928-853-5062     | <b>Rachel Williams</b><br>616-402-1702 |
| <b>Friday</b>    | <b>Janus Hudson</b><br>928-853-9039    | <b>Tosha Tervo</b><br>928-856-0977     |
| <b>Saturday</b>  | <b>Janus Hudson</b><br>928-853-9039    | <b>Rachel Williams</b><br>616-402-1702 |
| <b>Sunday</b>    | <b>Janus Hudson</b><br>928-853-9039    | <b>Krissy Marocco</b><br>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 FAC Fitness Professionals on Mon, Dec 2 - 30, 5:30 - 6:15 pm, FAC East; Tue, Dec 3 - 17, 9 - 9:45 am, FAC West; Fri, Dec 6 - 27, 9 - 9:45 am, FAC East to experience this challenging and rewarding format. All ability levels welcome! Registration required.

### Rock Climbing/Bouldering Fitness Training

Led by Fitness Professional Myra Ruiz, this program will give you better flexibility, better quality in movement, core strength and stability to help lock you into place, which helps conserve your energy and give you better efficiency on how you are moving. Of course, some anaerobic cardio mixed with some plyometrics to really make some gains on your endurance! Ages 6 and up welcome, we will meet anyone's skill set where they are! Fri, Dec 6 - 27, 5 - 6 pm, FAC East.

### Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Myra Ruiz invites you to join her on Thu, Dec 5 - 26, 6 - 7 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 health questions. This is a free public service for FAC members.

### Health Care Corner

#### **Family Practice - Brad Croft**

Mon, Dec 2, 4:30 pm / FACE

Mon, Dec 2, 6 pm / FACW

#### **Podiatrist - Kelly Reber**

Tue, Dec 3, 4:30 pm / FACW

Tue, Dec 3, 6 pm / FACE

#### **Physical Therapist/Hypnotherapist-**

##### **Don Berlyn**

Thu, Dec 19, 2 pm / FACW

Thu, Dec 19, 3:30 pm / FACE

#### **Nutritionist - Edward Griffen**

Sat, Dec 7, 9 am / FACW

Sat, Dec 7, 10:30 am / FACE

#### **Naturopath - Erin Winter**

Thu, Dec 5, 2 pm / FACE

Thu, Dec 5, 3:30 pm / FACW

#### **AED & Heartsaver CPR**

**Fri, Dec 6, 6 pm / Chris Thomas**

**Tue, Dec 10, 6 pm / Kevin Wiles**

**Mon, Dec 30, 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](mailto:rfaus@flagstaffathleticclub.com) or 779-4593.

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

### **Vaping - Our New National Nemesis**

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

As of the end of Oct 2019, there have been 1888 lung injury cases associated with the use of e-cigarettes, with thirty-seven confirmed deaths in 24 states. There are some common findings that are associated with lung damage from e-cigs or vaping, but there are many variables that may contribute to the damage. All patients reported the use of vaping as a common denominator. Both the exclusive use of nicotine in some patients along with the combined use of nicotine with THC have been reported by others. According to the CDC, the latest national and state findings suggest that products containing THC, especially those obtained off the street or other informal sources are linked to most of the cases and play a major role in the outbreak. But as some patients had reported only using nicotine and still experienced lung damage, nicotine should not be excluded as playing a role as an antagonist as well.

To date, the FDA and the CDC have not isolated specific agents producing the lung injuries in these cases. There may be multiple substances that are contributing to the outbreaks as many product sources continue to be investigated. As there are currently no ingredient requirements or contaminant controls imposed on vaping fluids, there are no required quality guidelines or measures imposed on manufacturers at this time. Home based fluids can be exceptionally risky, particularly those with THC.

The CDC data reports seventy percent of e-cigarette/vaping lung injury (EVALI) patients are male. The median age of patients is 24, ranging from 13 to 75 years old, with 79% of patients under 35. Of 864 patients with established disease report using the following within three months from the onset of their disease: 86% with THC containing products, 34% exclusively THC, 64% with nicotine containing products and 11% exclusively nicotine. Listing patients by age group category: 14% of patients are under 18 years old, 40% are 18 to 24, 25% are 25 to 34 and 21% are 35 or older.

Symptoms of EVALI can be very nonspecific and vague. Listed complaints of the disease include cough, shortness of breath, or chest pain; nausea, vomiting, abdominal pain, or diarrhea; fever, chills or weight loss. The onset of symptoms can be as brief as a few days after exposure, others have taken weeks to develop. A common acknowledgment is that lung infections do not appear to be the underlying cause of symptoms, rather it is the vaping products themselves.

As you would expect, the CDC recommendations include not using vaping or e-cig products, especially those that contain THC. Given no product quality controls, you may reconsider buying any type of commercial products, especially off the street. If you are using vaping as an alternative to smoking, please do not go back to cigarettes. Consider using FDA approved nicotine replacement therapies. If you are trying to quit tobacco products and need assistance, contact your health provider. The Arizona program ASHLINE is a free nicotine cessation program at [www.ashline.org](http://www.ashline.org) and has a helpline 24/7 to get started at 1-800-55-66-222. For youth or adults with marijuana addiction, support and treatment is available through the Substance Abuse and Mental Health Services Administration (SAMASA) Flagstaff Office at 774-7128.

Should you need additional support or information regarding vaping or e-cigarettes, search [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html) or contact your health care provider. The urgent message regarding vaping - don't start, quit if you do!

### **Spring into Running**

Whether you're starting out or your goal is to PR, the journey begins here! This running program is designed to set you off right and finish strong -- whatever your level, whatever your goal. We will focus primarily on full-body stability, strength training, flexibility, injury prevention, running technique and motivation to become a strong runner. All of which are crucial for beginning from the couch to 5k, going the extra mile and improving race endurance/performance. Running fundamentals will be taught by Personal Trainer Chrislyn Cook in this 8-week program on Thu, Jan 16 - Mar 5, 5:30 - 6:30 pm, FAC East. Enrollment is limited, registration is required.

### **Drop-2-Size Challenge**

This supportive and motivational weight loss program begins with a free informational meeting at 5:30 pm on Jan 15 at FAC West where you will meet with Certified Personal Trainer Danyelle Jorgensen who can explain the process and answer questions before you embark on your journey.

Start the new year with 2019's first Drop 2-Size Challenge with eight weeks of nutrition, sweat and fun to set your goal. Mon/Wed/Fri, Jan 20 - Mar 13, 5 pm, FAC East.

### **Youth Athletic Performance Drop-in**

Don't miss out on this opportunity for your youth athlete to gain a competitive advantage! Drop-in at FAC East 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 school athletes to their true potential through a combination of proven industry methodology and positive, motivational coaching.



## **Fitness - FREE Clinics / Workshops**

### **Fueling the Extra Mile Free Workshop**

Whether you're a seasoned runner or fresh off the couch, nutrition is a key part of training and your event. Join Personal Trainer Chrislyn Cook for a workshop to help you properly fuel your run during the training period and race day. Our bodies rely on two basic sources of fuel to various degrees: carbohydrates and fats. Both at which are always being used together, the amount of carbohydrates used relative to fat depends upon the intensity at which you are moving. So, come learn how to fuel and perform better for your next race on Fri, Jan 10, 12 pm, FAC West. Enrollment is limited, registration is required.

### **Free Back Pain Clinic**

If you've ever experienced back pain, this is a great opportunity to consult with one of our Certified Personal Trainers, Danyelle Jorgensen to assess what steps you may be able to take to aid in relief and start the path toward relief. Many times, there is an imbalance between abdominal and back strength, lack of postural muscle strength or just the need for more flexibility and regular maintenance exercises. Come learn from Danyelle what may be a path towards alleviating back pain on Mon, Jan 6, 5 pm, FAC West. Enrollment is limited, registration required.

### **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 "B" Winter Session begins Tue, Jan 7 and runs through Tue, Feb 18. Registration opens Mon, Dec 9 and closes Thu, Jan 2 or when full.
- CoEd "A" Winter Session begins Thu, Jan 9 and runs through Thu, Feb 20. Registration opens Mon, Dec 9 and closes Thu, Jan 2 or when full.
- Women's Racquetball League begins Thu, Jan 9 and runs through Thu, Feb 20. Registration is open and closes Mon, Jan 6 or when full.

### **Adult Indoor Soccer**

- CoEd 5 v 5 Indoor Soccer Winter Session begins Wed, Jan 8 and runs through Wed, Feb 19
- Registration for this league opens Mon, Dec 9 at 5:30 pm at the SportStop and closes Thu, Jan 2 or when full.

*To register, teams must have a captain, sign up as a team and provide all payment and player contact information. You may register at any FAC service desk during club hours or at our AIR desk during business hours 8 am - 4 pm, Mon - Fri.  
Team registration forms available at [www.flagstaffathleticclub.com](http://www.flagstaffathleticclub.com). Non-members welcome.*

## **Fitness**

### **One Habit at a Time**

Have you ever fallen short of accomplishing a goal or task because you were overwhelmed? Maybe you had too much information to sort through or tried to do too much at once? When beginning a new exercise or nutrition program, most people attempt to change too many things at once. Change can be overwhelming, scary and met with great resistance even when it seems beneficial. Focusing on less helps you achieve more. Start the New Year off on the right track with Personal Trainer Chrislyn Cook with a 10-Week Slow Change Theory model to implement change in achieving fitness, nutrition and personal goals on Tue, Jan 14 - Mar 17, 5:30 pm, FAC East. Enrollment is limited, registration required. If you are curious about the process, please attend the FREE informational meeting on Tue, Jan 7, 5:30 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 at 6 am at FAC East and runs for six weeks. 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.

### **Merry Fitness! Holiday Challenge**

Beginning Dec 1 - 24, GRIT classes (Green Ornament Team) and Angie Rockow classes (Red Ornament Team) will hang an ornament on the tree for each class you attend at FAC West Daimond Room and FAC East Main Group Fitness Room. Two prizes awarded for the most classes attended - one prize to each team!

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

## Programs

Program info available at both clubs' service desks, bulletin boards and kiosks.

To register for a program, call AIR at 779-5141  
Mon - Fri, 8 am - 4 pm  
or log on to "My Account" at [www.flagstaffathleticclub.com](http://www.flagstaffathleticclub.com).

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## Fitness. . .

- **Sunday Sampler: A Caroling We Will Go, Step & Sculpt** - Sun, Dec 1, 2 pm, FAC East with Carol.
- **TRX Core** - Mon, Dec 2 - 30, 5:30 - 6:15 pm, FAC East; Tue, Dec 3 - 17, 9 - 9:45 am, FAC West; Fri, Dec 6 - 27, 9 - 9:45 am, FAC East.
- **New Class - BODYCOMBAT®** - Tue, Dec 3, 5:45 am, FAC West with Laura.
- **Small Group Personal Training** - Thu, Dec 5 - 26, 6 - 7 am, FAC West.
- **Rock Climbing/Bouldering Fitness Training** - Fri, Dec 6 - 27, 5 - 6 pm, FAC East.
- **Special Athletes Reindeer Games** - Sat, Dec 7, 12:30 pm, FAC West.
- **Sunday Sampler: Pedal & PiYo in a Pear Tree** - Sun, Dec 8, 2 pm, FAC East with Greta and Angie A.
- **Strategies for Weight Loss** - Mon, Dec 9, 10 am and Mon, Dec 16, 11 am, FAC East.

- **Christmas Cookie Crusher** - Sat, Dec 14, 9-10:30 am, (30 minutes BODYCOMBAT®, 30 minutes BODYPUMP®, 30 minutes PiYo), FAC West with Vicky and Janelle.
- **Sunday Sampler: Deck the Halls, BODYCOMBAT®/GRIT™** - Sun, Dec 15, 2 pm, FAC East with Kathy and Rachel.
- **Pump Up the Jam** - Sun, Dec 15, 12:30 pm, (30 minutes BODYJAM®, 30 minutes BODYPUMP®. FAC East with Janelle and Kerry.
- **Sprinting Through the Snow** - Sat, Dec 21, 8:15 - 9:45 am, FAC West with Tabitha, Sean and Jenn C.
- **Sunday Sampler: Oh Come All Ye Barefoot** - Barefoot Sampler, Sun, Dec 22, 2 pm, FAC East with Angie A.

## Aquatics. . .

- **Kids/Adults Stroke Clinic** - Thu, Dec 5 - 19, 5:30 - 6:15 pm, FAC West. Week 1 - Freestyle/Backstroke; Week 2 - Breaststroke; Week 3 - Butterfly. Call 779-5141 to register.
- **Parent-Tot Swim Lessons** - Mon, Jan 6 - 27, 5 pm, FAC East. Class is for parents and babies, ages 6 mos to 2 1/2 years. Pre-registration is required.
- **Swimmar** - Sat, Jan 11, 9 am, FAC West with Liz Hobbs.
- **Group Swim Lessons** - Join American Red Cross Water Safety Instructor Emily Gutaw for group swim lessons! Levels 1, 2 or 3 will be held on Mon/Wed for 2 week sessions for ages 3 - 10. Jan sessions will be held Mon/Wed, Jan 6 - 15 and Jan 20 - 29. For more information and to register, call 779-5141.

## Youth Activities

- **Kids' Passport Exam** - Certification allows 6 - 11 year old FAC members to use 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 Tue, Dec 3; Thu, Dec 12 and Tue, Dec 17 at 5 pm. 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 Tue, Dec 3; Thu, Dec 12 and Tue, Dec 17 at 4:30 pm. Pre-registration is required, call 779-5141.
- **Independence Swim Tests** - Swim tests will be held on Tue, Dec 3; Thu, Dec 12 and Tue, Dec 17 at 4 pm, FAC East. Pre-registration required, call 928-779-5141 to register.

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# 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](http://www.flagstaffathleticclub.com)  
 \*Activity continues on that day throughout the session

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |  |
|--|--|---|--|---|--|---|--|
| <b>1</b><br>SUNDAY SAMPLER:<br>A CAROLING<br>WE WILL GO<br>STEP & SCULPT<br>2 PM / FACE                                | <b>2</b><br>*YOUTH ATHLETIC<br>PERFORMANCE<br>DROP-IN<br>4 PM / FACE<br>ASK DR. CROFT<br>4:30 PM / FACE<br>*TRX CORE<br>5:30 PM / FACE<br>ASK DR. CROFT<br>6 PM / FACW | <b>3</b><br>BODYCOMBAT<br>5:45 AM / FACW<br>TRX CORE<br>9 AM / FACE<br>INDEPENDENCE PASS<br>SWIM TESTS<br>4 PM / FACE<br>INDEPENDENCE<br>CERTIFICATION<br>PROGRAM<br>4:30 PM / FACE<br>ASK THE PODIATRIST<br>KELLY REBER<br>4:30 PM / FACW<br>PASSPORT EXAM<br>5 PM / FACE<br>*FREE BODY<br>COMPOSITION<br>TESTING<br>5 PM / FACW<br>ASK THE PODIATRIST<br>KELLY REBER<br>6 PM / FACE | <b>4</b><br>*YOUTH ATHLETIC<br>PERFORMANCE<br>DROP-IN<br>4 PM / FACE         | <b>5</b><br>ASK THE<br>NATUROPATH<br>ERIN WINTER<br>2 PM / FACE<br>AND<br>3:30 PM / FACW<br>*KIDS/ADULTS<br>STROKE CLINIC<br>5:30 PM / FACW               | <b>6</b><br>*TRX CORE<br>9 AM / FACE<br>*YOUTH ATHLETIC<br>PERFORMANCE<br>DROP-IN<br>4 PM / FACE<br>*ROCK CLIMBING/<br>BOULDERING<br>FITNESS TRAINING<br>5 PM / FACE<br>HEARTSAVER - AED<br>CPR<br>6 PM / FACW | <b>7</b><br>ASK THE<br>NUTRITIONIST<br>EDWARD GRIFFEN<br>9 AM / FACW<br>AND<br>10:30 AM / FACE<br>REINDEER GAMES<br>10:45 AM / FACW<br>SPECIALATHLETES<br>REINDEER GAMES<br>12:30 PM / FACW |  |
| <b>8</b><br>SUNDAY SAMPLER:<br>PEDAL & PIYO<br>IN A PEAR TREE<br>2 PM / FACE   | <b>9</b><br>STRATEGIES FOR<br>WEIGHT LOSS<br>10 AM / FACE  | <b>10</b><br>TRX CORE<br>9 AM / FACE<br>HEARTSAVER - AED<br>CPR<br>6 PM / FACW  | <b>11</b><br>SWIMINAR<br>9 AM / FACW   | <b>12</b><br>INDEPENDENCE<br>PASS SWIM TESTS<br>4 PM / FACE<br>INDEPENDENCE<br>CERTIFICATION<br>PROGRAM<br>4:30 PM / FACE<br>PASSPORT EXAM<br>5 PM / FACE | <b>13</b>  | <b>14</b><br>CHRISTMAS<br>COOKIE<br>CRUSHER<br>9 AM / FACW  |  |
| <b>15</b><br>PUMP UP THE JAM<br>12:30 PM / FACE<br>SUNDAY SAMPLER:<br>DECK THE HALLS<br>BODYCOMBAT/GRIT<br>2 PM / FACE | <b>16</b><br>STRATEGIES FOR<br>WEIGHT LOSS<br>11 AM / FACE   | <b>17</b><br>TRX CORE<br>9 AM / FACE<br>INDEPENDENCE PASS<br>SWIM TESTS<br>4 PM / FACE<br>INDEPENDENCE<br>CERTIFICATION<br>PROGRAM<br>4:30 PM / FACE<br>PASSPORT EXAM<br>5 PM / FACE<br>*FREE BODY<br>COMPOSITION<br>TESTING<br>5 PM / FACW   | <b>18</b>  | <b>19</b><br>ASK<br>DON BERLYN<br>PHYSICAL<br>THERAPIST/<br>HYPNOTHERAPIST<br>2 PM / FACW<br>AND<br>3:30 PM / FACE  | <b>20</b><br>HOLIDAY<br>BLOOD DRIVE<br>2:30 - 6:30 PM<br>FACW  | <b>21</b><br>SPRINTING<br>THROUGH THE<br>SNOW<br>8:15 AM / FACW   |  |
| <b>22</b><br>SUNDAY SAMPLER:<br>OH COME ALL<br>YE BAREFOOT<br>BAREFOOT<br>SAMPLER<br>2 PM / FACE                       | <b>23</b>  | <b>24</b><br><b>CLUB<br/>           HOURS<br/>           5 AM - 4 PM</b>  | <b>25</b><br><b>FAC<br/>           CLOSED</b>                                | <b>26</b>   | <b>27</b>  | <b>28</b>   |  |
| <b>29</b>  | <b>30</b><br>HEARTSAVER - AED<br>CPR<br>6 PM / FACW  | <b>31</b><br><b>CLUB<br/>           HOURS<br/>           5 AM - 6 PM</b>  | <b>Jan 1</b><br><b>CLUB<br/>           HOURS<br/>           10 AM - 8 PM</b> | <b>Small Group<br/>           Personal Training<br/>           Thu, 6 - 7 am<br/>           Dec 5 - 26, FAC West</b>                                      |  |   |  |