



## 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

OCTOBER 2019

### ***New Cardio Equipment***

If you've visited our cardio room at FAC West in the last few weeks, you may have noticed a couple of new additions to challenge and supplement your cardio and strength workouts. We added a Jacob's Ladder and a Rope Fit for those looking for variety and functional training regiments. These new tools are super fun, easy to use and we're sure you'll see the benefits almost immediately once you give them a try. Also, within the next few weeks we will be adding several new Precor treadmills, EFX Elliptical's and AMT's (Adaptive Motion Trainer) to our cardio floor. As with everything in our clubs, familiarization may be a good idea and our Fitness Professionals are here to help! Just look for our Fitness Professional on duty, sign up for a free equipment orientation at any service desk, or see Robb Faus, the Fitness and Sports Director in his office above the Cardio Room at FAC West.

### ***Employee of the Month***

Congratulations to Myrya Ruiz, October's Employee of the Month! Myrya was raised in Tucson and recently moved to Flagstaff to enjoy the outdoors and an active life-style. She holds a Bachelor's Degree in Psychology and a Personal Trainer Certification through The American College of Sports Medicine. She has been a Personal Trainer for over five years. She is also a Functional Aging Specialist and certified in Functional Movement Systems protocol. Myrya is highly driven to help people achieve happiness in exercise and movement no matter size, body type or age. She believes with the right help and techniques anyone can start the road to a healthier life-style. This extremely talented and outgoing Fitness Professional can be found at both FAC East and FAC West. Thanks for all you bring to FAC, Myrya!

### ***Kids in Motion with the Flagstaff Athletic Club Open House and Free Guest Day, Sat, Oct 19***

Each year during the month of Oct, the Flagstaff Athletic Club through the Kids in Motion program, invites kids and their families to get in motion! Throughout the month of Oct, FAC's Personal Trainers and Youth Activities staff visits each FUSD elementary school. We meet with as many classes as we can for a brief discussion on the benefits of an active life-style and healthy eating. After that we show students how fun fitness can be by getting everyone involved in various exciting cardio pumping activities.

Students are encouraged to get fit with their families. On Oct 19th, any FUSD elementary school student can bring their family to FAC with a pass and earn points and money for their schools' P.E. program.

Over the last 26 years, the Flagstaff Athletic Club has been proud to donate over \$105,000 to the FUSD Elementary Schools Physical Education programs. This year marks the 27th anniversary of the Kids in Motion program!

### ***Halloween After Party***

Wear your costume one more time! Pizza, games and FUN! Parents can drop off kids ages 6 - 11 from 5:30 - 8:30 pm on Fri, Nov 1, FAC East for this fun party to celebrate Halloween and dance one last time! Come hangout, eat and play games for a few hours. Pre-registartion is required, call 779-5141 to register.

### ***Lifeguard Certification Course***

The American Red Cross Lifeguarding Course will be held Wed - Sat, Oct 23 - Oct 26; Wed, 6 - 10 pm; Thu, 6 - 10 pm; Fri, 6 - 9 pm and Sat, 8 am - 3 pm, FAC East. You must attend all class sessions to be certified and must be able to complete and pass seven hours of online training before first day of class. Link to online will be sent upon registraton. Meet with lifeguarding instructor to learn and practice how to be a lifeguard. Upon completion of the course you will be certified in Lifeguarding/First Aid/CPR/AED. Pre-registration is required, please call 779-5141.

### ***Kids/Adults Four Week Stroke Clinic***

Join us this Oct for a four 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; Week 2 - Backstroke; Week 3 - Breaststroke; Week 4 - Butterfly*, Thu, Oct 3 - 24, 5:30 pm, FAC West. Ages six and up are welcome! Pre-registration required, call 779-5141 to register.

### ***Ski and Snowboard Conditioning***

Come train with Personal Trainer Brea Shepherd to prepare for this winter's ski and snowboard season! Having a strong base before the season begins is the key to injury prevention and top performance. We will work on stability, mobility and strength to ensure an awesome winter on the slopes. FAC wants all its members and guests to be healthy and safe inside and outside our facilities. If injury prevention and strength training is what you're looking for, you're headed in the right direction. This six week class will be held Tue, Oct 15 - Nov 19, 7 - 8 pm, FAC West.

## Massage Schedule

	<i>FAC East</i>	<i>FAC West</i>
<b>Monday</b>	<b>Stephanie Gerst</b> 928-863-2636	<b>Holly Stone</b> 928-853-5062
<b>Tuesday</b>	<b>Rachel Williams</b> 616-402-1702	<b>Holly Stone</b> 928-853-5062
<b>Wednesday</b>	<b>Holly Stone</b> 928-853-5062	
<b>Thursday</b>	<b>Holly Stone</b> 928-853-5062	<b>Rachel Williams</b> 616-402-1702
<b>Friday</b>	<b>Janus Hudson</b> 928-853-9039	<b>Tosha Tervo</b> 928-856-0977
<b>Saturday</b>	<b>Janus Hudson</b> 928-853-9039	<b>Rachel Williams</b> 616-402-1702
<b>Sunday</b>	<b>Janus Hudson</b> 928-853-9039	<b>Krissy Marocco</b> 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 Tue, Oct 1 - 29, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, Oct 4 - 25, 9 am - 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, Oct 4 - 25, 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, Oct 3 - 31, 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.

## 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, Oct 7, 4:30 pm / FACE

Mon, Oct 7, 6 pm / FACW

#### **Podiatrist - Kelly Reber**

Tue, Oct 8, 4:30 pm / FACW

Tue, Oct 8, 6 pm / FACE

#### **Physical Therapist/Hypnotherapist-**

##### **Don Berlyn**

Mon, Oct 21, 11:30 am / FACW

Mon, Oct 21, 6:45 pm / FACE

#### **Nutritionist - Edward Griffen**

Sat, Oct 12, 9 am / FACW

Sat, Oct 12, 10:30 am / FACE

#### **Naturopath - Erin Winter**

Thu, Oct 3, 8:30 am / FACE

Thu, Oct 3, 3:30 pm / FACW

#### **AED & Heartsaver CPR**

**Mon, Oct 7, 6 pm / Matt Turner**

**Mon, Oct 14, 6 pm / Chris Thomas**

**Tue, Oct 29, 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 - 12 pm; 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.**

### **Flu Season 2019 - 2020 --- It's That Time of Year Again**

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

Last year was a much better influenza season than the prior year of record disease. There was improved influenza protection from the seasonal vaccines and the viruses were not as virulent, which may explain the milder season. The following is some disease information that you should be aware of as we approach this year's flu season.

Influenza is a respiratory infection that causes fever, cough, sore throat and nasal congestion. Additional symptoms include headaches, muscle aches and fatigue. Although these complaints sound similar to the symptoms of the common cold, the severity commonly is much worse. Not only can the intensity be serious enough to cause weeks of lost work or school, but the infectiousness can be so powerful as to infect the majority of a workplace or school from a single source. Influenza can cause complications which kills thousands of Americans every year, more commonly those with chronic health problems, the elderly and very young. However, anyone can suffer a complication of this illness, sometimes requiring hospitalization with significant lost time from daily routines, or even resulting in death.

A severe outbreak may commonly last up to eight weeks regionally and can often infect one out of every three people in a community. Hand washing and hygiene are always important, but the single best prevention of influenza is the seasonal immunization. Appropriate for almost everyone six months or older, it is especially important for those with any chronic disease such as asthma, COPD, diabetes, heart, kidney or liver disease and any kind of cancer. Also, those who are overweight or 50 and older are at a significant risk as well.

The influenza immunization recommendation from the CDC for the 2019-2020 season again includes trivalent and quadrivalent injectable vaccines. This year vaccines have been updated to match the expected circulating viruses and are most commonly provided as the inactivated influenza vaccine (IIV) and the recombinant influenza vaccine (RIV). The nasal spray / live flu vaccines (LAIV) are again available but may be limited. The CDC does recommend LAIV as an alternative choice for children who would not otherwise receive a conventional vaccine.

For those interested, the protections for this year's likely infections are designed to include:

- A/Brisbane/02/2018 (H1N1) pdm09-like virus (changed from A/Michigan)
- A/Kansas/14/2017 (H3N2-like virus (changed from A/Singapore) and
- B/Colorado/06/2017-like (Vicotria lineage) virus (unchanged) in the trivalent vaccines.
- B/Phuket/3073/2013-like (B/Yamagata lineage) virus (unchanged) is added to quadrivalent.

Annual flu vaccines are commonly covered by most health insurance programs at no cost to patients. These immunizations are usually readily available at county health clinics, most retail pharmacies and many family doctor offices. Nobody knows when the flu will show up in the community, but is often seen as early as October. Of course the sooner the administration, the more effective the immunization for the entire influenza season which may go well into the spring. It can take up to two full weeks to acquire immunity from the shot.

Now is the time to prevent the flu! Immunize and don't let the flu get YOU!

### **Exploring Gymnastics!**

On Sat, Oct 5 - 26, 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.

### **Cheer Prep Clinic**

Led by Personal Trainer Erika Schwartz, this Cheer Prep clinic is designed to prepare young athletes for the upcoming season of tryouts for middle school and high school cheerleading. If you are looking to increase your ability to hit sharp motions, learn basic stunt drills and tips on how to keep those jumps high, this is a class for you! The main emphasis will include upper body exercises while strengthening the core, the lower body and shoulders, all of which are beneficial when needing the confidence to execute strong tumbling, dance and stunt skills for tryouts! First session is Thu, Oct 3 - 24, 4 - 5 pm, FACE. Second session is Thu, Nov 7 - 21, 4 - 5 pm, FACE.

## 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, Oct 25, 8 am, FAC West.

### **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, Oct 28, 5:30 pm, 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.*

### **Adult Volleyball Leagues**

- CoEd "B" Fall Session II League begins Tue, Oct 22 and runs through Tue, Dec 10. No league week of Thanksgiving.
- CoEd "A" League Fall Session II begins Thu, Oct 24 and runs through Thu, Dec 19. No league on Halloween or week of Thanksgiving. Registration for these leagues opens Mon, Sept 30 and closes Thu, Oct 17 or when full.

### **Adult Indoor Soccer**

- CoEd 5 v 5 Indoor Soccer Fall Session II begins Wed, Oct 23 and runs through Wed, Dec 11 (no matches held Thanksgiving week). Registration for this league opens Sept 30 at 5:30 pm at the SportStop and closes Thu, Oct 17 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, Oct 14, 10 am, FAC East or Mon, Oct 21, 11 am, FAC East. Registration is required and limited, sign up at any service desk or 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, Oct 21 - Nov 11, 5:30 - 6:30 pm, FAC West indoor pool. US Masters Swim Coach, Therese Umholtz will introduce all strokes and give plenty of time to practice. Call 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"**

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## Programs

Program info available at both clubs' service desks, bulletin boards and kiosks.

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## Fitness. . .

- **TRX Core** - Tue, Oct 1 - 29, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, Oct 4 - 25, 9 - 9:45, FAC East.
- **Small Group Personal Training** - Thu, Oct 3 - 31, 6 - 7 am, FAC West.
- **Rock Climbing/Bouldering Fitness Training** - Fri, Oct 4 - 25, 5 - 6 pm, FAC East.
- **Return of West Cycling** - Fri, Oct 4 - 25, 5:45 am with Scott.
- **Return of West RMP™** - Fri, Oct 4 - 25, noon with Sean.
- **Exploring Gymnastics** - Sat, Oct 5 - 26, 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 at 2 pm, FAC East** - Oct 6, Pedal (Cycling) / Pilates; Oct 13, Step/Yoga; Oct 20, Barre Fusion/Sole Training; Oct 27, POUND/Barre/PiYo.
- **Strategies for Weight Loss** - Mon, Oct 14, 10 am and Mon, Oct 21, 11 am, FAC East.
- **Zumba** - Sat, Oct 19, 2 pm, FAC East with Sergio and Luis.

- **Free Functional Exercise Workshop** - Fri, Oct 25, 8 am, FAC West.
- **Special Athletes** - Spooktacular Cardio Kickboxing with Janelle, Sat, Oct 26, 12:30 pm, FAC West.
- **Free Foam Roller Clinic** - Mon, Oct 28, 5:30 pm, FAC West.
- **Les Mills Launches in Oct** -
  - RPM™, Sat, Oct 5, 8:15 am, FAC West
  - BODYCOMBAT®, Sat, Oct 5, 8:15 am, FAC West
  - BODYPUMP®, Sat, Oct 5, 9:30 am, FAC West
  - BODYPUMP®, Sun, Oct 6, 12:30 pm, FAC East
  - BODYJAM® Dance School, Sat, Oct 19, 10 am, FAC East
  - BODYJAM®, Sat, Oct 19, 10:45 am, FAC East

### New Classes at FAC West -

- InLine Step & Strength, starting Wed, Oct 2, noon
- Barre, starting Wed, Oct 2, 7 pm
- Step & Strength, starting Fri, Oct 4, noon
- Barre, starting Mon, Oct 7, noon

### New Classes at FAC East -

- BODYJAM®, starting Mon, Oct 21, 5:45 pm pm
- BODYJAM®, starting Wed, Oct 23, 10 am
- BODYJAM® Dance School, starting Wed, Oct 23, 4:30 pm
- BODYJAM®, starting Wed, Oct 23, 5 pm

## Aquatics. . .

- **Group Swim Lessons** - Mon/Wed, Oct 7 - 16 and Oct 21-30. Level 1 at 5 pm, level 2 at 5:30 pm and level 3 at 6 pm, FAC East.
- **Parent-Tot Swim Lessons** - Wed, Oct 9 - 30, 5 pm, FAC East. Class is for parents and babies, ages 6 mos to 2 1/2 years. Pre-registration is required.

## Youth Activities

- **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, Oct 21 - Nov 11, 5:30 - 6:30 pm, FAC West indoor pool. Call 779-5141 for more information or to register.
- **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, Oct 8 and 15 and Thu, Oct 24 at 4:30 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, Oct 8 and 15 and Thu, Oct 24 at 5 pm. Pre-registration is required, call 779-5141.
- **Independence Swim Tests** - To obtain your Independence Certification, you must complete this swim test portion before registering for the final exam. Swim tests in Oct will be held on Wed, Oct 9, 16 and 23, 4:45 pm, FAC East. Pre-registration required, call 928-779-5141 to register.

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# FAC OCTOBER 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
		<b>1</b> *TRX CORE 9 AM / FACW *FREE BODY COMPOSITION TESTING 5 PM / FACW *TRX CORE 5:30 PM / FACE	<b>2</b> *INLINE STEP & STRENGTH NOON / FACW *BARRE 7 PM / FACW	<b>3</b> ASK THE NATUROPATH ERIN WINTER 8:30 AM / FACE AND 3:30 PM / FACW *CHEER PREP CLINIC 4 PM / FACE KIDS/ADULTS STROKE CLINIC 5:30 PM / FACW	<b>4</b> *TRX CORE 9 AM / FACW *STEP & STRENGTH NOON / FACW RPM™ NOON / FACW ROCK CLIMBING / BOULDERING *FITNESS TRAINING 5 PM / FACE CYCLING 5:45 AM / FACW	<b>5</b> RPM™ 8:15 AM / FACW BODYCOMBAT® 8:15 AM / FACW BODYPUMP® 9:30 AM / FACW *EXPLORING GYMNASTICS! 3 - 5 YEARS 9:30 AM / FACE 6 - 8 YEARS 10:30 AM
<b>Small Group Personal Training</b> <b>Thu, 6 - 7 am</b> <b>Oct 3 - 231, FAC West</b>						
<b>6</b> BODYPUMP 12:30 PM / FACE SUNDAY SAMPLER PEDAL/PILATES 2 PM / FACE	<b>7</b> *BARRE NOON / FACW YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE ASK DR. CROFT 4:30 PM / FACE *GROUP SWIM LESSONS / FACE LEVEL 1 - 5 PM LEVEL 2 - 5:30 PM LEVEL 3 - 6 PM ASK DR. CROFT 6 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	<b>8</b> ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW PASSPORT EXAM 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE ASK THE PODIATRIST KELLY REBER 6 PM / FACE	<b>9</b> YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE INDEPENDENCE PASS SWIM TESTS 4:45 PM / FACE *PARENT-TOT SWIM LESSONS 5 PM / FACE *GROUP SWIM LESSONS / FACE LEVEL 1 - 5 PM LEVEL 2 - 5:30 PM LEVEL 3 - 6 PM	<b>10</b> KIDS/ADULTS STROKE CLINIC 5:30 PM / FACW	<b>11</b> YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE	<b>12</b> ASK THE NUTRITIONIST EDWARD GRIFFEN 9 AM / FACW AND 10-:30 AM / FACE
<b>13</b> SUNDAY SAMPLER STEP/YOGA 2 PM / FACE	<b>14</b> STRATEGIES FOR WEIGHT LOSS 10 AM / FACE HEARTSAVER - AED CPR 6 PM / FACW	<b>15</b> PASSPORT EXAM 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE *SKI & SNOWBOARD CONDITIONING 7 PM / FACW	<b>16</b> INDEPENDENCE PASS SWIM TESTS 4:45 PM / FACE	<b>17</b> KIDS/ADULTS STROKE CLINIC 5:30 PM / FACW	<b>18</b>	<b>19</b> KIDS IN MOTION OPEN HOUSE & FREE GUEST DAY BOTH CLUBS BODYJAM™ DANCE SCHOOL 10 AM / FACE BODYJAM™ 10:45 AM / FACE ZUMBA 2 PM / FACE
<b>20</b> SUNDAY SAMPLER BARRE FUSION / SOLE TRAINING 2 PM / FACE	<b>21</b> ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 11:30 AM / FACW STRATEGIES FOR WEIGHT LOSS 11 AM / FACE *TORPEDOES 5:30 PM / FACW *BODYJAM 5:45 PM / FACE ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 6:45 PM / FACE	<b>22</b>	<b>23</b> *BODYJAM™ 10 AM / FACE *BODYJAM™ DANCE SCHOOL 4:30 PM / FACE *BODYJAM™ 5 PM / FACE LIFEGUARD CERTIFICATION 6 - 10 PM / FACE INDEPENDENCE PASS SWIM TESTS 4:45 PM / FACE	<b>24</b> PASSPORT EXAM 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE KIDS/ADULTS STROKE CLINIC 5:30 PM / FACW LIFEGUARD CERTIFICATION 6 - 10 PM / FACE	<b>25</b> LIFEGUARD CERTIFICATION 6 - 9 PM / FACE FREE FUNCTIONAL EXERCISE WORKSHOP 8 AM / FACW	<b>26</b> LIFEGUARD CERTIFICATION 8 AM - 3 PM / FACE SPECIALATHLETES CARDIO KICKBOXING 12:30 PM / FACW
<b>27</b> SUNDAY SAMPLER POUND/BARRE/PIYO 2 PM / FACE	<b>28</b> FREE FOAM ROLLER CLINIC 5:30 PM / FACW	<b>29</b> HEARTSAVER - AED CPR 6 PM / FACW	<b>30</b>	<b>31</b>		