

# FITNESS & WELLNESS AT FAC



Flagstaff Athletic Club offers a premier fitness and wellness experience with top-notch amenities to support your health journey. The club features fully equipped weight rooms, complete with free weights, machines, and functional training gear for strength and conditioning. For cardio enthusiasts, FAC provides a wide selection of state-of-the-art equipment, including treadmills, ellipticals, bikes, and rowers. After your workout, unwind with a rejuvenating massage, with options like sports, deep tissue, and relaxation therapies. To further enhance recovery, members can enjoy soothing saunas and steam rooms, perfect for relaxing muscles and detoxifying. Whether you're lifting, running, recovering, or relaxing, FAC has everything you need for a well-rounded fitness experience.

## Personal Training

Personal training provides you with the most effective, safe, and efficient way to reach your goals. Our Personal Trainers are some of the most knowledgeable and skilled in the industry. We offer a structural assessment, goal evaluation and specific program design to bring success to all of your hard work.

## Body Composition Testing

Our Fitness Professionals offer complimentary Body Composition Tests. This can be a great way to gauge your progress in your exercise program! You will have a choice of either a 3 or 7 skinfold site assessment or a circumference measurement and can retest anytime for free to calculate fat loss and help you achieve your goals!

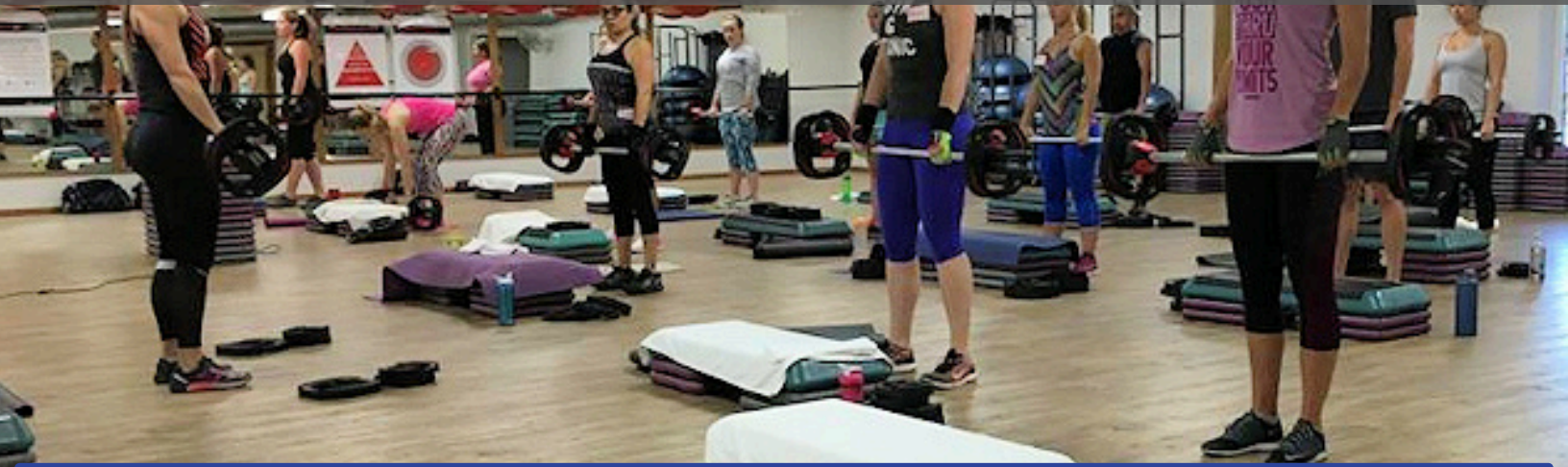
## Equipment Orientations

FAC members receive a complimentary Equipment Orientation with a Fitness Professional. During this one-on-one session, we'll guide you through our cardio equipment, selectorized machines, functional training mezzanine, or free weights. You'll learn proper setup, safe usage, and the most effective exercises to help you reach your fitness goals.

## Healthcare Corner

FAC has teamed up with local medical professionals to provide you with expert health guidance. Each month, healthcare practitioners volunteer their time at our club to answer your wellness questions - all at no cost to FAC members. Take advantage of this opportunity to get personalized advice from trusted medical experts in our community.

# GROUP FITNESS AT FAC



Flagstaff Athletic Club members enjoy access to over 100 group fitness classes weekly – all included in your membership. Our nationally certified instructors (ACE, AFAA, NETA) lead classes for all levels on specially designed suspended wood floors that reduce joint impact. Whether you're a beginner needing modifications or an advanced athlete seeking challenge, you'll find welcoming, safety-focused workouts where you can progress at your own pace. Every class offers exercise variations to accommodate different fitness levels while maintaining effective workouts.



Monthly Group Fitness Schedules can be found at [flagstaffathleticclub.com](http://flagstaffathleticclub.com)

## Yoga and Pilates

Discover the transformative power of yoga and Pilates with our diverse offerings, including Hatha, Vinyasa, Kundalini, Ashtanga, and Iyengar styles. Whether you're seeking stress relief, improved flexibility, strength building, or mental clarity, our certified instructors guide you through practices tailored to all levels.

## Silver Classes

Our Silver classes help you stay strong and mobile with low-impact workouts tailored for mature adults. Enjoy gentle strength training, balance exercises, and flexibility sessions. Certified instructors lead every class with a focus on safety and proper form. It's the perfect way to maintain independence, meet peers, and age actively.

## Les Mills

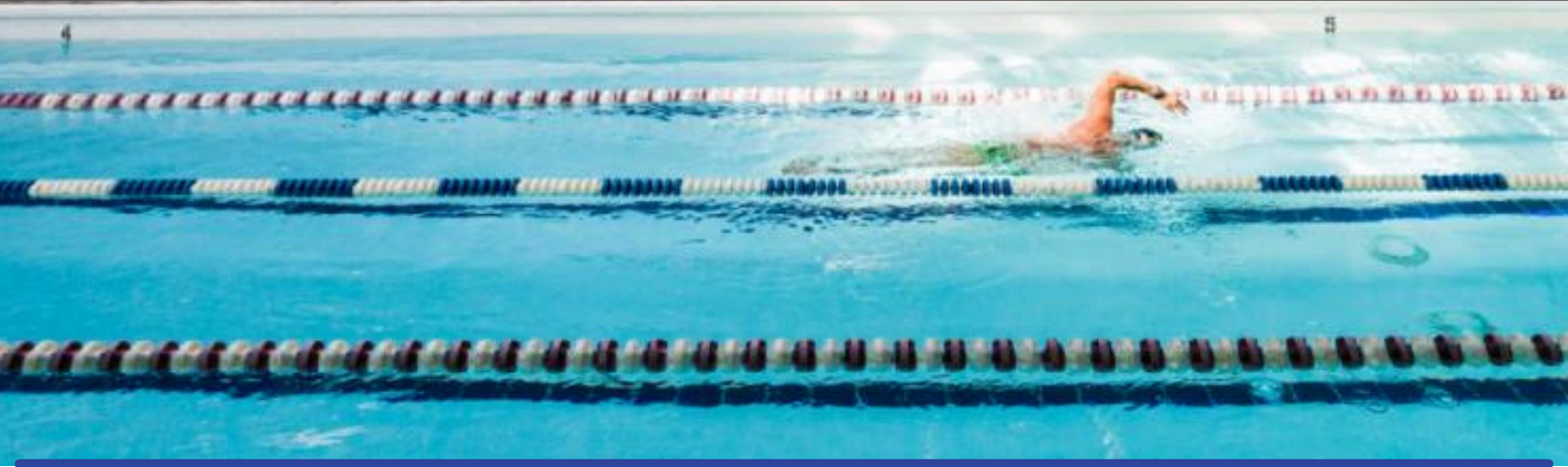
Experience world-class group fitness with our Les Mills programs. These science-based workouts, led by certified instructors, offer something for everyone. Whether your goal is building strength, torching calories, or improving flexibility, Les Mills delivers results through motivating music and expertly choreographed routines.

## And more...

Keep your workouts fresh with our diverse class selection—energizing cycling sessions, upbeat step & dance classes, and refreshing aqua workouts. All included in your membership, these group classes offer fun, effective ways to boost cardio, build strength, and stay motivated. Whether you crave high-energy challenges or low-impact options, there's always something new to try.

FAC West 928-779-4593 | FAC East 928-526-8652  
[flagstaffathleticclub.com](http://flagstaffathleticclub.com) | [@flagathclub](https://www.instagram.com/flagathclub)

# AQUATICS AT FAC



The Flagstaff Athletic Club has two indoor pools, one outdoor pool, and hot tubs in each locker room. Members can swim laps, take aqua exercise classes, learn to swim, or just relax and socialize. The Indoor pool at FAC West is a 25yd, 4-lane Lap Pool that is kept between 82°- 84° and is mainly available for lap swimming but also used for programs and classes. The Indoor pool at FAC East is a salt water family recreational pool that is kept between 85°- 86° and is available for lap swimming, deep water workouts, programs/classes, family open swim, and swim lessons. There is also an outdoor hot tub available at both indoor pools for relaxing after swim time! The Outdoor pool at FAC East is a multipurpose 25yd lap and family recreational pool that is heated May-Sept and kept between 82°- 83°. With 4 lap lanes, a waterslide, and a zero depth entrance equipped with a raining umbrella, it offers enjoyment for all ages. You can make reservations for lap swimming by:



Using the FAC app



Accessing the member portal on our website



Speaking with Desk Staff



Giving us a call

## Private/Semi-Private Swim Lessons

FAC offers private swim lessons year-round! Private lessons are 1 to 1 with a swim instructor, semiprivate is 2 to 1. Our swim instructors can work on any aspect of swimming you are interested in improving or can work with our swim skills checklist to get you or your child to a proficient level.

## Family Open Swim

Make a splash during our Family Open Swim! Enjoy quality time together in our pool, perfect for play, relaxation, and creating memories. Parents can unwind while kids have fun in a safe, supervised environment. It's an ideal way for the whole family to stay active in any weather.

## Group Swim Lessons

FAC offers Group Swim Lessons with 3 different levels to encourage progression! Group Swim Lessons are offered year-round – check our website or with the front desk for session dates and times. Registration for Group Swim Lessons can be done by filling out a registration form on our website.

## And more...

Dive into our aquatic programs beyond lap swimming! We offer youth swim team development, lifeguard certification courses, educational "swiminars" and more! These specialty programs help build skills, confidence, and career opportunities.

# YOUTH ACTIVITIES AT FAC



FAC provides a fun, safe and well supervised kid's club for our members. Authorized guardians can drop off their kids (age 6 weeks to 6 years) for up to 2 hours while enjoying the amenities of the club. The children participate in coloring, reading, age-appropriate toys and games, and other activities! The Kid's Club is a great place for kids to meet new friends and become more comfortable in a daycare setting while practicing social skills with adults and other children. Additionally, all of our employees are CPR certified and have extensive childcare experience. Reservations are required and can be made by:



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## **Kid's Passport (Ages 6-11)**

Our Kids Passport Certification gives member children supervised access to racquetball and basketball courts without direct adult supervision. Parents must remain on FAC premises To earn their "passport," kids complete a fun safety quiz and demonstrate their knowledge with one of our fitness pros.

## **Cardio Pass (Ages 8-11)**

Give your young fitness enthusiast an exciting introduction to cardio equipment under your watchful eye. Our Fitness Professionals will guide both parent and child through a fun, hands-on orientation covering everything from seat adjustments to safety features. After mastering the basics together, they'll ace a quick "show-what-you-know" session to earn their Cardio Pass —their ticket to smart, supervised workouts!

## **Independence Pass (Ages 12-15)**

Children 16 and older can use the club without direct adult (21+) supervision. Kids aged 12-15 can obtain independence certification which grants them unsupervised access to most club areas (excluding free weights). Your teen gains confidence using cardio and weight equipment, basketball/racquetball courts, and more while demonstrating safety knowledge.

## **Youth Camps**

Give your kids an active, engaging break with our seasonal youth camps! Designed for ages 4-11, our camps combine fitness, games, and creative activities in a fun, supervised environment. From sports to arts and crafts, we help children stay moving and social while school's out.

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# SPORTS AND RECREATION AT FAC



Take your athletic performance to new heights with our top-tier indoor sports facilities. Our full-size basketball courts and professional-grade racquetball courts cater to players of all levels, whether you're looking for casual pickup games, solo practice sessions, or competitive league play. As an FAC member, you'll enjoy exclusive discounts on our volleyball and indoor soccer leagues, offering both recreational and competitive divisions. The vibrant sports community at FAC makes it easy to reserve courts, join leagues, and connect with fellow athletes who share your passion for the game. From weekend warriors to serious competitors, we provide the perfect environment to train, compete and take your skills to the next level.

## Gymnasium

This premier multi-purpose space is your year-round playground, featuring two convertible basketball/volleyball courts and an indoor track - perfect for shooting hoops with friends, joining volleyball matches, or powering through laps regardless of the weather outside.

## Adult Leagues

Whether you're looking for casual play or serious competition, our leagues provide a welcoming environment to stay active, meet new people, and be part of Flagstaff's most vibrant sports community. With organized games, skilled referees, and top-notch facilities, every game becomes an opportunity to push your limits and create lasting memories on the court or field.

## Racquetball

With 6 total courts across our locations (4 at East, 2 at West), you've got plenty of space to play. Most courts pull double duty - shoot hoops on our basketball-ready courts or transform any space for volleyball, badminton, and more. No gear? No problem! Balls, rackets, and equipment are ready for checkout at our front desks.

## SportStop at FAC

The SportStop is FAC's public indoor athletic facility. The SportStop, provides the perfect indoor space for baseball, softball, soccer, sand volleyball, pickleball, and more—you bring the passion, we provide the arena. With versatile courts and top-notch amenities, it's the go-to destination for teams, leagues, and casual players alike.

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