



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

JUNE 2020



Holiday Hours

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

**Modified Group Fitness
Schedule & Fitness Hours**

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 for this challenging and rewarding format on Mon, June 2 - 30, 6 - 6:45 pm, FAC East; Tue, June 3 - 31, 9 - 9:45 am, FAC West; Fri, June 6 - 27, 9 - 9:45 am, FAC East. All ability levels welcome! Registration is required.

Les Mills Sprint!!! Ignore Your Limits. Smash Your Goals. Go Further.

Les Mills Sprint is the indoor cycling workout that pushes you to go further. Thirty minutes of high intensity interval training (HIIT) on a bike, Les Mills SPRINT motivates you to push your physical and mental limits, led by our certified instructors, in a scientifically proven exercise program.

QUICK and HARD training that delivers rapid results! Look for the SPRINT LAUNCH in July 2020 at FAC West!

Group Swim Lessons

Join American Red Cross Water Safety Instructor, Emily Gutaw for group swim lessons this summer! Starting June 2020, Group Swim Lessons Level 1, 2 or 3 will be held on either Mon/Wed or Tue/Thu offered in the afternoons for two week sessions. Designed for ages 3 - 10, these lessons will teach the basics of swimming and water safety.

Level 1 is for kids with little to no water experience. These kids are learning bubbles, proper body position, proper kicking technique, etc.

Level 2 is for kids who are comfortable in water but cannot really swim on their own yet. Level 2 will expand on kicking techniques, floating on front and back, swimming under water, etc.

Level 3 is for kids who can swim but need technique work. Freestyle, backstroke and treading water are introduced in Level 3.

Session Two will run Mon/Wed, June 15 - 24: *Level 1* at 4:30 pm; *Level 2* at 5 pm; *Level 3* at 5:30 pm OR Tue/Thu, June 16 - 25: *Level 1* at 5 pm; *Level 2* at 5:30 pm; *Level 3* at 6 pm.

Check our upcoming newsletters and flyers for the entire summer swim schedule. Pre-registration required call 779-5141 to register.

Outdoor BODYCOMBAT®

Join us for a fun (but intense) BODYCOMBAT® workout on Sat, June 20, 8:15 am, FAC West in the back parking lot. Vicky and Janelle will be bringing their superior Les Mills moves along with DF Justin Stump! Enjoy the fresh mountain air that we all love in Flagstaff!

Lifeguard Certification Classes

(Will only happen if / when we move into phase 2)

If you are 15 years old and a good swimmer, you are eligible to be trained as an American Red Cross Lifeguard! This certification is valid for two years upon completion and certifies you in CPR/AED/FirstAid/Lifeguarding. Must attend all scheduled class times, pass pre-requisite swim, complete seven hour online portion before the start of the course and the final exam. There will be plenty of time to practice all skill introduced and plenty of time for studying/questions on material. Pre-registration is required, please contact the business office or aquatics manager for more information at 928-779-5141.

Class schedules:

Fri, June 19th - Sun, June 21st
Fri, June 19, 2 pm - 8 pm - (6 hours)
Sat, June 20, 8 am - 5 pm -
(8 hours with one hour lunch)
Sun, June 21, 8 am - 5 pm -
(8 hours with one hour lunch)

Fri, July 17th - Sun, July 19th
Fri, July 17, 2 pm - 8 pm - (6 hours)
Sat, July 18, 8 am - 5 pm -
(8 hours with one hour lunch)
Sun, July 19, 8 am - 5 pm -
(8 hours with one hour lunch).

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.

Sand Volleyball

- Men's and Women's 2's League begins Mon, June 15. This league runs for 7 weeks and includes a Final Tournament on July 27.
- CoEd 4's "B" League begins Tue, June 16. This league runs for 7 weeks and includes a Final Tournament on July 28.
- CoEd 2's "Open" League begins Wed, June 17. This league runs for 7 weeks and includes a Final Tournament on July 29.
- CoEd 4's "A" League begins Thu, June 18. This league runs for 7 weeks and includes a Final Tournament on July 30.

Registration for these leagues is open.

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.

Kids

Independence Swim Test

This program is part of the FAC Independence Pass criteria; grab a packet to get started. Swim tests are held at 3:30 pm, alternating Tue/Thu, June 9, 18 and 23. Register and complete this portion as well as the FAC East fitness appointment and FAC West fitness appointment. Upon completion of the above three steps, the next step is to register for the Independence Final Exam. Pre-registration is required, please stop by the front desk or call 928-779-5141 to register.

Independence Final Exam

After you have completed your packet, the swim test, FAC East and FAC West appointments, you can register for this exam portion of the Independence Pass. Held on alternating Tue/Thu at 4 pm, June 9, 18 and 23. Pre-registration is required, please stop by the front desk or call 928-779-5141 to register.

Kids Passport Final Exam

If you are between the ages of 6 - 11 years old, you can get a pass to play racquetball or basketball all by yourself. All you must do is get a packet and completely answer the questions. After you study, you can register and take the Kids Passport Final Exam. Held on alternating Tue/Thu at 4:30 pm, June 9, 18 and 23.

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, June 22, 4:30 pm / FACE

Mon, June 22, 6 pm / FACW

Nutritionist - Edward Griffen

Tue, June 16, 5 pm / FACW

Tue, June 17, 5 pm / FACE

Naturopath - Erin Winter

Thu, June 25, 1:30 pm / FACE

Thu, June 25, 3 pm / FACW

AED & Heartsaver CPR

Wed, June 3, 6 pm / Kevin Wiles

Tue, June 9, 6 pm / Chris Thomas

Thu, June 25, 6 pm / Matt Turner

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

Basketball - Mon - Fri, 12 - 2 pm

Volleyball - Sun, 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

TESTING...One...Two...Three

Brad Croft, DO East Flagstaff Family Medicine, LTD

We continue to be bombarded by media and hearsay about COVID-19 testing. Hopefully, this information may help offer some guidance regarding the testing issues and some direction for you to consider personal testing. There are two types of COVID-19 tests available at this time, the molecular testing for active disease and the antibody test for the exposure to or recovery from the disease.

The molecular test looks for active disease. This involves taking a cotton swab of one nostril for about a five second duration. This sample is then sent to the lab to undergo a polymerase chain reaction (PCR). This testing checks for the presence of the genetic material of the virus. A positive PCR test identifies the presence of two specific SARS-CoV-2 genes.

If there is only one gene present, the test is reported as an inconclusive result. This testing can only diagnose a current active case of COVID-19. Common symptoms include a cough and/or shortness of breath. At least two additional symptoms including fever/chills, muscle pain, headache, sore throat and loss of taste or smell are suspicious of disease. Some individuals may have only a few or no symptoms whatsoever, but still be actively infected. Negative test during the presence of acute respiratory symptoms indicates that the illness is not COVID-19.

False negative testing may occur if the test is collected too early in the exposure of the disease. The usual period for catching the infection to developing symptoms averages 5-6 days but may be up to 14 days. During the "pre-symptomatic" period, some individuals may be actively spreading the infection.

At this writing, the only way to access local molecular testing is with a physician order through the Coconino County Health Department. The collection sites for testing are at Fort Tuthill and their King Street building, but schedules may vary. For more information and updates, visit www.coconino.az.gov/2294/COVID-19-Information.

Coronavirus COVID-19 SARS-CoV-2 Antibody IgG testing may show individuals who have recovered from exposure to COVID-19. This test searches for the presence of specific antibodies that the body has produced to fight the virus. A blood sample is needed to run this test, and there are a number of commercial labs producing these serologic tests. This testing should not be considered until at least ten days or longer after symptoms develop, as it can take one to three weeks for the body to develop antibodies.

A positive test shows that antibodies are present, a negative indicates no antibodies present. There are some questions that arise about such testing. By recent reports, some of these lab tests may be up to thirty percent inaccurate. False positives may indicate antibodies but may not be specific to SARS-CoV-2 as there are other common Coronaviruses including HKU1, NL63, OC43 and 229E. There is also no distinction as to recovering from a present COVID-19 infection or a previous common non-SARS-CoV-2.

One needs to use some care in interpreting the value of antibody testing. There is no assurance that antibody positive individuals may continue to be resistant to future exposures. Or, if positive, for what longevity may their resistance be present. That said, the presence or absence of antibodies should not be used to definitively diagnose or exclude COVID-19 infection or designate the status of infection. Be careful about using these test results alone to make health related decisions. Because of these problems, some medical clinics are not offering this test to their patients. Consult your health care provider for guidance regarding testing during these challenging times.

Aquatics. . .

Parent-Tot Swim Lessons

Tue/Thu, 8 am, FAC East

Session 1: June 9 - 18

Session 2: June 23 - July 2

Session 3: July 7 - 16

Session 4: July 21 - 30

Tue, June 9 - 30, 4:30 pm,
FAC East

This beneficial class will get your baby splashing and having fun in the water! Parents must get in the water with children - social distancing required. Instructor will be out of the water to ensure social distancing. Thirty minutes of songs, games, smiles and fun will be had at 8 am with our amazing instructor Liz Hobbs! Please call 928-779-5141 to register or for more information.

Morning Lap Swim ODP

Thu, June 18 - July 9

4:30 pm - 5:30 pm or

Tue, June 23 - July 14

6:30 - 7:30 am, FAC West

Join us this summer in the outdoor pool for an awesome swim workout! US Masters swim coaches will provide equipment and a workout. Workouts can be tailored for all abilities! Morning or evening classes are available. (One person per lane to ensure social distancing, five people maximum.)

Contact the aquatics manager for more information at 928-779-5141.

Poolates

Mon/Wed/Fri Poolates class, is moving to the FAC East outdoor pool beginning Mon, June 1, 8:45 am.