



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

NOVEMBER 2019

Holiday Hours

- Wed, Nov 27 —
5 am - 6 pm
- Thu, Nov 28 —
CLOSED
- Fri, Nov 29 —
7 am - 8 pm

**Modified Group Fitness
Schedule & Fitness Hours**

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, Nov 4, 4:30 pm / FACE
Mon, Nov 4, 6 pm / FACW

Podiatrist - Kelly Reber

Tue, Nov 5, 4:30 pm / FACW
Tue, Nov 5, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Thu, Nov 21, 2 pm / FACW
Thu, Nov 21, 3:30 pm / FACE

Nutritionist - Edward Griffen

Sat, Nov 9, 9 am / FACE
Sat, Nov 9, 10:30 am / FACW

Naturopath - Erin Winter

Thu, Nov 7, 2 pm / FACE
Thu, Nov 7, 3:30 pm / FACW

AED & Heartsaver CPR

Mon, Nov 4, 6 pm / Chris Thomas
Mon, Nov 13, 6 pm / Matt Turner
Tue, Nov 26, 6 pm / Kevin Wiles
All CPR Classes FAC West
(unless noted)

Free Functional Movement Screen Workshop

Functional training when performed correctly, will lead to improvement in joint mobility, stability and more efficient motor patterns. The screen helps to identify what parts of the body or movements are challenged, that could be contributing to injuries or sore joints. Once the screen is performed, Certified Personal Trainer, Myrya Ruiz will be able to give you some corrective exercises that could improve your score and most of all, lessen the soreness or pain that you might be experiencing in your movement. These improvements will decrease the potential for injury sustained during athletic workout endeavors and daily living activities. This workshop on Sat, Nov 9, 8:15 am, FAC West, will provide a demonstration of the screen and some beneficial exercises that could help improve your movement.

Beauty and the Beast

Join Kristina, Vicky and Janelle for Barre and BODYCOMBAT® Fusion class on Wed, Nov 13, 5:45 - 7:30 pm, FAC West Main Group Fitness Room.

Employee of the Month

FAC's November Employee of the Month is Ally Winterrowd! Ally is an exceptional addition to the FAC Service Desk! She is originally from Antelope Valley, California and moved to Flagstaff to attend NAU. She graduated from NAU with a Bachelor's Degree in Criminology/Criminal Justice and Psychology! Her ultimate goal is to find a job working with people affected by the criminal justice system in some way.

Moving from the high desert in California to the trees and mountains of Flagstaff has been a welcome adventure for Ally. She has called Flagstaff home for more than four years and while she does miss the beach and desert sunsets, it has been worth the trade. An avid outdoors woman who loves hiking and rock climbing, she couldn't have picked a better place! Her favorite thing about Flagstaff is the ease of being outside in beautiful nature; just going for a walk or a drive and having no problem finding somewhere to set up a hammock and just enjoy the peace.

She LOVES working at FAC where she is getting to know so many different people. While she is grateful for the opportunity to serve and show people they are cared for, FAC is grateful to have her on our team! Thank you Ally for all you do!

Cardio Theater Voting

Nov 4 - 17 vote to determine what channels our members will enjoy on our Cardio Theater system in our FAC East and FAC West cardio rooms. You will vote for four television channels, two radio stations and two XM stations. Additionally, we will ask for your vote for which XM station you would like in both weight rooms.

FAC channels will focus on entertainment television and local stations to ensure that we foster a positive experience at FAC. Although many of us enjoy cable news, due to the potential divisiveness of some stations, we are choosing to follow industry leaders by making FAC a politically neutral environment. If you choose to watch these stations, you will find them on our TechnoGym and Pseco treadmills or use our complimentary WiFi to watch on your mobile device. Or ... take a moment, unplug and enjoy your time at FAC uninterrupted by the outside world!

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	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 FAC Fitness Professionals on Mon, Nov 4 - 25, 6 - 6:45 pm, FAC East; Tue, Nov 5 - 26, 9 - 9:45 am, FAC West; Fri, Nov 1 - 22, 9 - 9:45 am, FAC East to experience this challenging and rewarding format. All ability levels welcome! Registration required.

Rock Climbing/Bouldering Fitness Training

Led by Fitness Professional Myra Ruiz; this program will give you better flexibility, better quality in movement, core strength and stability to help lock you into place, which helps conserve your energy and give you better efficiency on how you are moving. Of course, some anaerobic cardio mixed with some plyometrics to really make some gains on your endurance! Ages 6 and up welcome, we will meet anyone's skill set where they are! Fri, Nov 1 - 22, 5 - 6 pm, FAC East.

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Myra Ruiz invites you to join her on Thu, Nov 7 - 21, 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.

Aquatics . . .

Kids/Adults Three Week Stroke Clinic

Join us this Nov for a three week stroke development clinic with US Masters coach, Therese Umholtz. This session will break down each competitive stroke per week to expand on the most important aspects --- how to improve speed and overall benefits of each stroke. *Week 1 - Freestyle/Backstroke; Week 2 - Breaststroke; Week 3 - Butterfly*, Thu, Nov 7 - 21, 5:30 - 6:15 pm, FAC West. Ages six and up are welcome! Pre-registration required, call 779-5141 to register.

Parent-Tot Lessons

Join Liz Hobbs at FAC East to play and splash with your baby! Offered in four week sessions on Wed, Nov 6 - 20, and Dec 4, 5 pm, FAC East in our warm, salt-water pool. 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 6 months to 2 1/2 years old are welcome. At 3 years old, Red Cross recommends group swim lessons on their own. Pre-registration required, call 779-5141 to register.

Independence Pass Swim Tests

Complete the swim portion of your Independence Certification on Nov 5, 14 or 19 at 4 pm, FAC East to complete the swim test. This portion must be completed before registering for the final exam.

Register for the swim test by calling 779-5141, pre-registration is required.

The Common Cold is Indeed

Brad Croft, DO East Flagstaff Family Medicine, LTD

As we approach the colder, shorter days of winter, it is not unusual to “catch a cold”. There are over two hundred viruses that cause the common cold, the most common being the rhinovirus. At the beginning of infection of the nose and sinuses, the body produces increasing clear mucus to try to wash out the germs (rhinorrhea). After a few days, the mucus thickens and changes to white or yellow as the immune system kicks in. As the natural bacteria reestablish themselves, the mucus may turn greenish, which is a normal finding. It also occurs as the mucus thickens from the significant dryness of our region in winter, known as inspissation.

As the virus continues to grow, it will increase mucosal inflammation and produce complaints including low grade fever, sneezing, stuffy or runny nose, sore throat and painful swallowing, coughing, watery eyes, headaches and body aches. The best treatments for the common cold are rest and lots of fluids. Over-the-counter (otc) medications may help to make you feel better in relieving the symptoms. However, the virus will run its course, typically over a period of days to a week or so. If you use the otc medicines, make sure to use them only as directed. These medicines will list the symptoms that they treat, so read the labels and pick the appropriate medicine for your complaints. You may want to avoid multi symptom treatments, as they often contain treatments for symptoms you don't have or need.

Antihistamines such as Claritin (loratadine), Zyrtec (cetirizine) or Allegra (fexofenadine) may help to reduce the inflammatory response. Guaifenesin such as Mucinex or Robitussin helps loosen and thin mucus. Dextromethorphan - commonly seen as “DM” in the medication name (robitussin DM) may help control the cough. You may want to avoid decongestants, as their drying effect may worsen symptoms. Tylenol or Ibuprofen may help the fever, aches and pain with plenty of hydration. Antibiotics do not help get a common cold better, as these medicines do not affect viruses. In fact, using antibiotics may actually worsen the infection from a virus. These meds may kill the bacteria that normally would compete with the virus, allowing your infection to worsen. Unnecessary antibiotics may increase complaints from the medicine itself, including gastrointestinal effects, skin rashes and increase the risk of acquiring an allergic reaction to the medication.

The diagnosis of the viral sore throat (pharyngitis) does have challenges. Our environment will contribute to a sore throat due to allergies, pollution and smoking or smoke exposure. Another common culprit in the winter is the cold, dry air so common in Northern Arizona. The viral sore throat typically includes low grade fevers of under 101F as a common symptom of a “head cold”. However, with persisting sore throat, high fevers, skin rash, redness or pus in the throat, the infection may be the bacterial Group A Streptococcus (or “strep”). Strep infections can only be determined by a lab test, as the infection cannot be diagnosed on appearance alone. Strep infections are important to diagnose and DO need treatment with antibiotics. Strep is a highly infectious disease and is readily spread. If you do have a diagnosis of strep and are treated with antibiotics, please stay home from work, school or daycare for at least 24 hours after starting the Rx in order to not spread infection to others.

Some important things to do stay healthy are to wash your hands often, either with soap and water, or waterless antibacterial such as Purell. Avoid close contact with others who have a sore throat or head cold. Stay home and away from others if you are already sick. Avoid smoking or vaping and avoid second hand smoke. And, of course, seek care with your primary care provider if you have any concerns or questions regarding your proper care.

Exploring Gymnastics!

On Sat, Nov 2 - 23, 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. 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!

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 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.

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.

Fitness - FREE Clinics / Workshops

Functional Movement

Functional training when performed correctly, will lead to improvement in joint mobility, stability and more efficient motor patterns. There are natural movement patterns that we do in our everyday activities which we have been doing since birth. You can see these patterns when a baby crawls (bird dog), picks up toys off the floor (squat) and pushes off the floor to stand up when lying on their belly (push-up). All these movements are what we are designed to do. What changes along the way as we age? Injuries, sports, jobs, etc. Because these changes are subtle, we often do not realize how much our choices effect how we move as we age.

It is helpful to reassess the body periodically. A good time for reassessment is after you have gone through a major change physically or when you have added new physical activities. An assessment tool that can help with this is the Functional Movement Screen. This screen helps to identify what parts of the body or movements are challenged that could be contributing to injuries, sore joints, or weaknesses putting you at a risk for injury. Along with the screen and some guidance, Certified Personal Trainer Myrya Ruiz will be able to give you some corrective exercises that could improve your score and most of all, decrease the soreness or pain that you may be experiencing as well as, helping you rediscover new well-rounded routines to get you on the path to the fitness and health you desire. These improvements will decrease the potential for injury sustained during athletic workouts and daily living activities with the goal of getting you to feel the way you want!

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

Adult Indoor Soccer

- CoEd 5 v 5 Indoor Soccer Winter Session begins Wed, Jan 8 and runs through Wed, Feb 19
Registration for this league opens Mon, Dec 9 at 5:30 pm at the SportStop and closes Thu, Jan 2 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 Plantar Fasciitis Clinic

Did you know that most often Plantar Fasciitis doesn't start in the feet and that common foot stretching exercises can exacerbate this pain? Plantar Fasciitis is a chronic, painful foot condition that can happen to anyone; from the active runner to a worker who is on their feet all day. Come learn from Certified Personal Trainer Danyelle Jorgensen to help find relief and renewed strength from this all-to-common condition on Mon, Nov 25, 5 pm, FAC West.

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, Nov 11, 10 am, FAC East or Mon, Nov 18, 11 am, FAC East. Registration is required and limited, sign up at any service desk or call 779-5141.

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. 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.

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. . .

- **Rock Climbing/Bouldering Fitness Training** - Fri, Nov 1 - 22, 5 - 6 pm, FAC East.
- **Exploring Gymnastics** - Sat, Nov 2 - 23, 9:30 - 10:30 am for 3 - 5 year olds and 10:30 - 11:30 am for 6 - 8 year olds, FAC East. Pre-registration required, call AIR at 779-5141.
- **Sunday Sampler: Cardio Strength & Stretch** - Sun, Nov 3, 2 pm, FAC East Main Group Fitness Room with Rochelle.
- **TRX Core** - Mon, Nov 4 - 25, 6 - 6:45 pm, FAC East; Tue, Nov 5 - 26, 9 - 9:45 am, FAC West; Fri, Nov 1 - 22, 9 - 9:45 am, FAC East.
- **McCall Method** - Four week session, Nov 6 - 27, noon - 1 pm, FAC East Multi-Purpose Room with LisaAnn McCall.
- **Small Group Personal Training** - Thu, Nov 7 - 21, 6 - 7 am, FAC West.
- **Sunday Sampler: WOW willPower** - Sun, Nov 10, 2 pm, FAC East Main Group Fitness Room with Liz and Angie A.

- **Strategies for Weight Loss** - Mon, Nov 11, 10 am and Mon, Nov 18, 11 am, FAC East.
- **Barre and BODYCOMBAT Fusion** - Wed, Nov 13, 5:45 - 7:30 pm, FAC West Main Group Fitness Room.
- **POUND Technique** - Sat, Nov 16, 10:45 - 11:15 am, FAC West Main Group Fitness room, Rock.
- **POUND Workout** - Sat, Nov 16, 11:30 - 12:15 pm, FAC West Main Group Fitness room, Rock.
- **Sunday Sampler: RPM®** - Sun, Nov 17, 2 pm, FAC East Multi-Purpose Room upstairs with Sean and Angie R.
- **Special Athletes BODYJAM® with the BODYJAM® Team** - Sat, Nov 23, 12:30 pm, FAC West.
- **Sunday Sampler: Cornicopia Live Drum** - Sun, Nov 24, 2 pm, FAC East with Angie A and David Ramos.
- **Thighs Before Pies RPM™ 60** - Tue, Nov 26, 5:45 pm, FAC West Diamond Room with Angie R and Sean.
- **Two Hour Pre-Turkey Burn Virtual Outdoor Ride** - Wed, Nov 27, noon - 2 pm, FAC West Diamond Room.
- **BODYJAM®** - Get ready for the Holidays with the BODYJAM® Team, Sat, Nov 30, 10:45 am, FAC West Main Group Fitness Room.

Aquatics. . .

- **Kids/Adults Stroke Clinic** - Thu, Nov 7 - 21, 5:30 - 6:15 pm, FAC West. Week 1 - Freestyle/Backstroke; Week 2 - Breaststroke; Week 3 - Butterfly. Call 779-5141 to register.
- **Parent -Tot Swim Lessons** - Wed, Nov 6 - Dec 4 (no class Nov 27), 5 pm, FAC East. Class is for parents and babies, ages 6 mos to 2 1/2 years. Pre-registration is required.

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 Tue, Nov 5; Thu, Nov 14 and Tue, Nov 19 at 5 pm. 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 Tue, Nov 5; Thu, Nov 14 and Tue, Nov 19 at 4:30 pm. Pre-registration is required, call 779-5141.
- **Independence Swim Tests** - Swim tests will be held on Tue, Nov 5; Thu, Nov 14 and Tue, Nov 19 at 4 pm, FAC East. Pre-registration required, call 928-779-5141 to register.

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 NOVEMBER 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
					<p>1</p> <p>*TRX CORE 9 AM / FACE *YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE *ROCK CLIMBING/BOULDERING FITNESS TRAINING 5 PM / FACE</p>	<p>2</p> <p>*EXPLORING GYMNASTICS! 3 - 5 YEARS 9:30 AM / FACE 6 - 8 YEARS 10:30 AM</p>
<p>Small Group Personal Training Thu, 6 - 7 am Nov 7 - 21, FAC West</p>						
<p>3</p> <p>SUNDAY SAMPLER: CARDIO STRENGTH & STRETCH 2 PM / FACE</p>	<p>4</p> <p>*YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE ASK DR. CROFT 4:30 PM / FACE AND 6 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW *TRX CORE 6 PM / FACE</p>	<p>5</p> <p>*TRX CORE 9 AM / FACW INDEPENDENCE PASS SWIM TESTS 4 PM / FACE ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW INDEPENDENCE CERTIFICATION PROGRAM 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE FREE BODY COMPOSITION TESTING 5 PM / FACW ASK THE PODIATRIST KELLY REBER 6 PM / FACE</p>	<p>6</p> <p>*YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE *PARENT-TOT SWIM LESSONS 5 PM / FACE</p>	<p>7</p> <p>ASK THE NATUROPATH ERIN WINTER 2 PM / FACE AND 3:30 PM / FACW KIDS/ADULTS STROKE CLINIC 5:30 PM / FACW</p>	<p>8</p>	<p>9</p> <p>FREE FUNCTIONAL MOVEMENT SCREEN WORKSHOP 8:15 AM / FACW ASK THE NUTRITIONIST EDWARD GRIFFEN 9 AM / FACW AND 10-:30 AM / FACE</p>
<p>10</p> <p>SUNDAY SAMPLER: WOW WILLPOWER 2 PM / FACE</p>	<p>11</p> <p>STRATEGIES FOR WEIGHT LOSS 10 AM / FACE</p>	<p>12</p>	<p>13</p> <p>BARRE & BODYCOMBAT FUSION 5:45 / FACW HEARTSAVER - AED CPR 6 PM / FACW</p>	<p>14</p> <p>INDEPENDENCE PASS SWIM TESTS 4 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE</p>	<p>15</p>	<p>16</p>
<p>17</p> <p>SUNDAY SAMPLER: RPM® 2 PM / FACE</p>	<p>18</p> <p>STRATEGIES FOR WEIGHT LOSS 11 AM / FACE *TORPEDOES SWIM TEAM 5:30 PM / FACW</p>	<p>19</p> <p>INDEPENDENCE PASS SWIM TESTS 4 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE</p>	<p>20</p>	<p>21</p> <p>ASK DON BERLYN PHYSICAL THERAPIST/HYPNOTHERAPIST 2 PM / FACW AND 3:30 PM / FACE</p>	<p>22</p>	<p>23</p> <p>SPECIAL ATHLETES BODYJAM® 12:30 PM / FACW</p>
<p>24</p> <p>SUNDAY SAMPLER: CORNICOPIA LIVE DRUM 2 PM / FACE</p>	<p>25</p> <p>FREE PLANTAR FASCIITIS CLINIC 5 PM / FACW</p>	<p>26</p> <p>HEARTSAVER - AED CPR 6 PM / FACW</p>	<p>27</p> <p>CLUB HOURS 5 AM - 6 PM</p> <p>2 HOUR PRE-TURKEY BURN VIRTUAL OUTDOOR RIDE NOON - 2 PM / FACW</p>	<p>28</p> <p>FAC CLOSED</p>	<p>29</p> <p>CLUB HOURS 7 AM - 8 PM</p>	<p>30</p>