



Holiday Hours

Thu, July 4th
FAC East, 7 am - 6 pm
FAC West - 7 am - 6 pm

Modified Group Fitness Schedule & Fitness Hours

Posture and Balance

Lisa Ann McCall, author of the McCall Body Balance Method will be offering a six week class on improving and maintaining good posture and balance throughout our lives on Wed, June 5 - July 17, noon - 1 pm, FAC East Multi Purpose Room (no class on July 3) . A natural progression of change occurs as we age, but our structure is designed to last! Two requirements for participating in this class is that you not be in acute pain and that you are able to get up and down from the floor. Call 779-5141 to register or stop by any Service Desk.

Exploring Gymnastics!

On Sat, June 8 - 29, 9:30 - 10:30 am, FAC East, bring your tots between the ages of 2 - 4 years old to explore gymnastics activities! Kids 5 - 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!

Employee of the Month

FAC June Employee of the Month is Emma Wesson! Emma has been a member of FAC since she was one and a half years old. She has worked at FAC for over a year as a lifeguard and also at the Sports Desk. Emma is a former gymnast who now loves to dive. She has been diving at NAU for 5 years. Emma will be a senior at Coconino High School next school year. She is always smiling and has a very fun and calm demeanor. She has been a great employee and FAC is lucky to have her on our team! Go Emma!

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! We are also offering a month long Wed morning session for level one and two. 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. Check our upcoming newsletters and flyers for the entire summer swim schedule. Pre-registration required, call 779-5141 to register.

Session One will run Mon/Wed, June 3 - 12: 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 Two will run Mon/Wed, June 17 - 26: Level 1 at 4:30 pm; Level 2 at 5 pm; Level 3 at 5 pm OR Tue/Thu, June 18 - 27: Level 1 at 5 pm; Level 2 at 5:30 pm; Level 3 at 5:30 pm.

Wed mornings run June 5 - 26: Level 1 at 8 am; Level 2 at 8:30 am.

Tactical Mobility Training

Looking to take your performance to the next level? Then consider the most overlooked part of training: flexibility and recovery! Many people often forget to “warm-up” and “cool down” before and after their workouts, which can lead to an increased risk of injuries and slower recovery times. Through this program, weightlifters, athletes and even those new to exercise will be able to reduce their chances of injury, while pushing themselves harder than ever before. These 45 minute sessions with Personal Trainer, Cameron Bloch will lead you through a variety of strength and flexibility exercises.

Youth Athletic Performance Drop-in

FAC has two great opportunities for your youth athlete to shine! Take advantage of our drop-in at FAC East on Wed at 4:30 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 take our local high school athletes to their true potential through a combination of proven industry methodology and positive, motivational coaching.

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.

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. Early registration pricing ends July 6. If you have questions, please contact Ruana Robertson, Group Fitness Manager at 779-4593.

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, June 4 - 25, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, June 6 - 27, 9 am - 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! Certified Personal Trainer Myra Ruiz invites you to join him on Thu, June 6 - 27, 6:30 - 7:30 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.

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, 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 public service for FAC members.

Health Care Corner

Family Practice - Brad Croft

Mon, June 3, 4:30 pm / FACE

Mon, June 3, 6 pm / FACW

Podiatrist - Kelly Reber

Tue, June 4, 4:30 pm / FACW

Tue, June 4, 6 pm / FACE

Physical Therapist/Hypnotherapist-

Don Berlyn

Mon, June 17, 5 pm / FACW

Tue, June 18, 4:30 pm / FACE

Nutritionist - Edward Griffen

Sat, June 15, 8:30 am / FACE

Sat, June 15, 10 am / FACW

AED & Heartsaver CPR

Mon, June 3, 6 pm / Chris Thomas

Wed, June 19, 6 pm / Matt Turner

Wed, June 26, 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 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.

Fitness

Working Smarter

Bradford Croft, DO East Flagstaff Family Medicine, LTD

Every June, the National Safety Council targets this month as National Safety Month. Workplace safety should be an ongoing effort of injury and illness prevention by employers and employees alike. The first step to lowering the risk of getting hurt at work begins with a healthy employee at home.

Adults usually need an average of six to eight hours of restful sleep each night. Commonly this can be promoted by maintaining a dark, quiet bedroom and minimizing caffeine. Weight maintenance is important and can become more of a challenge as we age. Eating a healthy diet is recommended along with maintaining a regular exercise program, typically consisting of a balance of muscle strengthening and aerobic activities. Stress management is becoming an increasing concern to address our social pressures.

One of the most common work related injuries is the low back. According to the Bureau of Labor Statistics, there were over 155,000 work-related back injuries in 2015. Some general lifting-safety tips include bending at the knees, not the waist. Keeping your feet shoulder width apart and a straight back with lifting may also be helpful - use your legs to lift. If an object is too heavy to nudge with your foot, get help in lifting. MedlinePlus is a resource from the U.S. National Library of Medicine that has additional suggestions under the search "lifting and bending the right way".

Some employers require the use of personal protective equipment (PPE). Examples of PPE include earplugs or hearing protective devices, safety glasses or goggles, work gloves, hard hats and hard-toed shoes. When PPE is obliged, there will be guidelines for its use. The most common injuries that occur when PPE is required are when the employee fails to properly use the equipment. If you are compelled to use it, please use it correctly.

Workplace injuries may also occur from sedentary activity. Cumulative trauma injuries, also known as repetitive motion disorder, may occur from repetitive low force motions. Some examples include carpal tunnel syndrome, bursitis, tendinitis, epicondylitis, tenosynovitis and trigger finger. Usual causes include excessive uninterrupted repetitions of an action or motion, unnatural or awkward motions such as twisting the arm or wrist, incorrect posture or muscle fatigue. Proper set up of your work station and equipment is necessary. Sitting or standing straight along with proper height adjustment of chair and desk are necessary. Keeping tools within easy reach of your workstation is important. Taking breaks and stretching while doing repetitive tasks may be helpful. Many larger employers may offer an "ergonomic assessment" of your work area upon request. Make the work station fit the employee rather than adapt the employee to an improper work station. A helpful guide can be found at [https://www.ors.od.nih.gov/sr/dohs/Documents/ORS Ergonomics Poster R d5.pdf](https://www.ors.od.nih.gov/sr/dohs/Documents/ORS_Ergonomics_Poster_R_d5.pdf).

Some simple prevention can be helpful such as stretching before work. Taking stretch breaks during repetitive tasks may also be helpful. Even a short five-minute break during the work day may allow for better productivity as well as provide some stress relief. Many additional resources are available on line. Specifically, some examples provided by the National Institute of Health are available at <https://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/Ergonomics/Pages/exercises.aspx>. Certain employers may already have health resources available for the asking. Any employer would likely appreciate recommendations you may have to improve safety at work, so speak up!

Aquatics . . .

Parent-Tot Lessons

Join Miss Dezi at FAC East to play and splash with your baby! Three different class times and days to choose from in June! 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. At three years old, Red Cross recommends group swim lessons. Wed, June 5 - 26, 7:30 am and 5:30 pm; Fri, June 7 - 28, 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, June 6 - 27, 5:30 - 6:30 pm OR Fri, June 7 - 28, 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

Can you swim at least one lap of freestyle? Want to learn the rest of the competitive strokes? Try Torpedoes Swim Team! Mon, June 3 - 24, 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 Whitmore on our climbing wall on Saturdays, June 15 and 29, 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, June 21, 8 am, FAC West.

First Responder Performance

Whether you're a first responder or just want to train like one, this Saturday morning 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.

Free Body Composition Testing

Come in Tue between 5 - 6 pm, FAC West to have your Body Composition measured by Fitness Professional Jenny Knox. 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 opens Mon, June 1 and 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. Non-members welcome.

Strategies for Weight Loss - Free

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, June 17, 10 am, FAC East or Mon, June 24, 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, June 24, 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"

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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. . .

- **Tactical Mobility Training** - Wed, June 5 - 26 at 7 pm and Sat, June 1 - 29 at 11 am, FAC East.
- **First Responder Performance** - Sat, June 1 - 29, 10 am, FAC East.
- **Pound** - Wed, starting June 5, 9 am, FAC West with Rock.
- **TRX Core** - Tue, June 4 - 25, 9 - 9:45 am, FAC West; 5:30 - 6:15 pm, FAC East and Fri, June 6 - 27, 9 - 9:45, FAC East.
- **Small Group Personal Training** - Thu, June 6 - 27 at 6:30 am, FAC West.
- **Poolside Pound, Barre & PiYo** - Sat, June 15, 8:30 - 9:45 am, FAC East Outdoor Pool.
- **Strategies for Weight Loss** - Mon, June 17, 10 am and Mon, June 24, 11 am, FAC East.
- **Free Functional Exercise Workshop** - Fri, June 21, 8 am, FAC West.
- **Burlesque / Heels** - Sun, June 23, 5:15 pm, FAC West (fee).
- **Free Foam Roller Clinic** - Mon, June 24, 5:30 pm, FAC West.
- **Special Athletes RPM™** - Sat, June 29, 12:30 pm, FAC West.

Aquatics. . .

- **Parent -Tot Swim Lessons** - Wed, June 5 - 26, 7:30 am and 5:30 pm; Fri, June 7 - 24, 5 pm, FAC East. Join Miss Dezi 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 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 One: Mon/Wed, June 3 - 12, level one 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 and level 3 at 5:30 pm. Session Two: Mon/Wed, June 17 - 26, level one at 4:30 pm; level 2 at 5 pm; level 3 at 5 pm OR Tue/Thu, June 18 - 27: level one at 5 pm; level 2 at 5:30 pm; level 3 at 5:30 pm. Wed, June 5 - 26, level one at 8 am and level 2 at 8:30 am.
- **Masters Swim** - Thu, June 6 - 27, 5:20 - 6:30 pm or Fri, June 7 - 28, 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, June 3 - 24, 5:30 - 6:30 pm, FAC East indoor pool. Call 779-5141 for more information or to register.

Youth Activities

- **Climbing Saturdays** - Join FAC Fitness Professional Linden Whitmore on our climbing wall at FAC East! Held Saturdays, June 15 or 29, 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 Wed, June 5; Mon, June 10; Wed, June 26 at 5:45 - 6:15 pm and Sat, June 22 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 Wed, June 5; Mon, June 10; Wed, June 26 at 6:15 - 6:45 pm and Sat, June 22 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, June - 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. **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 MAY 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
						1 *FIRST RESPONDER PERFORMANCE 10 AM / FACE
	Small Group Personal Training Thu at 8:30 - 9:30 am June 6 - 27, FAC West					
2	3 ASK DR. CROFT 4:30 PM / FACE *GROUP SWIM LESSONS LEVEL 1 4:30 PM / FACE LEVEL 2 & 3 5 PM / FACE *TORPEDOES 5:30 PM / FACE ASK DR. CROFT 6 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	4 *TRX CORE 9 AM / FACW ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW *GROUP SWIM LESSONS LEVEL 1 4:30 PM / FACE LEVEL 2 & 3 5 PM / FACE *MASTERS SWIM 5:30 PM / FACE *TRX CORE 5:30 PM / FACE ASK THE PODIATRIST KELLY REBER 6 PM / FACE	5 *PARENT-TOT SWIM LESSONS 7:30 AM / FACE POUND 9 AM FACW *POSTURE & BALANCE NOON / FACE *PARENT-TOT SWIM LESSONS 5:30 PM / FACE PASSPORT EXAM 5:45 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 6:15 PM / FACE *TACTICAL MOBILITY TRAINING 7 PM / FACE	6	7 *MASTERS SWIM 6:30 AM / FACE *TRX CORE 9 AM / FACE *PARENT-TOT SWIM LESSONS 5 PM / FACE	8 *EXPLORING GYMNASTICS 9:30 AM / FACE *TACTICAL MOBILITY TRAINING 11 AM / FACE
9	10 PASSPORT EXAM 5:45 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 6:15 PM / FACE	11	12	13	14	15 POOLSIDE POUND, BARRE & PIYO 8:30 AM / FACE ASK THE NUTRITIONIST ED GRIFFEN 8:30 AM / FACE & 10 AM / FACW
16	17 ASK DON BERLYN 5 PM / FACW	18 ASK DON BERLYN 4:30 PM / FACE	19 HEARTSAVER - AED CPR 6 PM / FACW	20	21 FREE FUNCTIONAL EXERCISE WORKSHOP 8 AM / FACW	22 INDEPENDENCE CERTIFICATION PROGRAM 10 AM / FACE PASSPORT EXAM 10:30 AM / FACE
23 BURLESQUE / HEELS 5:15 PM / FACW	24 FREE FOAM ROLLER CLINIC 5:30 PM / FACW	25	26 HEARTSAVER - AED CPR 6 PM / FACW PASSPORT EXAM 5:45 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 6:15 PM / FACE	27	28	29 SPECIALATHLETES RPM 12:30 PM / FACW
30						