



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

JANUARY 2019



Holiday Hours

— Mon, Dec 31 —

5 am - 6 pm

**Modified Group Fitness
Schedule & Fitness Hours**

— Tue, Jan 1 —

7 am - 8 pm

January 1 - New Year, New You!

10 Back-to-Back 30 min classes:

West Main Group Fitness Room

10:00 am - Zumba®
10:35 am - Just Weight
11:15 am - BODYPUMP®
11:50 am - willPower Method®
12:25 pm - BODYCOMBAT®

West Diamond Room

10:00 am - Core
10:35 am - RPM™
11:15 am - Cycling
11:50 am - Barre
12:25 pm - Pilates

Employee of the Month

January's Employee of the month is Chrislyn Cook! She is a member of the Dine (Navajo) tribe. She is of the Manygoats clan, born for the Coyote Pass clan. Her maternal grandfather is of the Bitterwater clan and paternal grandfather is of the Towering House clan. She grew up in Pinon and moved to Flagstaff in 2011. As a Personal Trainer, Chrislyn strives to live an active, healthy lifestyle. She is an avid runner, a recreational athlete and has found a niche for bouldering. She volunteers her time to assist coaching youth basketball, photography and loves to enjoy a cup of coffee at the local coffee shops. Chrislyn enjoys helping individuals to reach their fitness goals. Congratulations Chrislyn!

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Robb Faus invites you to join him on Thu, Jan 3 - 31, 8:30 - 9:30 am, FAC West 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, 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

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.

Masters Meet Readiness Program

Start your 2019 off in the pool! Join US Masters Swim coaches Therese Umholtz and Liz Hobbs for an amazing swim program to get you trained and ready for the Masters Nationals swim meet in April! Each week is laid out with specific topics on how to become a master, tips and tricks for stroke development as well as provided workouts that can be tailored from beginners to experienced lap swimmers! With times on Tue 6 - 7:15 pm AND/OR Fri, 6:15 - 7:30 am, you should have ample time to get your workout in. Join us for three, 4 week sessions starting Jan 15 or Jan 18.
Session 1: Tue, Jan 15-Feb 5, 6-7:15 pm or Fri, Jan 18-Feb 8, 6:15-7:30 am
Session 2: Tue, Feb 19-Mar 12, 6-7:15 pm or Fri, Feb 22-Mar 15, 6:15-7:30 am
Session 3: Tue, Mar 26-Apr 16, 6-7:15 pm or Fri, Mar 29-Apr 19, 6:15-7:30 am
Pre-registration is required. Contact the Aquatics Manager for more information.

Lifeguarding Certification Class

Lifeguard classes are back! Getting certified as an American Red Cross lifeguard is simple; all you have to do is register, pass the prerequisite swimming skills, attend all the scheduled classroom and in-water practice sessions, and pass the final exam. Lifeguard Instructor, Emily Gutaw, will work with participants as needed and make the class enjoyable for all. Want a fun summer job? Lifeguarding is perfect! The lifeguarding class is Jan 30 - Feb 2: Jan 30, 5 - 10 pm; Jan 31, 7 - 10 pm; Feb 1, 5 - 9 pm; Feb 2, 8 am - 5 pm. You MUST attend all classes to be certified, American Red Cross requirement.

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	Tasha 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.*

Drop -2- Size Challenge

Dreading the same ol' New Year's resolution? Start the new year with friends and support with 2019's very first Drop -2- Size Challenge. Eight weeks of nutrition, sweat and work is the plan. Bring your friends to share your journey, complete with after camp celebration! Mon/Wed/Fri, Jan 4 - Feb 22, 6 am, FAC East.

Free Back Pain Clinic

This is a great opportunity to consult with one of our Certified Personal Trainers, Danyelle Jorgensen to assess what steps to take to aid in relief of back pain. Many times, there is an imbalance between abdominal and back strength, lack of postural muscle strength or just the need for more flexibility. Come learn from Danyelle what may be a path towards alleviation of back pain. Thu, Jan 17, 4:30 pm, FAC East.

Free Body Composition Testing

Come in Tue between 5 - 6 pm, FAC West to have your Body Composition measured by Fitness Professional Hugo Casey. You will have seven skinfold sites measured. You can come and retest in order to calculate fat loss. Be prepared by wearing shorts and a sports top. Registration required and limited to four per week.

Free Foam Roller Clinic

Foam rolling has been proven to improve flexibility, performance, circulation, the nervous system and aids myofascial release. 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, Jan 21, 5:30 pm, FAC West.

Do You Have a Health Care Question?

Each month **Dr. Brad Croft** (*East Flagstaff Family Medical*), **Dr. Kelly Reber** (*Northern Arizona Podiatry*), 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, Jan 7, 4:30 pm / FACE

Mon, Jan 7, 6 pm / FACW

Podiatrist - Kelly Reber

Tue, Jan 8, 4:30 pm / FACW

Tue, Jan 8, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Tue, Jan 8, 4:30 pm / FACE

Wed, Jan 9, 5 pm / FACW

AED & Heartsaver CPR

Wed, Jan 9, 6 pm / Matt Turner

Tue, Jan 15, 6 pm / Chris Thomas

Wed, Jan 30, 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.

Dollars and Sense

Bradford Croft, DO East Flagstaff Family Medicine, LTD

As we enter the new year of 2019, you may get a call out of the blue from your doctor's office, a care management program like an ACO, or possibly your health insurance company. One likely reason would be to schedule your annual wellness exam. Other reasons could be to schedule an age based recommended mammogram, colonoscopy or Pap smear. Perhaps it is to remind you of procedures like an eye exam for diabetics or labs that are scheduled or otherwise due. For those patients with chronic diseases, it is critical to receive preventive and proactive care, as most problems will otherwise just get worse - and more expensive to treat.

The concept is called Population Health Management and comes as both public and private payers focus on "value-based care". If we are able to be preemptive in providing timely care, we may be able to prevent or better control common diseases. Primary care has been tasked by insurance companies with the challenge of tracking and coordination of a person's care. Communication between primary, specialty and hospital care may prevent duplication of services or tests, thus keeps cost down. Awareness and reconciliation of medications provided to patients among these entities may also minimize the risk of dangerous drug interactions.

The challenge of primary care providing population health can be difficult but not impossible. It is necessary to identify those chronic disease patients who may benefit from outreach programs. To do so requires electronic health records to compile and organize this data. As a rule, a health care team manages the scheduling, tests and outcome records to assure that no patient is overlooked. Such a program provides an opportunity for improvement and truly does help patient care.

My first visualization of population health was that of my patients becoming rows and columns on a spreadsheet. I would no longer be caring for my patients, but be asked to treat all of the "red" cells on the form. But now, seeing the benefits of this organized data, we can easily find a patient who is due for timely lab or coming due for a visit and contact them accordingly. It also allows reporting, for example, that our diabetics are achieving their treatment goals, or that routine preventive care has been provided.

Care Management Services (CMS) is already providing financial payments or penalties to physicians for their Medicare patients who are meeting the guidelines or not. Private payers may determine their continued contracting with your doctor depending on practices meeting the performance measures designed by the carrier. As these programs expand and develop, we should have better data and better processes to gain markedly improved outcomes.

Health care costs continue to rise despite the Affordable Care Act. We still have an uninsured and underinsured population. The United States continues to spend the most money per capita of any country in the world. If we are to curb our exploding cost of care, we need to embrace better accountability of health care and outcomes. When asked to schedule your annual wellness exam, get medical testing, or follow up for your chronic health care, I encourage your compliance. Ask your provider if they are participating in Population Management, as this may be the best means yet to improve health care, compliance, costs and outcomes.

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, Jan 10, 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.

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, Jan 8 - 29, 9 - 9:45 am, FAC West and Fri, Jan 4 - 25, 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, Jan 26, 9 am - 12 pm, FAC East.

The Often-Forgotten Exercise - Isometrics

When we set up our resistance exercise routine, we often focus on weight lifting or calisthenics to meet our strength goals. Both are tried and true programs that give excellent results when applied in a consistent manner. There is another form of strength training which is often overlooked - isometrics. Isometric exercise is defined as a type of strength training in which the joint angle and muscle length do not change during contraction. Like dynamic lifting movements, isometric exercise can create the desired results when applied correctly or incorporated with other strength and power programs. When comparing the level of muscle activation during isometric, concentric and eccentric muscle actions, a study found that an individual can recruit over 5% more motor units/muscle fibers during maximal isometric muscle action. In comparison to either a maximal eccentric (lowering) or maximal concentric (lifting) action; 95.2% for isometric compared to 88.3% for eccentric and 89.7% for concentric contraction. But what makes isometrics unique is that they can be performed almost anywhere, typically require no equipment and tend to not cause a lot of sweating since muscles not moving are able to keep internal temperature down. If you have any further questions or would like a free Fit 1 consultation, schedule with Certified Personal Trainer Chrislyn Cook.

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 closes Thu, Jan 3 or when full.

Adult CoEd Racquetball Leagues

- All level combo league Winter Session begins Wed, Jan 9 and runs through Wed, Feb 20.

Registration for this league is now open.

— SportStop Leagues — **Indoor Soccer**

- CoEd 5v5 Indoor Soccer Spring Session I begins Wed, Feb 27 and runs through Wed, Apr 17.

Registration opens Mon, Feb 4 at 5:30 pm at the SportStop and closes Thu, Feb 21 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.

Weight Loss is Simple

Join Barry Wilkinson, Certified Personal Trainer on Mon, Jan 14 or Mon, Jan 28, 11 am - noon, FAC East for this free Weight Loss is Simple class. Barry has a certification in Nutrition for Fitness and Wellness. He was a Lifestyle coach for the YMCA Diabetes Prevention Program. He designed and taught weight loss classes for both the City of Peoria and City of Avondale.

Barry was also a former "heavy-weight" and at his heaviest, weighed over 350 pounds. He is currently half of his former self at 175 pounds. Through his own experience, as well as working with his clients, he came to realize that losing weight is simple, but it's not easy. It is simple in the sense that there is a physiological formula of "calories in vs. calories out". However, it is not easy because to maintain a weight loss, it 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 Barry an hour of your time and he will 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.

Registration is required and limited, so sign up at any service desk or call 779-5141. If you are unable to attend, please feel free to sign up with Barry for a Fit 1 orientation free of charge for your private consultation.

Les Mills Launch

Join us at the FAC West Main Group Fitness Room on Sat, Jan 12 for BODYCOMBAT® at 8:15 am and BODYPUMP® at 9:30 am. RPM will be offered at 8:15 am in the FAC West Diamond Room.

Join us at the FAC East Main Group Fitness Room on Sun, Jan 13, 12:30 pm for BODYPUMP® and on Tues, Jan 15, 5 pm for GRIT®.

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. . .

- **New Just Weight Class** - Wed, Jan 2, 5:45 pm, Main Group Fitness Room.
- **willPower Method** - Mon/Wed, 9 am; Thu, 5:45 pm and Sat, 9:30 am, FAC West. Tue/Thu, 5:45 am, FAC East.
- **Small Group Personal Training** - Thu, Jan 3 - 31, 8:30 - 9:30 am, FAC West.
- **Happy Hour Class** - Fri, Jan 4, 5:30 pm, FAC East Main Group Fitness Room.
- **TRX Core** - Tue, Jan 8 - 29, FAC West; Fri, Jan 4 - 25, FAC East, 9 - 9:45 am.
- **Les Mills Launch** - Sat, Jan 12, BODYCOMBAT® at 8:15 am; RPM™ at 8:15 am; BODYPUMP® at 9:30 am, FAC West. Sun, Jan 13, BODYPUMP® at 12:30 pm and Tue, Jan 15, GRIT® at 5 pm, FAC East.
- **Free Back Pain Clinic** - Thu, Jan 17, 4:30 pm, FAC East.

- **Burlesque Ladies Night Out** - Fri, Jan 25, 6:45 - 8 pm, FAC West Diamond Room. Register with AIR at 779-5141.

- **TRX Core Workshop** - Sat, Jan 26, 9 am - 12 pm, 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 440-5245, ext 4 or contact the Aquatics Manager for more information.

- **Group Swim Lessons** - Taught by certified American Red Cross water Safety Instructors, held twice a week for 2 weeks at a time. Level 1, Jan 14 - 23, 4 pm, and Level 2, Jan 28 - Feb 6, 4 pm, FAC East. Pre-registration is required, contact the aquatics manager for more information.

- **Lifeguard Review Class** - If you are currently certified as an American Red Cross Lifeguard, you know the certification expires after two years. Don't let your cert lapse. Join Lifeguard Instructor, Emily Gutaw, for our Lifeguard review class to keep your Lifeguard cert current! Held on Feb 2, 8 am - 5 pm to give plenty of practice time, final skill evaluation and take the final exam.

- **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, Jan 7 - 28, 5:15 - 6:15 pm, FAC West indoor pool. Call 779-5141 for more information or to register.

- **Lifeguarding Certification Classes** Jan 30 - Feb 2; Jan 30, 5-10 pm; Jan 31, 7 - 10 pm; Feb 1, 5 -9 pm and Feb 2, 8 am - 5 pm. Must complete online courses prior to Jan 30, attend all classes and pass final exam to be certified, American Red Cross requirement.

Youth Activities

- **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 5:30 - 6 pm, FAC East. Thu, Jan 3; Wed, Jan 16; Mon, Jan 21; Wed, Jan 30. 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 5 - 5:30 pm, FAC East. Thu, Jan 3; Wed, Jan 16; Mon, Jan 21; Wed, Jan 30. Pre-registration is required, call 779-5141.

- **Independence Swim Tests** - Kids between the ages of 12 and 15 check out our Independence Certification which will give you access to the club without direct adult supervision. Swim Tests are held Wed, Jan 2, 9, 16, 23 and 30, 4:30 - 5 pm. Pre-registration required. Call 779-5141 to register.

FAC JANUARY 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

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Dec 31 Club Hours 5 am - 6 pm	1 Club Hours 7 am - 8 pm NEW YEAR-NEW YOU! 10 BACK-TO-BACK 30 MIN FITNESS CLASSES / FACW	2 INDEPENDENCE SWIM TEST 4:30 PM / FACE	3 INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE	4 *DROP 2 SIZE CHALLENGE 6 AM / FACW *TRX CORE 9 AM / FACE YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE *DROP 2 SIZE CHALLENGE 4:30 PM / FACW KIDS NIGHT OUT 5 - 9 PM / FACE	5
6	7 *DROP 2 SIZE CHALLENGE 6 AM / FACW *DROP 2 SIZE CHALLENGE 4:30 PM / FACW ASK DR. CROFT 4:30 PM / FACE *TORPEDOES SWIM TEAM 5:15 PM / FACW ASK DR. CROFT 6 PM / FACW	8 TRX CORE 9 AM / FACW ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW ASK DON BERLYN 4:30 PM / FACE *FREE BODY COMPOSITION TESTING 5 PM / FACW ASK THE PODIATRIST KELLY REBER 6 PM / FACE	9 YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE ASK DON BERLYN 5 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	10 FREE FUNCTIONAL EXERCISE WORKSHOP 5:30 PM / FACE	11	12 LES MILLS LAUNCH BODYPUMP® 8:15 AM / FACW RPM® 8:15 AM / FACW BODYPUMP® 9:30 AM / FACW
13 LES MILLS LAUNCH BODYPUMP® 12:30 PM / FACE	14 WEIGHT LOSS IS SIMPLE 11 AM / FACE *GROUP SWIM LESSONS, LEVEL 1 4 PM / FACE	15 LES MILLS LAUNCH GRIT® 5 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW *MASTERS MEET READINESS PROGRAM 6 PM / FACE	16 *GROUP SWIM LESSONS, LEVEL 1 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE	17 FREE BACK PAIN CLINIC 4:30 PM / FACE	18 *MASTERS MEET READINESS PROGRAM 6:15 AM / FACE	19
20	21 INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE FREE FOAM ROLLER CLINIC 5:30 PM / FACW	22	23 INDEPENDENCE SWIM TEST 4:30 PM / FACE	24	25	26 TRX WORKSHOP 9 AM - NOON / FACE
27	28 WEIGHT LOSS IS SIMPLE 11 AM / FACE *GROUP SWIM LESSONS, LEVEL 2 4 PM / FACE	29	30 *GROUP SWIM LESSONS, LEVEL 2 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE LIFEGUARD CERTIFICATION CLASS 5 - 10 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	31 *GROUP SWIM LESSONS, LEVEL 2 4 PM / FACE LIFEGUARD CERTIFICATION CLASS 7 - 10 PM / FACE	Small Group Personal Training Thu at 8:30 - 9:30 am Jan 3 - 31, FAC West	