



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 GREAT

MARCH 2019

Modified Group Fitness Schedule

March 16 - 24

*Check all Group Fitness schedules
during Spring Break Week.*

Class Schedule Modified

FAC East Locker Room Closures

The FAC East women's locker room will be closed Mar 27 - Apr 10. The FAC East men's locker room will be closed Apr 10 - 24. The Gym locker rooms will be available for use during the closures.

Employee of the Month

Congratulations to Janelle Strain, our March Employee of the Month! Janelle has worked for FAC in the Group Fitness Department since July of 2015. She is a certified LesMills BodyCombat® and BodyPump® Instructor. She is also PiYO® Live certified. Janelle loves teaching BodyCombat® and BodyPump® because she loves watching her members strengthen their confidence and their bodies. She loves the relationships she has created with many of our members.

With a degree in accounting, she thought working in the FAC business office would be a good match, so she took on the AIR (Activities Information and Registration) position in August of 2016. In this role, she especially enjoys creating the flyers promoting all of the amazing programs FAC has to offer!

When not at FAC, she enjoys being with her three teenagers, Osean, Zoe and Torin. She is heavily involved with Special Olympics Arizona with her daughter Zoe who has Down Syndrome. This is where she truly sees the essence of bravery and tenacity. Her husband of 20 years, Sean, is her true love and partner. He recently became a LesMills RPM™ instructor at FAC. Thanks for all you do at FAC Janelle!

Let's MOVE Contest 2019

In the last two years you may have seen numerous yellow TechnoGym technical shirts being worn around the club. In case you missed it, we competed against clubs around the world and the USA to combat obesity. Last year was our second year participating and we are ready to go again! Out of numerous clubs nationwide, we improved to come in 34th, not bad for our team of participants, especially considering the competition from huge clubs in much larger markets.

This year we will be competing again Mar 11 - 30 and hopefully raising the bar another few notches. To participate, all you do is download the app or create a profile on the TechnoGym Treadmills, log on and accumulate MOVES, (a TechnoGym unit of effort). Fitness Professionals will be available to help you if you need assistance and hook you up with a free technical shirt. Let's get ready as Flagstaff Athletic Club takes on the World!!

FAC Spring Break Camp 2019

Spring Break is fast approaching and FAC will be running our annual Spring Break Camp from Mar 18 - 22 for ages 4 - 12 at FAC East. Join our professional and CPR certified counselors for a scheduled week of crafts, swimming in our indoor pool, activities, games and so much more! Drop off as early as 7:30 am and pick up as late as 5:30 pm! Come all week or certain days. Pre-registration is required. Minimum numbers must be met in order to run camp. Registration forms are available at both clubs or online at www.flagstaffathleticclub.com.

Special Athletes Class

Starting in March, FAC Group Fitness will be offering a class once a month for Special Athletes. This month's class is Zumba on Sat, Mar 9, 12:30 pm, FAC West taught by Ely. This class is for 12-year-olds and up, plus their parents! Members and non-members may attend for free. Our special needs children and their parents like to get involved in fun workouts to keep in shape and train for Special Olympics! We plan to offer a variety of workouts, so check out our schedules, flyers and FAC newsletters to get more information.

Lifeguarding Certification Class

Lifeguard classes are back! Getting certified as an American Red Cross lifeguard is simple; just 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 Mar 27 - 30 with dates and times as follows: Mar 27, 5 - 10 pm; Mar 28, 5 - 10 pm; Mar 29, 5 - 9 pm; Mar 30, 8 - 5 pm. You MUST attend all classes to be certified, American Red Cross requirement.

Cardio Theater Results

Survey results had not been calculated by newsletter print time. The new stations/channels will be effective Mar 1. Flyers will be posted with the results of the survey.

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	
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.*

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, Mar 5 - 26, FAC West and Fri, Mar 1 - 29, FAC East, 9 am - 9:45 am, to experience this challenging and rewarding format. All ability levels welcome! Enrollment is limited, registration required.

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Linden Whittemore invites you to join him on Thu, Mar 7 - 28, 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

Take advantage of our drop-in at FAC East Wednesday after school at 4 pm with Certified Personal Trainer Brea Shepherd and on Friday 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.

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, Mar 4, 4:30 pm / FACE

Mon, Mar 4, 6 pm / FACW

Podiatrist - Kelly Reber

Tue, Mar 5, 4:30 pm / FACW

Tue, Mar 5, 6 pm / FACE

Physical Therapist/Hypnotherapist-

Don Berlyn

Mon, Mar 11, 5 pm / FACW

Tue, Mar 12, 4:30 pm / FACE

Nutritionist - Edward Griffen

Sat, Mar 30, 8 am / FACE

Sat, Mar 30, 10 am / FACW

AED & Heartsaver CPR

Tue, Mar 5, 6 pm / Chris Thomas

Wed, Mar 13, 6 pm / Kevin Wiles

Wed, Mar 20, 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 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

Something to Sneeze About

Bradford Croft, DO East Flagstaff Family Medicine, LTD

As Spring approaches, many of us will dread the sneezing, itchy eyes, itchy nose and coughing associated with our seasonal allergies. Allergic rhinitis, also known as seasonal allergies, hay fever, or allergic rhinosinusitis (inflammation of the nose and sinuses both) affects many of us. According to the US Department of Health and Human Services, the number of people affected varies between 10-30% in the US and other industrialized countries. This malady is characterized by runny nose, sneezing and nasal itching. However, many people also experience post-nasal drip, coughing, fatigue, and irritability. In children additional physical signs may include darkening under the eyes-often referred to as "allergic shiners", accentuated folds or lines under the eyes, or a crease across the nose from repeatedly pushing the tip of the nose up with the hand.

Symptoms may be present on a "seasonal" basis in which symptoms are only present during a particular time of year, or they may be "perennial" where symptoms are caused by allergens that are present throughout the year. The seasonal allergies are generally caused by outdoor allergens-pollens from plants we are familiar with-pine, juniper, Black-Eyed Susan, etc. whereas, the perennial allergies are associated with indoor allergens such as dust mites, animal dander, cockroaches and mold spores. Don't be alarmed if your allergic rhinitis is accompanied by other conditions, such as asthma, which is highly associated with allergic rhinitis. It is estimated that up to 50% of patients with asthma will also have allergic rhinitis.

Allergic conjunctivitis is a common condition. Up to 60% of people who suffer from allergic rhinitis will also deal with symptoms of allergic conjunctivitis. Not to be confused with bacterial conjunctivitis (pink eye), which generally impacts one eye, symptoms of allergic conjunctivitis include itching, tearing, and burning of both eyes, as well as sensitivity to light. Sinus infections may also occur. The nasal inflammation caused by allergic rhinitis can cause obstruction of the sinus openings. This can predispose you to a bacterial sinus infection. Symptoms of a bacterial sinus infection may include nasal congestion, cough, fever, facial pain and dental pain.

Eczema in children generally presents as itchy, red patches found on the face, arms, legs, or trunk. Whereas in adults, it usually appears as thickened areas of skin on flexural areas on the neck, fold of elbow, or the back of the knee. Although allergens may not be the sole cause of eczema, they certainly can contribute to it. What can you do to ease the symptoms of seasonal allergies? Fortunately, there are good over-the-counter and prescription treatment options for allergic rhinitis and the associated symptoms. These treatment options won't cure your seasonal allergies but focus on decreasing the inflammation and congestion which causes your discomfort. Non-prescription options include nasal rinses, bedside humidifier, antihistamines, nasal steroid sprays, and expectorants.

Allergy testing may be available to pinpoint your individual allergens if treatment offers inadequate control. Once allergy testing is performed, immunotherapy is an additional treatment that can be considered. This treatment plan provides your body with gradually increasing doses of the specific allergens that affect you. Over time, your body may improve its tolerance to these allergens. This immunotherapy can be performed with a series of "allergy shots" or sublingual (under the tongue) drops.

With the change of the seasons, the increase prevalence of allergic rhinitis is inevitable. However, your suffering from seasonal allergies does not have to be. Keep the above treatment options in mind to ease your symptoms or visit your local family practice to discuss individualized options.

Aquatics . . .

Group Swim Lessons

Have fun in a group while learning the basics of swimming! Level one, Mon/Wed, Mar 11 - 20, 4 pm. Kids ages 3 - 7 will float, kick, jump and more with American Red Cross Water Safety Instructor.

Level two, Mon/Wed, Mar 25 - Apr 3, 4 pm. Following level one group lessons, level two will expand on previous topics and continue to develop your child's swimming skills. Strokes and breathing are introduced. To register, call 779-5141.

Torpedoes Swim Team

Can you swim at least one lap of freestyle? Try Torpedoes Swim Team! Mon, Mar 11 - Apr 1, 5:15 - 6:15 pm, FAC West. US Masters Swim Coach, Therese Umholtz will introduce all strokes and give plenty of time to practice. Call 779-5141 to register.

Parent-Tot Swim Lessons

Learn the basics of water development with your child on Fri nights, Mar 8 - 29, 5 pm, FAC East. Get in the water with your child. We will sing songs, have fun splashing and kicking together! Call 779-5141 to register.

Lifeguarding 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 Mar 30, 8 am - 5 pm to give plenty of practice time, final skill evaluation and take the final exam.

Fitness - FREE Clinics / Workshops

Weight Loss is Simple

Presented by Barry Wilkinson, Certified Personal Trainer with a certification in Nutrition for Fitness and Wellness. Barry was also a Lifestyle Coach for a Diabetes Prevention Program.

A former "heavyweight", at over 350 pounds, Barry is now half of his former self at 175 pounds. Through his own experience as well as working with clients, he has come to realize that losing weight is simple, but it's not easy. Simple in 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 Barry an hour of your time on Mon, Mar 11 or Mon, Mar 25, 11 am - noon, FAC East 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 lifestyle changes you can maintain for your lifetime. 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. 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. Mon, Mar 25, 5:30 pm, FAC West.

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, May 13. League runs for 7 weeks and includes final tournament on June 24.
- CoEd 4's "B" League begins Tue, May 14. League runs for 7 weeks and includes final tournament on June 25.
- CoEd 2's "Open" League begins Wed, May 15. League runs for 7 weeks and includes final tournament on June 26.
- CoEd 4's "A" League begins Tue, May 16. League runs for 7 weeks and includes final tournament on June 27.

Registration opens Mon, Apr 1 and closes Thu, May 9 or when full.

Indoor Soccer

- CoEd 5v5 Indoor Soccer Spring Session II begins Wed, Apr 24 and runs through Wed, June 5.

Registration opens Mon, Apr 1 at 5:30 pm at the SportStop and closes Thu, Apr 18 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.

Free Body

Composition Testing

Come in Tue between 5 - 6 pm, FAC West to have your Body Composition measured by Certified Personal Trainer Cameron Bloch. 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 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. Wed, Mar 13, 5 pm, FAC East.

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.

Enrollment is limited, registration required. Fri, Mar 15, 7 am, FAC East.

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 Group Fitness Classes - HIIT 40**, Tue, noon, with Kristen; **Pilates**, Sun, 12:30 pm, with Stephanie and Flower; **PiYo**, Thu, noon, with Angie A; **Cycling**, Fri, 5:45 am, with Scott, all classes at FAC West Diamond Room. **Yin Restorative Yoga**, Mon/Wed, 7 pm with Ann, FAC East Main Room.
- **TRX Core** - Tue, Mar 5 - 26, FAC West; Fri, Mar 1 - 29, FAC East, 9 - 9:45 am.
- **Small Group Personal Training** - Thu, Mar 7 - 28, 8:30 - 9:30 am, FAC West.
- **Special Athlete Class** - Sat, Mar 9, 12:30 pm, FAC West.
- **Free Back Pain Clinic** - Wed, Mar 13, 5 pm, FAC East.
- **Punch/Pump/PiYo** - Wed, Mar 13, 5:45 pm, with Vicky and Janelle, FAC West.
- **Free Foam Roller Clinic** - Mon, Mar 25, 5:30 pm, FAC West.
- **Burlesque Heels with Agnes** - Fri, Mar 29, 6:45 pm, FAC West (fee).

Aquatics. . .

- **Parent-Tot Swim Lessons** - Fri, Mar 8 - 29, 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 at 4 pm. Level 1 will run the first two weeks of the month and level two the second two weeks of the month. These classes are geared toward kids ages 3-6 years old who are beginners at swimming. Pre-registration required, contact Aquatics Manager for additional questions. Level 1, Mon/Wed, Mar 11 - 20, 4 pm; Level 2, Mar 25 - Apr 3, 4 pm, FAC East.
- **Lifeguard Review Class** - Mar 30, 8 am - 5 pm, FAC East.
- **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, Mar 11 - Apr 1, 5:15 - 6:15 pm, FAC West indoor pool. Call 779-5141 for more information or to register.
- **Lifeguarding Certification Classes** Mar 27 - 30; Mar 27, 5-10 pm; Mar 28, 5 - 10 pm; Mar 29, 5 - 9 pm; Mar 30, 8 am - 5 pm, FAC East. Must complete online courses prior to Mar 27, attend all classes and pass final exam to be certified, American Red Cross requirement.
- **Masters** - Join US Masters Swim coaches Therese Umholtz and Liz Hobbs for a swim program to get you ready for the Masters Nationals swim meet in April! Four week sessions: Session 3: Tue, Mar 26 - Apr 16, 6 - 7:15 am and Fri, Mar 29 - Apr 19, 6:15 - 7:30 am. Register for mornings or evenings.

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. Wed, Mar 6; Mon, Mar 11 and Wed, Mar 27. 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. Join an FAC professional to take 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! Mar Independence final exams are held at FAC East at 5 - 5:30 pm, Wed, Mar 6; Mon, Mar 11 and Wed, Mar 27.
- **Independence Swim Tests** - Pre-registration is required for the Independence Swim tests and will be held at FAC East. Mar 6, 11 and 27, 4:30 pm, FAC East.
- **Tiny Tots Olympics** - Kids ages 3 - 6 will have the opportunity to participate in the Tiny Tots Olympic games! Drop your tots off on Sat, Apr 6, 8:30 am, FAC East or stay and play too! There will be a ceremonial torch run, stretching session, followed by fun games, sprints, jumps, obstacle courses and more! All to get your tots moving and especially having FUN!!

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 MARCH 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 Thu at 8:30 - 9:30 am Mar 7 - 28, FAC West				1 TRX CORE 9 AM / FACE	2
3	4 ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW YIN RESTORATIVE YOGA 7 PM / FACE	5 TRX CORE 9 AM / FACW ASK THE PODIATRIST DR REBER 4:30 PM / FACW & 6 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW YIN RESTORATIVE YOGA 7 PM / FACE	6 *YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE	7	8 *YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE *PARENT-TOT SWIM CLASS 5 PM / FACE	9 SPECIALATHLETES CLASS ZUMBA 12:30 PM / FACW
10	11 WEIGHT LOSS IS SIMPLE 11 AM / FACE *GROUP SWIM LESSONS LEVEL 1 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE ASK DON BERLYN 5 PM / FACW *TORPEDOES SWIM TEAM 5:15 PM / FACW PASSPORT EXAM 5:30 PM / FACE	12 ASK DON BERLYN 4:30 PM / FACE	13 *GROUP SWIM LESSONS 4 PM / FACE FREE BACK PAIN CLINIC 5 PM / FACE PUNCH/PUMP/PIYO 5:45 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	14	15 FREE FUNCTIONAL EXERCISE WORKSHOP 7 AM / FACW	16
17	18	19	20	21	22	23
SPRING BREAK CAMP Ages 4 - 12, 7:30 am - 5:30 pm (Modified Group Fitness Schedule)						
			HEARTSAVER - AED CPR 6 PM / FACW			
24	25 WEIGHT LOSS IS SIMPLE 11 AM / FACE *GROUP SWIM LESSONS LEVEL 2 4 PM / FACW FREE FOAM ROLLER CLINIC 5:30 PM / FACW	26	27 *GROUP SWIM LESSONS LEVEL 2 4 PM / FACW INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE LIFEGUARD CERT 5 - 10 PM / FACE PASSPORT EXAM 5:30 PM / FACE	28 LIFEGUARD CERT 5 - 10 PM / FACE	29 LIFEGUARD CERT 5 - 10 PM / FACE BURLESQUE/HEELS CLASS 6:45 PM / FACW	30 LIFEGUARD CERT 8 AM - 5 PM / FACE ASK THE NUTRITIONIST EDWARD GRIFFEN 8 AM / FACE & 10 AM / FACW LIFEGUARD REVIEW CLASS 8 AM - 5 PM / FACE INTRO TO TRX 9 AM - NOON / FACE
31						