




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

JULY 2019



## Holiday Hours

**Thu, July 4th**  
**FAC East, 5 am - 6 pm**  
**FAC West - Closed**

**Modified Group Fitness Schedule & Fitness Hours**

## Employee of the Month

The Flagstaff Athletic Club is proud to recognize Tara Doyle as our July Employee of the Month! Tara has been with FAC for almost two years and helps run the SportStop, Summer Camp and occasionally referees volleyball. A former high school volleyball player, she was born and raised in Phoenix and came to Flagstaff to attend NAU and graduated this May. Tara was a dedicated student obtaining her BS in Biomedical Science with minors in Psychology, Philosophy and Chemistry. She has grown quite fond of the life Flagstaff has to offer and hopes to stay in the north country.

In her down time, she enjoys gardening, drawing and skateboarding. Her goal as a recent grad is to find a stable job in the medical field and travel as much as she can to explore the world.

We thank Tara for all her dedication to our team and appreciate her immensely!

## Outdoor Pool

Lifeguards are on duty 10 am to 5 pm every day of the week. The slide and mushroom will be turned on by 10 am with two lifeguards on duty. For safety purposes, the slide and mushroom are only to be utilized during scheduled lifeguard hours.

## Group Swim Lessons

Join American Red Cross Water Safety Instructors, Emily, Dezi or Aurelia two days a week for two week sessions on either Mon/Wed or Tue/Thu afternoons to learn and grow in the pool this summer! Level 1 swim lessons will give kids the opportunity to learn bubbles, kicking and water basics. Level 2 swim lessons will expand on topics from level 1 encouraging more independence. Level 3 is for stroke development. Child should be able to swim on their own for level 3. Pre-registration required, call 779-5141 to register.

**Session 3** will run Mon/Wed, July 8 - 17: Level 1 at 4:30 pm; Level 2 at 5 pm; Level 3 at 5 pm OR Tue/Thu, June 4 - 13: Level 1 at 5 pm; Level 2 at 5:30 pm; Level 3 at 5:30 pm.

**Session 4** will run Mon/Wed, July 22 - 31: Level 1 at 4:30 pm; Level 2 at 5 pm; Level 3 at 5 pm OR Tue/Thu, July 23 - Aug 1: Level 1 at 5 pm; Level 2 at 5:30 pm; Level 3 at 5:30 pm.

## Youth Athletic Performance Drop-in

FAC has three great opportunities for your youth athlete to shine! Take advantage of our drop-in at FAC East on 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.

## Exploring Gymnastics!

On Sat, July 6 - 27, 9:30 - 10:30 am, FAC East, bring your tots between the ages of 3 - 5 years old to explore gymnastics activities! Kids 6 - 8 years old will explore gymnastics from 10:30 to 11:30 am. Meet with Stacy to discover headstands, hand-eye coordination games and most importantly, have fun doing gymnastics! All participants will get a medal and have the opportunity to show off their sweet moves! Pre-registration is required, please call 779-5141 to register!

## Whole Life Profile

The Flagstaff Athletic Club is proud to welcome Sheryl Dawson to our facility to offer the *Whole Life Profile (WLP™)* and One Day Workshop. Sheryl is a Harrison Assessments Solution Partner and talent/wellness consultant certified in the *WLP™* and workshop. Sheryl is passionate about wellness and facilitating others' success. She has consulted in Houston for many years and now lives in Flagstaff. July 27th and September 21st are the dates to take advantage of this unique offer.

## First Responder Performance

Whether you're a first responder or just want to train like one, this workout will give you the challenge that you need to push your limits and send you home knowing you pushed yourself to a whole new level. Prepare for a variety of drills and circuits using non-traditional resistance training and focusing on both speed and power. Gloves and durable workout attire strongly recommended. Call Fitness and Sport Director, Robb Faus at 928-779-4593 for more information. Enrollment is limited, registration required. Saturdays, 10 - 11 am, FAC East SportStop.

## 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	
Thursday	Holly Stone 928-853-5062	Rachel Williams 616-402-1702
Friday	Janus Hudson 928-853-9039	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 Personal Trainer Robb Faus on Tue, July 2 - 30, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, July 5 - 26, 9 am - 9:45 am, FAC East to experience this challenging and rewarding format. All ability levels welcome! Registration required.

### BODYJAM®

A new Les Mills format is coming to FAC East in the Fall! BODYJAM is great cardio training --- it's high energy, fun and lots of movement! If you are interested in becoming a Les Mills BODYJAM instructor, the initial training will be hosted by FAC on Sat and Sun, Aug 3 and 4, 8 am - 6 pm at FAC East. You will cover choreography, technique, coaching, connection and performance. To register, go online to [www.lesmills.com/us/instructors](http://www.lesmills.com/us/instructors). Early registration pricing ends July 6. If you have questions, please contact Ruana Robertson, Group Fitness Manager at 779-4593.

### Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Myrya Ruiz invites you to join her on Thu, July 11 - 25, 7 - 8 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 questions about your health. This is a free public service for FAC members.

### Health Care Corner

#### Family Practice - Brad Croft

Mon, July 1, 4:30 pm / FACE

Mon, July 1, 6 pm / FACW

#### Podiatrist - Kelly Reber

Tue, July 2, 4:30 pm / FACW

Tue, July 2, 6 pm / FACE

#### Physical Therapist/Hypnotherapist-

##### Don Berlyn

Mon, July 15, 6 pm / FACE

Wed, July 17, 3:30 pm / FACW

#### Nutritionist - Edward Griffen

Sat, July 27, 8:30 am / FACE

Sat, July 27, 10 am / FACW

#### Naturopath - Erin Winter

Tue, July 11, 8 am / FACW

Tue, July 11, 3:30 pm / FACE

#### AED & Heartsaver CPR

Tue, July 2, 6 pm / Chris Thomas

Tue, July 16, 6 pm / Matt Turner

Tue, July 30, 6 pm / Kevin Wiles

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 - noon; **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.

## Fitness

### Zzzz . . . . zzzz . . . .

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

"How much sleep do I need?" is not easily answered. As we spend an average of one third of our life asleep, it is an important healthy life activity. There are multiple factors that influence our sleep including our personal sleep needs, underlying disease considerations, personal habits and bedroom environments. As we mature, our sleep duration needs diminish over time. The National Sleep Foundation has recently updated their suggestions of sleep times:

- Newborns (0-3 months): 14-17 hours each day (previously it was 12-18)
- Infants (4 - 11 months): 12-15 hours (previously it was 14-15)
- Toddlers (1-2 years): 11-14 hours (previously it was 12-14)
- Preschoolers (3-5): 10-13 hours (previously it was 11-13)
- School age children (6-13): 9-11 hours (previously it was 10-11)
- Teenagers (14-17): 8-10 hours (previously it was 8.5-9.5)
- Younger adults (18-25): 7-9 hours (new age category)
- Adults (26-64): 7-9 hours (unchanged)
- Older adults (65+): 7-8 hours (new age category)

Pay attention to how you feel after a "good" night's sleep versus a poor one. What is your attitude, mood and energy? How long has it been since a good night's sleep? You are probably fine if you are healthy, happy, alert and productive whatever your sleep pattern. However, if it has been awhile or you just can't remember when your last good sleep has been, you may want to examine your barriers to sleep.

- Maintain a schedule of bedtime and awakening times, even on weekends.
- Practice a relaxing bedtime ritual such as reading, deep breathing, visual imagery, or meditation.
- Daily exercise will help assure improved sleep.
- A comfortable, quiet and dark bedroom is essential. Remember the bedroom is for sleep.
- Do not watch TV or work on your computer in the bedroom. Go somewhere else in the house.
- Even limited amounts of caffeine or alcohol can impair restorative sleep. Stop either or both.

Poor sleep patterns may also a sign of underlying health problems. Anxiety and depression very commonly will negatively affect sleep patterns presenting as insomnia or excessive sleepiness. Frequent awakening to use the bathroom may be an issue as well. Obstructive sleep apnea (OSA) is becoming a more frequent finding as we learn to screen for it. OSA is caused by a temporary collapse of the airway which prevents a breath from being completed. Every time this happens, most individuals will "almost" wake up, and occasionally completely wake up. As this may occur as often as every few minutes through the course of sleep, most will awaken unrested and fatigued. The Sleep Apnea Foundation estimates that there are 22 million with OSA, and over 80% are undiagnosed. Untreated, those individuals likely can lose eight to ten years of life expectancy.

There are a number of over-the-counter sleep aids available. For infrequent or temporary use, most may be an appropriate treatment for occasional sleep problems. If you have consistent problems with sleep, please consult your health care professional, as there may be more than meets the eye.

## Aquatics . . .

### Parent-Tot Lessons

Join Liz Hobbs at FAC East to play and splash with your baby! Parent-tot classes require the parent and child to get in the pool together to learn the basics of water play and water safety. Ages six months to 2 1/2 years old are welcome. Mondays, July 1 - 22, 5 pm, FAC East. We will sing songs and have fun splashing and kicking together! Call 779-5141 to register.

### Masters Swim

Join U.S. Masters coach Therese Umholtz on Thu, July 11 - Aug 1, 5:30 - 6:30 pm OR Fri, July 12 - Aug 2, 6:30 - 7:30 am in the FAC East Outdoor Pool to expand your swim workout! A new, challenging workout will be provided each day with coaching and instruction towards a more beneficial swim. All ability levels welcome! Try something new this summer! To register, call 779-5141.

### Torpedoes Swim Team

Are you 6 - 14 years old? Can you swim at least one lap of freestyle? Want to learn the rest of the competitive strokes? Try Torpedoes Swim Team! Mon, July 8 - 29, 5:30 - 6:30 pm, FAC East. US Masters Swim Coach, Therese Umholtz will introduce all strokes and give plenty of time to practice. She will help guide your child into a confident swimmer and get great exercise. Call 779-5141 to register.

### Climbing Saturdays

Join FAC Fitness Professional, Linden Whittemore on our climbing wall on Saturdays, July 20 and 27, 11 am - 1 pm, FAC East. Those six and older can come learn the basics of climbing and have fun! Pre-registration is required, 928-779-5141.

## Fitness - FREE Clinics / Workshops

### 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 will provide a variety of regression/progressions that target the BIG 5 functional movements: Push, Pull, Lift, Carry and Torso Rotation. Fri, July 26, 7 am, FAC West.

### 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.

### — SportStop Leagues —

#### Adult Sand Volleyball Leagues

- Men's and Women's 2's League begins Mon, July 8. League runs for 7 weeks and includes final tournament on Aug 19.
- CoEd 4's "B" League begins Tue, July 9. League runs for 7 weeks and includes final tournament on Aug 20.
- CoEd 2's "Open" League begins Wed, July 10. League runs for 7 weeks and includes final tournament on Aug 21.
- CoEd 4's "A" League begins Thu, July 11. League runs for 7 weeks and includes final tournament on Aug 22.

Sand Volleyball Session II begins July 8, registration closes Wed, July 3 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.

### 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, July 15, 10 am, FAC East or Mon, July 22, 11 am, FAC East. Registration is required and limited, sign up at any service desk or call 779-5141.

### Free Foam Roller Clinic

Foam rolling has been proven to improve flexibility, performance, circulation, the nervous system and aids myofascial release. Adding this technique to your wellness program can be a huge benefit and can be done anywhere you have a foam roller. Meet with 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. Mon, July 29, 5:30 pm, FAC West.

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. . .

- **TRX Core** - Tue, July 2 - 30, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, July 5 - 26, 9 - 9:45, FAC East.
- **First Responder Performance**- Sat, July 6 - 27, 10 am, SportStop at FAC East.
- **Small Group Personal Training** - Thu, July 11 - 25 at 6 - 7 am, FAC West.
- **Les Mills Soft Launch** - Sat - Fri, July 13 - 19. Check Group Fitness schedule.
- **Poolside Pound, Barre & PiYo**- Sat, July 13, 8:30 - 9:45 am with Danyelle Jorgensen and Angie Allen, FAC East Outdoor Pool.
- **Strategies for Weight Loss** - Mon, July 15, 10 am and Mon, July 22, 11 am, FAC East.
- **Free Functional Exercise Workshop** - Fri, July 26, 7 am, FAC West.
- **Special Athletes Class** - Sat, July 27, 12:30 pm, Aqua Aerobics, FAC West pool.
- **Free Foam Roller Clinic** - Mon, July 29, 5:30 pm, FAC West.

## Aquatics. . .

- **Parent -Tot Swim Lessons** - Mon, July 1 - 22, 5 pm, FAC East. Join Liz Hobbs for a fun-filled 30 minutes of splashing, smiles and basic water development. Class is for parents and babies, ages 6 mos to 2 1/2 years. Pre-registration is required.
- **Group Swim Lessons** - Held Mon/Wed and Tue/Thu for two weeks. These classes are geared towards kids ages 3-6 years old who are beginners at swimming. Pre-registration required, contact Aquatics Manager for additional questions. *Session 3:* Mon/Wed, July 8 - 17, level 1 at 4:30 pm; level 2 at 5 pm; level 3 at 5 pm OR Tue/Thu, July 9 - 18, level 1 at 5 pm, level 2 at 5:30 pm and level 3 at 5:30 pm. *Session 4:* Mon/Wed, July 22 - 31, level 1 at 4:30 pm; level 2 at 5 pm; level 3 at 5 pm OR Tue/Thu, July 23 - Aug 1: level 1 at 5 pm; level 2 at 5:30 pm; level 3 at 5:30 pm.
- **Masters Swim** - Thu, July 11 - Aug 1, 5:30 - 6:30 pm or Fri, July 12 - Aug 2, 6:30 - 7:30 am, FAC East Outdoor Pool. Join U.S. Masters coach Therese Umholtz to expand your swim workout!
- **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, July 8 - 29, 5:30 - 6:30 pm, FAC East outdoor pool. Call 779-5141 for more information or to register.

## Youth Activities

- **Climbing Saturdays** - Join FAC Fitness Professional Linden Whittemore on our climbing wall at FAC East! Held Saturdays, July 6 or 20, 11 am - 1 pm. Linden will be belaying kids and adults ages six and older, teaching them how to get to the top! Call 928-779-5141 to register.

## 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 at FAC East on Mon, 5:45 pm, July 1, 8, 15, 29; Wed, 5:45 pm, July 3, 10, 24 and Sat, July 13 at 10:30 - 11 am. 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 Mon, 6:15 pm, July 1, 8, 15, 29; Wed, 6:15 pm, July 3, 10, 24 and Sat, July 13 at 10 - 10:30 am. Pre-registration is required, call 779-5141.
- **Independence Swim Tests** - To obtain your Independence Certification, you must complete your FAC East appointment, FAC West appointment and this swim test portion before registering for the final exam. Swim tests are held at the outdoor pool anytime during lifeguard hours 10 am - 5 pm, July - Aug. Pre-registration is not required, call 779-5141 to register or for more information.

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.**

# FAC JULY 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
	<p><b>1</b></p> <p>ASK DR. CROFT 4:30 PM / FACE *PARENT-TOT SWIM LESSONS 5 PM / FACE *TORPEDOES 5:30 PM / FACE *PASSPORT EXAM 5:45 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 6:15 PM / FACE ASK DR. CROFT 6 PM / FACW</p>	<p><b>2</b></p> <p>*TRX CORE 9 AM / FACW ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW 5 PM / FACE FREE BODY COMPOSITION TESTING 5 PM / FACW *TRX CORE 5:30 PM / FACE ASK THE PODIATRIST KELLY REBER 6 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW</p>	<p><b>3</b></p> <p>*PASSPORT EXAM 5:45 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 6:15 PM / FACE</p>	<p><b>4</b></p> <p><b>FOURTH OF JULY HOURS FACE EAST 5 AM - 6 PM FACE WEST CLOSED</b></p>	<p><b>5</b></p> <p>*TRX CORE 9 AM / FACE</p>	<p><b>6</b></p> <p>*EXPLORING GYMNASTICS 9:30 AM / FACE *FIRST RESPONDER PERFORMANCE 10 AM / FACE</p>
<p><b>7</b></p>	<p><b>8</b></p> <p>GROUP SWIM LESSONS LEVEL 1 4:30 PM / FACE LEVEL 2 &amp; 3 5 PM / FACE *TORPEDOES SWIM TEAM 5:30 PM / FACE</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>GROUP SWIM LESSONS LEVEL 1 4:30 PM / FACE LEVEL 2 &amp; 3 5 PM / FACE</p>	<p><b>11</b></p> <p>ASK THE NATUROPATH ERIN WINTER 8 AM / FACW AND 3:30 PM / FACE *MASTERS SWIM 5:30 PM / FACE</p>	<p><b>12</b></p> <p>*MASTERS SWIM 6:30 PM / FACE</p>	<p><b>13</b></p> <p>POOLSIDE POUND, BARRE &amp; PIYO 8:30 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10 AM / FACE PASSPORT EXAM 10:30 AM / FACE LES MILLS SOFT LAUNCH</p>
<p><b>14</b></p>	<p><b>15</b></p> <p>STRATEGIES FOR WEIGHT LOSS 10 AM / FACE GROUP SWIM LESSONS LEVEL 1 4:30 PM / FACE LEVEL 2 &amp; 3 5 PM / FACE ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 6 PM / FACE</p>	<p><b>16</b></p> <p>HEARTSAVER - AED CPR 6 PM / FACW</p>	<p><b>17</b></p> <p>GROUP SWIM LESSONS LEVEL 1 4:30 PM / FACE LEVEL 2 &amp; 3 5 PM / FACE ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 3:30 PM / FACW</p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p> <p>FREE CLIMB 11 AM / FACE</p>
<p><b>21</b></p>	<p><b>22</b></p> <p>STRATEGIES FOR WEIGHT LOSS 11 AM / FACE</p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p> <p>FREE FUNCTIONAL EXERCISE WORKSHOP 7 AM / FACW</p>	<p><b>27</b></p> <p>FREE CLIMB 11 AM / FACE SPECIALATHLETES CLASS 12:30 PM / FACW</p>
<p><b>28</b></p>	<p><b>29</b></p> <p>FREE FOAM ROLLER CLINIC 5:30 PM / FACW</p>	<p><b>30</b></p> <p>HEARTSAVER - AED CPR 6 PM / FACW</p>	<p><b>31</b></p>	<p><b>Small Group Personal Training Thu at 6 - 7 am July 11 - 25, FAC West</b></p>		