



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

JANUARY 2020

GREAT

Holiday Hours

— Tue, Dec 31 —
5 am - 6 pm

— Wed, Jan 1 —
10 am - 8 pm

**Modified Group Fitness
Schedule & Fitness Hours**

One Habit at a Time

Have you fallen short of accomplishing a goal or task because you were overwhelmed? 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, attend the FREE informational meeting on Tue, Jan 7, 5:30 pm, FAC East.

Employee of the Month

FAC's January Employee of the Month is Margie Bennett! Margie is a long-time veteran at the FAC East Kids Club! Margie has been holding it down for 35 years!! She is an amazing mother, grandmother, co-worker and friend. Margie is a big supporter of her family. She attends her granddaughter's basketball games and Girls on the Run events. Aside from her family, Margie is always willing to pick up extra shifts to keep all the kids who come to the FAC East Kids Club happy and having fun! We love you Margie and your hard work does not go unnoticed. Thank you Margie!

FAC New Year's Wellness Competition!!

Let's get motivated to continue your awesome progress in the New Year! Join our active competition and do activities that can make you happy and healthier. Certain actions and activities will get you a certain amount of points and the person with the highest score at the end wins! There will be weekly personal guidance from Personal Trainer, Myra Ruiz to help you strategize or give advice on your health goals. The winner receives a \$25 FAC gift card and a healthy start to the New Year! Jump into the fun and join us for this fired-up, rewarding competition.

This FAC New Year's Wellness Competition begins on Mon, Jan 6 with a kick-off meeting at 6 pm, FAC West and runs through Mon, Feb 3. Sign up at any service desk or call 779-5141.

Drop-2-Size Challenge

Dreading the same ol' New Year's Resolution? Look it in the eye and grin.

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

Start the new year with friends and support with 2020's very first Drop 2-Size Challenge with 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 challenge celebration! You deserve to be proud!

Enroll early and know your success is just around the corner! Mon/Wed/Fri, Jan 20 - Mar 13, 5 pm, FAC East. Registration is required, sign up at any service desk or call 779-5141.

Strategies for Weight Loss

Offered by Personal Trainer Barry Wilkinson, a self-described former "heavy-weight", who, at his heaviest, weighted over 350 pounds. Barry is now half of his former self (175 pounds)! Through his own experience, as well as working with clients, Barry came 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 weight loss takes a life-style change.

Weight control is a by-product of a healthy life-style. Nutrition is NOT as complicated a you might think. Come and give Barry an hour of your time and let him 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 life-style changes you can maintain for you lifetime. This program will run Mon, Jan 13, 10 am and/or Mon, Jan 20, 11 am, FAC East. Registration is required, sign up at any service desk or call 779-5141.

Massage Schedule

	FAC East	FAC West
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, Jan 6 - 27, 5:30 - 6:15 pm, FAC East; Tue, Jan 7 - 28, 9 - 9:45 am, FAC West; Fri, Jan 3 - 31, 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, Jan 6 - 27, 7:30 - 8:30 am, FAC West and Thu, Jan 2 - 30, 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 with 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, Jan 6, 4:30 pm / FACE

Mon, Jan 6, 6 pm / FACW

Podiatrist - Kelly Reber

Tue, Jan 7, 4:30 pm / FACW

Tue, Jan 7, 6 pm / FACE

Physical Therapist/Hypnotherapist-

Don Berlyn

Mon, Jan 6, 12 pm / FACW

Mon, Jan 6, 1:30 pm / FACE

Nutritionist - Edward Griffen

Sat, Jan 4, 9 am / FACW

Sat, Jan 4, 10:30 am / FACE

Naturopath - Erin Winter

Thu, Jan 9, 1:30 pm / FACE

Thu, Jan 9, 3 pm / FACW

AED & Heartsaver CPR

Wed, Jan 15, 6 pm / Matt Turner

Wed, Jan 22, 6 pm / Kevin Wiles

Wed, Jan 29, 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.

The Eyes Have It

Brad Croft, DO East Flagstaff Family Medicine, LTD

Over ten million Americans suffer from vision loss secondary to macular degeneration, more than glaucoma and cataracts combined. The retina is the back lining of the eye, responsible to receive images projected by the lens. The central portion, or macula, is where the ability to focus central vision occurs. As that lining deteriorates, the ability to read, recognize faces or colors, drive a car and see objects in fine detail becomes compromised. In the early changes of macular degeneration, the individual may not yet be aware there are any changes in vision. As the disease progresses, there may be wavy or blurred vision. With additional change, there becomes a loss of the center of the visual field. Imagine looking at a photograph with the center of the picture erased.

Macular degeneration is a little-known disease, but research continues. There is evidence that life-style, genetics and environment all contribute to the development. People with a family history are at greater risk. Whites also have a greater likelihood. Those with light colored eyes are more prevalent, as are those with long term UV exposure over time without protection. Those with cardiovascular disease, overweight, eat high fat diet or are females are at greater risk. Smoking doubles the risk of macular degeneration. The threat increases with aging, particularly over age 60.

Because the disease most commonly occurs with age, it is referred to as Age-related Macular Degeneration (AMD). The early stage of AMD may not be evident to the patient. A careful eye exam may identify the initial presence of drusen, the degenerative deposits found in the retina as the disease is diagnosed. Intermediate AMD develops as the number and size of drusen increase, which may provide some degree of visual changes, but still may not necessarily be apparent to the individual. A comprehensive eye exam along with additional testing should show larger and increasing drusen or changes in the retinal pigment. Late AMD has established apparent vision loss. There is another form of macular degeneration known as Stargardt disease. This type is genetic in nature and commonly presents in young individuals, earning the name of early onset or juvenile macular degeneration.

Dry degeneration (atrophic) is far the more common type of macular degeneration (85-90%) while the balance is Wet degeneration (exudative). Although both are problems, the wet form is a much more aggressive form of the disease. Dry degeneration involves the proliferation of drusen, where eventually the macular cells will thin and die, causing loss of central vision. Wet degeneration involves overgrowth of blood vessels in the eye, causing bleeding and fluid in the retina, eventually causing scarring and vision loss.

At this time, macular degeneration is an incurable disease. There are opportunities to reduce your risk and slow the progression once diagnosed. Risk reduction may include exercise, diet changes, protecting your eyes from UV exposure and not smoking. Regular eye exams may be the single important factor in intervention, especially if you have risk factors or a family history of macular degeneration.

Off-Season Strength for Cyclists

It's that time of year where we are running out of options for outdoor gear and the roads and trails are inhospitable. While jumping on your trainer at home or hitting a cycling class may work to some degree, winter strength training for cycling will keep you motivated for the warmer weather. Designed by Personal Trainer and cyclist Robb Faus to prepare you for the next season, this 8-week course starts with building your power center (Core) and then moves to your drive train (legs) and shock absorbers (arms and upper body). This program will give you the template to take your riding up a notch for years to come! Mon, Jan 20 - Mar 9, 7 pm, FAC West.

Spring into Running

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.

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. To start the process toward relief on Mon and Thu, Jan 9 - Feb 17, 6 - 7 am, FAC East. You will learn how to work toward strength and flexibility to get back that healthy back. Contact Danyelle directly with any questions at 928-380-5037.

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 for 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. 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 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. Registration is 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 closes Thu, Jan 2 or when full.
- CoEd "A" Winter Session begins Thu, Jan 9 and runs through Thu, Feb 20. Registration closes Thu, Jan 2 or when full.

Women's Racquetball League

- Women's Racquetball League begins Thu, Jan 9 and runs through Thu, Feb 20. Registration is closes Mon, Jan 6 or when full.

Adult Indoor Soccer

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

Group Swim Lessons

Join American Red Cross Water Safety Instructor Emily Gutaw for group swim lessons Mon/Wed, Jan 6 - 15, FAC East. Designed for ages 3 - 10, swimming basics and water safety will be taught. Level 1, 4:30 pm; level 2, 5 pm and level 3, 5:30 pm. Pre-registration is required by calling 779-5141.

Parent-Tot Lessons

Join Liz Hobbs at FAC East to play and splash with your baby! Mon, Jan 6 - 27, 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.

Lifeguard Certification

If you are 15 years old and a good swimmer, you are eligible to be trained as an American Red Cross Lifeguard! Certification is valid for 2 years upon completion and certifies you in CPR/AED/First-Aid and Lifeguarding. Must attend all scheduled classes, pass pre-requisite swim, complete 7-hour online portion before the start of course and the final exam. Jan 15 - 18, 6 - 10 pm week-nights and 8 - 3 pm on Sat. Pre-registration is required, call 779-5141.

Masters Swim

Join U.S. Masters coach Therese Umholtz on Fri, Jan 1 - 31, 6:30 - 7:30 am, FAC West to expand your swim workout! All ability levels welcome! To register, call 779-5141.

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 old's to improve their strokes and overall physical fitness in the pool. All strokes, starts and turns will be taught and participants will have plenty of time to practice all. Mondays, Jan 6 - 27, 5:30 pm, FAC West. Pre-registration is required, call 779-5141.

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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.

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Fitness. . .

- **New Class - FLEX-ABILITY + CORE** - starting Fri, Jan 3, noon, FAC East.
- **Sunday Sampler: Barre & Bootcamp** - Sun, Jan 5, 2 pm, FAC East.
- **TRX Core** - Mon, Jan 6 - 27, 5:30 - 6:15 pm, FAC East; Tue, Jan 7 - 28, 9 - 9:45 am, FAC West; Fri, Jan 3 - 31, 9 - 9:45 am, FAC East.
- **Ballroom Dance** - Mon, Jan 6 - Feb 24, 7 pm, FAC West. Registration required.
- **Small Group Personal Training** - Mon, Jan 6 - 27, 7:30 am and Thu, Jan 2 - 30, 6 am, FAC West.
- **New Class - BODYPUMP®**, starting Tue, Jan 7, 5:45 pm, FAC West.
- **New Class - Pilates**, starting Tue, Jan 7, noon, FAC West.
- **New Class - BODYPUMP®**, starting Wed, Jan 8, 4:30 pm, FAC East.
- **New Class - BODYJAM®**, starting Wed, Jan 8, 5:45 pm, FAC East.
- **New Class - ZUMBA**, starting Thu, Jan 9, 5:45 am, FAC West.

- **LesMills Launch** - Sat, Jan 11, **RPM™**, 8:15 am; **BODYCOMBAT®**, 8:15 am; **BODYPUMP®**, 9:30 am; **GRIT™**, 10:45 am, FAC West.
- **LesMills Launch** - Sun, Jan 12, **BODYPUMP®**, 12:30 pm; **BODYJAM®**, 2 pm, FAC East.
- **New Class - RISE & SHINE YOGA**, starting Mon, Jan 13, 7:30 am, FAC West.
- **Strategies for Weight Loss** - Mon, Jan 13, 10 am and Mon, Jan 20, 11 am, FAC East.
- **New Class - BODYJAM®**, starting Thu, Jan 16, 10:30 am, FAC East.
- **New Class - BODYJAM®**, starting Fri, Jan 17, 10:30 am, FAC East.
- **POUND TECHNIQUE**, Sat, Jan 18, 10:45 am, FAC West.
- **POUND**, Sat, Jan 18, 11:30 am - 12:15 pm, FAC West.
- **Special Athletes, RPM™**, Sat, Jan 18, 12:30 pm, FAC West.
- **Sunday Sampler: Pedal & Pound** - Sun, Jan 19, 2 pm, FAC East.
- **McCall Method Posture & Balance** - Wed, Jan 22 - Feb 26, noon, FAC East. Registration required.
- **Zumba Master Class** - Sat, Feb 22, 10:30 - 11:30 am, FAC East. Registration required.
- **Zumba Jam Session Training** - Register online at zumba.com.
- **Torpedoes Swim Team** - Mon, Jan 6 - 27, 5:30 - 6:15 pm, FAC West.
- **Parent -Tot Swim Lessons** - Mon, Jan 6 - 27, 5 pm, FAC East. Pre-registration is required.
- **Swiminar** - Sat, Jan 11, 9 am, FAC West with Liz Hobbs.
- **Lifeguard Certification Class** - Jan 15 - 18, 6 - 10 pm weeknights and 8 am - 3 pm, Sat, FAC East.

Youth Activities

- **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, Jan 7; Thu, Jan 16; Tue, Jan 21 and Sat, Jan 25 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, Jan 7; Thu, Jan 16; Tue, Jan 21 and Sat, Jan 25 at 5 pm. Pre-registration is required, call 779-5141.
- **Independence Swim Tests** - Swim tests will be held on Tue, Jan 7; Thu, Jan 16; Tue, Jan 21 and Sat, Jan 25 at 4 pm, FAC East. Pre-registration required, call 928-779-5141 to register.

Aquatics. . .

- **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. Level 1 at 4:30 pm; Level 2 at 5 pm and Level 3 at 5:30 pm.

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 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Small Group Personal Training Mon, 7:30 - 8:30 am Thu, 6 - 7 am Jan 6 - 30, FAC West		1 CLUB HOURS 10 AM - 8 PM	2	*TRX CORE 3 9 AM / FACE FLEX-ABILITY + CORE NOON / FACE YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE	ASK THE 4 NUTRITIONIST EDWARD GRIFFEN 9 AM / FACW AND 10:30 AM / FACE
5 SUNDAY SAMPLER: BARRE & BOOTCAMP 2 PM / FACE	6 ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 12 PM / FACW AND 1:30 PM / FACE YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE ASK DR. CROFT 4:30 PM / FACE GROUP SWIM LESSONS 4:30 - 6 PM / FACE FREE BACK PAIN CLINIC 5 PM / FACW *PARENT-TOT SWIM LESSONS 5 PM / FACE *TRX CORE 5:30 PM / FACE *TORPEDOES SWIM TEAM 5:30 PM / FACE ASK DR. CROFT 6 PM / FACW BALLROOM DANCE 7 PM / FACW	7 *TRX CORE 9 AM / FACW BODYPUMP® 5:45 PM / FACW PILATES NOON / FACW INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW AND 6 PM / FACE	8 PILATES NOON / FACW YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE BODYPUMP® 4:30 PM / FACE GROUP SWIM LESSONS 4:30 - 6 PM / FACE BODYJAM® 5:45 PM / FACW	9 ZUMBA 5:45 AM / FACW *BACK PAIN BOOT CAMP 6 AM / FACE PILATES NOON / FACW ASK THE NATUROPATH ERIN WINTER 1:30 PM / FACE AND 3 PM / FACW	10 *MASTERS SWIM 6:30 AM / FACW FUELING THE EXTRA MILE FREE WORKSHOP 12 PM / FACW YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACW	11 RPM® 8:15 AM / FACW BODYCOMBAT® 8:15 AM / FACW BODYPUMP® 9:30 AM / FACW SWIMINAR 9 AM / FACW 9:30 AM / FACW GRIT™ 10:45 AM / FACW
12 BODYPUMP® 12:30 PM / FACE BODYJAM® 2 PM / FACE	13 *BACK PAIN BOOT CAMP 6 AM / FACE RISE & SHINE YOGA 7:30 AM / FACW STRATEGIES FOR WEIGHT LOSS 10 AM / FACE	14 *ONE HABIT AT A TIME 5:30 PM / FACE	15 HEARTSAVER - AED CPR 6 PM / FACW	16 BODYJAM® 10:30 AM / FACE INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE SPRING INTO RUNNING 5:30 PM / FACE	17 BODYJAM® 10:30 AM / FACE	18 POUND TECHNIQUE 10:45 AM / FACW POUND 11:30 AM / FACW SPECIALATHLETES RPM® 12:30 PM / FACW
— LIFEGUARD TRAINING CLASS —						
19 SUNDAY SAMPLER: PEDAL & POUND 2 PM / FACE	20 STRATEGIES FOR WEIGHT LOSS 11 AM / FACE OFF-SEASON STRENGTH FOR CYCLISTS 7 PM / FACW	21 INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE	22 *MCCALL METHOD POSTURE & BALANCE NOON / FACE HEARTSAVER - AED CPR 6 PM / FACW	23	24	25 POLAR PLUNGE FACE INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE
26 SUNDAY SAMPLER: BODYCOMBAT, GRIT & BODYJAM 2 PM / FACE	27	28	29 HEARTSAVER - AED CPR 6 PM / FACW	30	31	