



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

FEBRUARY 2020

Kids Night Out Valentine's Day Party!

Drop your kiddos off at FAC's Kids Night Out Valentine's Day party and enjoy a night out!! Our staff will play games, do activities and have FUN with your kids while you get a night off. Crafts, snacks, bouncy castles, obstacles courses, excitement and more; drop off at 5 pm and pick up no later than 9 pm on Fri, Feb 14. For more information, please contact the youth activities manager. To register, call 928-779-5141.

Go Kids (Tiny Tot Time)

Work with a Fitness Professional to help develop your tots hand-eye coordination and basic motor skills. Play fun games and drills based on specific sports to help dial in on your skills. FAC West racquetball court, Wed, Feb 19 and 26, 4 - 5 pm with a FREE kick-off intro party, Sat, Feb 8, 10 - 11 am, FAC West racquetball court.

Zumba Jam Session & Master Class

Join us for a Zumba Jam Session (Instructor Training) and Master Class on Sat, Feb 22. FAC East will be hosting guest instructor and Zin Jammer, Courtney Ackerman, to present an amped-up Zumba Master Class followed by instructor training. Members and non-members can join us for the Master class from 10:30 - 11:30 am, FAC East in the Main Group Fitness Room. Everyone must register by calling AIR at 779-5141 or stop by any service desk.

Zumba is a fun, energetic and highly motivating dance fitness workout using world and Latin rhythms that mix high and low intensity moves for an interval-style, calorie torching workout. Zumba ZIN members can sign up for the Jam Session training to follow from 1 - 4 pm. ZIN instructors go to Zumba.com to register.

Open House / Free Guest Day Saturday, February 8th

Group Fitness:

East Club, Main Room

8:15 am - Unwind Yoga, Carol
9:30 am - Zumba, Carol
10:45 am - BODYJAM®, Laura, Kerry, Dayne

West Club, Main Room

8:15 am - BODYCOMBAT®, Vicky
9:30 am - BODYPUMP®, Vicky
12:30 pm - Special Athletes - Pilates, Rochelle

West Club, Diamond Room

8:15 am - Cycling, Greta
9:30 am - CARDIO YOGA, Rochelle

Aquatics:

FAC East Indoor Pool

2 - 2:30 pm - FREE Diving Clinic

Youth Activities:

FAC West Racquetball Court

10 - 11 am - FREE Go Kids Intro Party

Fitness:

East Club, Multi-purpose Room

10am - 12 pm - "Adding Resistance Bands to Your Workout"

West Club, Mezzanine

10am - 12 pm - "Intro to Kettlebells" Demonstration

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. Registration is required one week prior to start of class, please contact the business office or aquatics manager at 928-779-5141 for more information. Feb 19 - 22 or Mar 25 - 28, 6 - 10 pm weeknights and 8 am - 3 pm on Sat.

Masters Swim

Start your 2020 off in the pool! Join U.S. Masters Swim coach, Therese Umholtz, for an amazing swim program to get you trained and ready for the summer! Each week is laid out with specific topics, tips and tricks for stroke development as well as provided workouts that can be tailored from beginners to experienced lap swimmers! Meet on Fri evenings from 5:30 - 6:30 pm at FAC West and feel fantastic all day! Join us for Session I: Feb 7 - Mar 6 (no class Feb 14) and/or Session II: Mar 27 - Apr 17. Pre-registration is required, please contact the aquatics manager for more information! Call 928-779-5141 to register.

Employee of the Month

FAC's February Employee of the Month is Alexia Callendar! Alexia has been a loving and fun member of the Kids Club staff since 2016! Alexia is amazing and works so well with her little friends. FAC can always count on Alexia to help and get the job done daily! Alexia has an awesome daughter, Nicole, who she spends most of her free time with. Watching Nicole have fun, grow and learn new things each day is an important part of Alexia's life. She also enjoys hiking and crafting in her free time. Alexia tries to live each day to the fullest and be the light in everyone's day. Thank you for being you Alexia, and for always working so hard!

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	Janet Leger 774-696-3272
Thursday	Holly Stone 928-853-5062	Rachel Williams 616-402-1702
Friday	Krissy Marocco 928-380-2011	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 FAC Fitness Professionals on Mon, Feb 3 - 24, 5:30 - 6:15 pm, FAC East; Tue, Feb 4 - 25, 9 - 9:45 am, FAC West; Fri, Feb 7 - 28, 9 - 9:45 am, FAC East to experience this challenging and rewarding format. All ability levels welcome! Registration required.

Small Group Personal Training

Become the fittest you've ever been! Personal Trainer Myrya Ruiz invites you to join her on Mon, Feb 3 - 24, 7:30 - 8:30 am, FAC West and Thu, Feb 6 - 27, 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.

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 to meet with FAC Personal Trainers. No matter what sport your athlete is participating in, this program 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.

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, Feb 3, 4:30 pm / FACE
Mon, Feb 3, 6 pm / FACW

Podiatrist - Kelly Reber

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

Physical Therapist/Hypnotherapist-

Don Berlyn

Mon, Feb 10, 12 pm / FACW
Mon, Feb 10, 2:30 pm / FACE

Nutritionist - Edward Griffen

Sat, Feb 8, 9 am / FACW
Sat, Feb 8, 10:30 am / FACE

Naturopath - Erin Winter

Thu, Feb 6, 1:30 pm / FACE
Thu, Feb 6, 3 pm / FACW

AED & Heartsaver CPR

Wed, Feb 5, 6 pm / Matt Turner
Wed, Feb 12, 6 pm / Kevin Wiles
Thu, Feb 20, 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 - 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.

Take it to the Heart

Brad Croft, DO East Flagstaff Family Medicine, LTD

In addition to St. Valentine, February helps to remind us of other things that impact the heart. Multiple factors can influence your risk of heart disease that include several health conditions, your life-style, age and family history. It is important to know your risk factors as some can be changed, others cannot. As heart disease is still the number one killer of both men and women in the United States, these are issues that should truly be taken to heart.

According to the Center for Disease Control, almost half of the U.S. population have at least one of three main risk factors of cardiovascular disease: high blood pressure, elevated cholesterol and smoking. High blood pressure can silently damage the heart, kidneys and brain among other systems over time. When the damage comes, its first symptom will usually be a heart attack, kidney failure or stroke. As there are rarely any physical complaints associated with untreated hypertension, the only way to determine the problem is to check your blood pressure. If elevated, treatments may include life-style changes, as well as medication.

Cholesterol is a natural substance in the body, but with elevated levels may cause deposits in the blood vessels over time. As these plaques occur, circulation can be compromised to organ systems, again leading to damage to brain, heart and kidneys. And again, its first symptom may present as a stroke, heart attack or kidney failure. The two major cholesterol subgroups include HDL (good cholesterol), the higher the better and LDL (bad cholesterol), better lower. Depending on risk factors, the goals for the cholesterol components may vary among individuals. A simple blood test can determine your values and imply your risk.

Smoking is well known to increase the negative effects of both hypertension and hyperlipidemia. The effects of nicotine, either smoking or vaping, will further heighten blood vessel resistance, contributing to worsening hypertension and vascular damage. High cholesterol will be adversely affected by further lowering HDL, further increasing plaque formation.

Diabetes will compound the likelihood of cardiovascular death. Management of diabetes is critical to decreasing the risk of cardiovascular disease. The impact of obesity further worsens adverse cholesterol and elevates blood pressure. Poor dietary habits, sedentary lifestyle, excessive alcohol intake and uncontrolled anger or stress all are additional contributors as risk factors. As difficult as it may be, however, all of these risks can be modified and improved with life-style and medical intervention.

Some risk factors can't be changed, including family history (following genetic blueprints), age (risk increases with age), gender (males more likely than females, but the odds equilibrate after menopause), and race (African American, Native American and Hispanic American are at higher risk than Caucasian). Even though these risks cannot be changed, the spectrum and contribution of the additional treatable risks can be addressed and monitored over time to improve the outcomes and minimize the cardiovascular consequences. If you are not aware if you have any of these risk factors, this would be the month to visit with your primary care provider for screening. If you do have any of these risk factors, this would be the month to visit with your primary care provider for treatment. Take it to heart.

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 primarily focus 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 throughout the 8-week program on Thu, Feb 20 - Apr 16, 5:30 - 6:30 pm, FAC East. Have questions? Attend an informational meeting on Thu, Feb 13, 5:30 pm, FAC East.

Let's MOVE Contest 2020

In the last three years you may have seen numerous yellow TechnoGym technical shirts being worn around the club. In case you missed it, we competed against clubs around the world and the USA to combat obesity. Last year was our third year participating and we are ready to go again! Out of numerous clubs nationwide, we continue to climb the ladder and regularly surpass universities and bigger facilities in much larger markets. FAC knows how to bring it!

This year we will be competing March 16 - April 4 and hopefully raising the bar another few notches. To participate, all you must do is download the app or create a profile on the TechnoGym Treadmills, log on and accumulate MOVES, (a TechnoGym unit of effort). Fitness staff will be available to help you if you need assistance and hook you up with a free technical shirt. Let's get ready as Flagstaff Athletic Club takes on the World!!

Fitness - FREE Clinics / Workshops

Fueling the Extra Mile Free Workshop

Whether you're new to running 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 of 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. Enrollment is limited, registration is required. Fri, Feb 28, noon - 1 pm, FAC West.

Diving Clinic

Whether you are a competitive swimmer working on starts, or a new diver interested in learning, this class will get you on the right track! Want to learn how to dive better or how to dive to the bottom of the pool? Come to our fun diving clinic on Sat, Feb 22, 5 - 5:45 pm, FAC East! Participants will be shown tips and tricks to improve dive performance all around and will have plenty of time to practice. Designed for ages 6 and up.

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" League Spring Session begins Tue, Feb 25 and runs through Tue, Apr 14.
- CoEd "A" League Spring Session begins Thu, Feb 27 and runs through Thu, Apr 16.

No matches during Spring Break, Mar 16 - 20. Registration opens Mon, Feb 3 and closes Thu, Feb 20 or when full.

Women's Racquetball League

- Women's Racquetball League begins Thu, Feb 27 and runs through Thu, Apr 16. Registration for this league is open.

Adult Indoor Soccer

- CoEd 5 v 5 Indoor Soccer Spring Session I begins Wed, Feb 26 and runs through Wed, Apr 15.

No matches during Spring Break, Mar 16 - 20. Registration opens Mon, Feb 3 at 5:30 pm at the SportStop and closes Thu, Feb 20 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. . .

Parent-Tot Lessons

Join Liz Hobbs at FAC East to play and splash with your baby! Mon, Feb 3 - 24, 5 pm, FAC East. Classes require the parent and child to get in the pool together to learn the basics of water play and safety. Ages 6 months to 2 1/2 years old are welcome. Call 779-5141 to register.

4 Week Stroke Clinic

Join Emily on Tue nights Feb 4 - 25, 5 - 5:45 pm at FAC West for stroke work! Each week will focus on one of the four competitive strokes. Participants can drop in to just one week for a specific stroke or register for all 4 weeks. To register, call 928-779-5141.

Swiminar

This program is designed to provide info on important swim aspects. Swiminars will be held in the pool and the classroom. Meet with Liz Hobbs on Tue, Feb 11, 5:30 - 6:30 pm to improve freestyle strokes in the pool! Once a month Liz will dive into topics designed to improve your overall stroke and swims. Interested in triathlons? Or open water swims? Liz Hobbs is here to help.

Lifeguard Review Class

If you are certified as an American Red Cross lifeguard and want to keep your certification, you will need to participate in a Lifeguard Review class. Held on Sat, Feb 22, 8:30 am - 3 pm, FAC East, you will have time to brush up on your skills and pass the tests.

Torpedoes Swim Team

Can you swim one lap of freestyle? You can join the Torpedoes swim team development team! This program is designed for 6 - 14 year olds to improve their strokes and overall physical fitness in the pool. All strokes, starts and turns will be taught and participants will have time to practice all. Mondays, Feb 10 - Mar 2, 5:30 pm, FAC West. Pre-registration is required, call 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.

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 . . .

- **Sunday Sampler: Barre Fusion & Sole Training** - Sun, Feb 2, 2 pm, FAC East with Angie A.
- **TRX Core** - Mon, Feb 3 - 24, 5:30 - 6:15 pm, FAC East; Tue, Feb 4 - 25, 9 - 9:45 am, FAC West; Fri, Feb 7 - 28, 9 - 9:45 am, FAC East.
- **Small Group Personal Training** - Mon, Feb 3 - 24, 7:30 am and Thu, Feb 6 - 27, 6 am, FAC West.
- **New Class - Barre Express 45** - starting Fri, Feb 7, noon, FAC West Diamond Room with Kristina.
- **Special Athletes Pilates** - Sat, Feb 8, 12:30 pm, FAC West Diamond Room with Rochelle.
- **Special Classes: Barre Love** - Wed, Feb 12, 7 pm, FAC West Main Room and Fri, Feb 14, noon, FAC West Diamond Room. Bring someone you love to these special Valentine's edition of BARRE!

Aquatics . . .

- **Parent - Tot Swim Lessons** - Mon, Feb 3 - 24, 5 pm, FAC East. Pre-registration is required.
- **4 Week Stroke Clinic** - Tue, Feb 4 - 25, 5 - 5:45 pm, FAC West.
- **Diving Clinic** - Sat, Feb 22, 5 - 5:45 pm, FAC East.
- **Torpedoes Swim Team** - Mon, Feb 10 - Mar 2, 5:30 - 6:30 pm, FAC West.
- **Swimmar** - Tue, Feb 11, 5:30 - 6:30 pm, FAC West with Liz Hobbs.
- **Masters Swim** - Fri, Feb 7 (no class Feb 14) - Mar 6, 5:30 - 6:30 am, FAC West with Liz Hobbs.
- **Lifeguard Certification Class** - Feb 19 - 22 and Mar 25 - 28, 6 - 10 pm weeknights and 8 am - 3 pm, Sat, FAC East.
- **Lifeguard Review Class** - Sat, Feb 22, 8:30 am - 3 pm, FAC East.

Youth Activities

- **Kids Night Out - Valentine's Day Party!** - Drop your kiddos off at FAC's Kids Night Out Valentine's Day Party and enjoy a night out! Our staff will play games, do activities and have FUN with your kids while you get a night off. Crafts, snacks, bouncy castles, obstacle courses, excitement and more. Drop off at 5 pm and pick up no later than 9 pm on Fri, Feb 14. Contact the youth activities manager for more information or to register at 928-779-5141.
- **Independence Final Exam** - Independence Certifications allow 12-15 year old FAC members 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 at any service 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, Feb 4; Thu, Feb 13 and Tue, Feb 18 at 4:30 pm. Pre-registration is required, call 779-5141.
- **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, Feb 4; Thu, Feb 13 and Tue, Feb 18 at 5 pm. Pre-registration is required, call 779-5141.
- **Independence Pass Swim Tests** - Swim tests will be held on Tue, Feb 4; Thu, Feb 13 and Tue, Feb 18 at 4 pm, FAC East. Pre-registration required, call 928-779-5141 to register.

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 FEBRUARY 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 Mon, 7:30 - 8:30 am Thu, 6 - 7 am Feb 3 - 27, FAC West					1
2 SUNDAY SAMPLER: BARRE FUSION & SOLE TRAINING 2 PM / FACE	3 *YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE ASK DR. CROFT 4:30 PM / FACE *PARENT-TOT 5 PM / FACE *TRX CORE 5:30 PM / FACE ASK DR. CROFT 6 PM / FACW	4 *TRX CORE 9 AM / FACW INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE PASS FINAL EXAM 4:30 PM / FACE ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW *FREE BODY COMPOSITION TESTING 5 PM / FACW *4 WEEK STROKE CLINIC 5 PM / FACW KIDS PASSPORT FINAL EXAM 5 PM / FACE KELLY REBER 6 PM / FACE	5 *YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	6 ASK THE NATUROPATH ERIN WINTER 1:30 PM / FACE AND 3 PM / FACW	7 *TRX CORE 9 AM / FACE BARRE EXPRESS 45 NOON / FACW *YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE *MASTERS SWIM 5:30 PM / FACW	8 FAC OPEN HOUSE ASK THE NUTRITIONIST EDWARD GRIFFEN 9 AM / FACW GO KIDS (TINY TOT TIME) KICK OFF PARTY 10 AM / FACW ASK THE NUTRITIONIST EDWARD GRIFFEN 10:30 AM / FACE SPECIALATHLETES PILATES 12:30 PM / FACW FREE DIVING CLINIC 2 PM / FACE
9 SUNDAY SAMPLER: STEP & RHYTHMIC YOGA 2 PM / FACE	10 STRATEGIES FOR WEIGHT LOSS 10 AM / FACE ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 12 PM / FACW AND 2:30 PM / FACE *TORPEDOES SWIM TEAM 5:30 PM / FACE	11 SWIMINAR 5:30 PM / FACW	12 HEARTSAVER - AED CPR 6 PM / FACW SPECIAL CLASS: BARRE LOVE 7 PM / FACW	13 INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE PASS FINAL EXAM 4:30 PM / FACE KIDS PASSPORT FINAL EXAM 5 PM / FACE	14 SPECIAL CLASS: BARRE LOVE NOON / FACW KIDS NIGHT OUT 5 - 9 PM / FACE	15
16 SUNDAY SAMPLER: TABATA & CORE 2 PM / FACE	17 STRATEGIES FOR WEIGHT LOSS 11 AM / FACE	18 INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE PASS FINAL EXAM 4:30 PM / FACE KIDS PASSPORT FINAL EXAM 5 PM / FACE	19 GO KIDS (TINY TOT TIME) 4 PM / FACW	20 *SPRING INTO RUNNING 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	21	22 LIFEGUARD REVIEW CLASS 8:30 AM - 3 PM / FACE ZUMBA JAM SESSION AND MASTER CLASS 10:30 AM / FACE DIVING CLINIC 5 PM / FACE
<hr style="width: 20%; margin: auto;"/> LIFEGUARD TRAINING CLASS <hr style="width: 20%; margin: auto;"/>						
23 SUNDAY SAMPLER: SPIN, STRENGTH & STRETCH 2 PM / FACE	24	25	26 GO KIDS (TINY TOT TIME) 4 PM / FACW	27	28 FUELING THE EXTRA MILE FREE WORKSHOP NOON / FACW	29