



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

SEPTEMBER 2018



Holiday Hours
LABOR DAY
Mon, September 3,
7 am - 8 pm
Modified Group Fitness Schedule & Fitness Hours

Open Mic Nite

Watch for Fri night Open Mic Nite at FAC West the second Fri each month starting in Sept. We will be presenting new ideas in class formats, or introducing new instructors or promoting current class formats. The first Open Mic Nite is Fri, Sept 14, 5:15 pm, FAC West Diamond Room. Angie Allen will be teaching Barre Fusion® / Intro to Plank Challenge / Sole Training. Join her for this fun series of formats rolled into one full hour!

Ski and Snowboard Conditioning

Ready to hit the mountain? 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. Having strong muscles is important, but we will work on finding good range of motion from the feet all the way up to the neck as well. 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 class will be held for six weeks at FAC West on Wed nights. Wed, Oct 10 - Nov 14, 5:30 - 6:30 pm.

26th Annual Kids in Motion with FAC

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 Fitness Professionals and Youth Activities staff visit each FUSD public elementary school. We meet with as many classes as we can for a 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. In 2017, the Flagstaff Athletic Club was proud to donate \$4000 to the FUSD Elementary Schools Physical Education programs. Last year marked the 25th anniversary of the Kids in Motion program with over \$120,000 donated over the years by FAC to FUSD P.E. programs.

Cardio Theater Voting

During the weeks of Sept 3 - 14, we will be asking for your vote to determine what channels our members would like to 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. The winning choices will be in effect from Oct through Mar. We will vote again in March.

FAC has chosen to focus on entertainment television and local stations to ensure that we foster a positive experience at FAC. Although many of us enjoy cable news, we are choosing to follow industry standard by making FAC a politically neutral environment. If you choose to watch these stations, you will find them on our TechnoGym treadmills or use our complimentary WiFi.

Torpedoes Swim Team

Torpedoes Swim Team continues at FAC West! For swimmers who can make one lap of the pool with freestyle, this class is for you! Our certified coaches will help you start your swimming career by teaching you how to set goals, team building activities and learning the proper strokes. Join us Mondays, Sept 10 - Oct 1, 4 - 5 pm, FAC West to continue swimming through the off season. Contact the Aquatics Manager to register or for more information at 779-5141.

Kids Zumba

Starting Wed, Sept 19, FAC East will be holding a 30 minute Zumba Kids class at 5 pm in the upstairs Multi Purpose Room. Bi-lingual Group Fitness Instructor, Ely Terriquez, will be offering this class for 6 - 12 year olds. Parents can work out, while their child also gets a workout. Parents will be required to stay on premises (excluding 12 year olds who have obtained an independence card).

FAC Employee of the Month

Congratulations to the Sept Employee of the Month, Emma Buxton. Emma joined the FAC team in 2015. She is a familiar and friendly face in FAC's Kids' Club as a care provider and as this summer camps assistant director. Emma's life mostly revolves around her family, cat, friends and her daily leisure activities. She is always smiling and full of energy. Emma has truly earned this honor by having a great work ethic and enjoyment for what she does!

Massage Schedule

	FAC East	FAC West
Monday	Stephanie Gerst 863-2636	Holly Stone 853-5062
Tuesday	Rachel Williams 616-402-1702	Holly Stone 853-5062
Wednesday	Holly Stone 853-5062	Jill Naleski 266-6504
Thursday	Holly Stone 853-5062	Rachel Williams 616-402-1702
Friday	Janus Hudson 853-9039	Rachel Williams 616-402-1702
Saturday	Janus Hudson 853-9039	Rachel Williams 616-402-1702
Sunday	Janus Hudson 853-9039	Krissy Marocco 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.

Weight Loss is Simple

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 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 (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 byproduct 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.

Join me Mon, Sept 17 or Mon, Sept 24, 11am to 12 pm, FAC East. The program is free but registration is required and limited, sign up at any service desk or call 779-5141. If you are unable to attend, please feel free to sign up with Barry for a Fit 1 orientation free of charge for your private consultation.

Do You Have a Health Care Question?

Each month Dr. Brad Croft (East Flagstaff Family Medical), Dr. Kelly Reber (Northern Arizona Podiatry), Dr. Emily Davenport (Flagstaff Clinic of Naturopathic Medicine), 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 service for FAC members.

Health Care Corner

Family Practice - Brad Croft

Tue, Sept 4, 4:30 pm / FACE

Tue, Sept 4, 6 pm / FACW

Naturopath - Emily Davenport

Fri, Sept 21, 2:30 pm / FACE

Fri, Sept 28, 2:30 pm, FACW

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, Sept 4, 4:30 pm / FACW

Tue, Sept 4, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Mon, Sept 17, 12 pm / FACW

Tue, Sept 18, 4:30 pm, FACE

AED & Heartsaver CPR

Wed, Sept 5, 6 pm, FACE / Matt Turner

Tue, Sept 11, 6 pm / Kevin Wiles

Tue, Sept 18, 6 pm / Chris Thomas

All CPR Classes FAC West
(unless noted)

FAC Drop In Schedule

Adult (16+) "drop in" gym times are provided for the fun and fitness of FAC members and guests. Members may "drop in" for free and guests may "drop in" for 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.

In Memory of Rachel

Bradford Croft, DO East Flagstaff Family Medicine, LTD

There was a recent motor vehicle accident in the greater Phoenix area this July. It only involved one car. The driver died at the scene. The driver died at the scene. It was reported in the police investigation to likely be the result of distracted driving. She was the daughter of a friend of mine. She was only twenty-two.

Over 90% of automobile accidents involve human error. Distracted driving injured 391,000 and claimed the lives of 3,450 people nationally in 2016. The U.S. Department of Transportation reports that ten percent of fatal injuries and fifteen percent of injury accidents were distraction related, although the National Safety Council attributes up to 27% of crashes a result of cell phone distraction. The Insurance Institute for Highway Safety reports that the fatal crash rate for teens is three times greater than for drivers age 20 and over. As well, driver distraction is responsible for more than 58% of teen crashes according to the AAA Foundation for Traffic Safety.

Distractions are categorized as three types: manual, visual and cognitive. Manual distractions are when your hands are removed from the steering wheel. Visual are when you focus your eyes away from the road. Cognitive are when your mind wanders away from the task of driving. Some examples of manual and visual distraction include reaching for objects, eating or drinking while driving, adjusting the radio or stereo, smoking or vaping and putting on makeup. Carrying on a conversation with passengers can serve as cognitive distraction. Texting involves all three.

A study at the University of Utah reports that people are as impaired when they drive talking on a cell phone as when they drive intoxicated at the legal blood alcohol limit of .08%. It also reports cell phone users are 5.36 times more likely to get into an accident than an undistracted driver. Text messaging increases the likelihood of a crash or near crash by 23 times. The National Highway Traffic Safety Administration reports that sending or reading a text message takes your eyes off the road for about five seconds which, at a speed of 55 mph, is the equivalent of driving the length of a football field without looking.

Arizona is one of only three states that do not have a statewide 'texting while driving' law. However, A.R.S. 28-701 provides for a "speed that is reasonable and prudent for the circumstances" that may deter people from using cell phones while driving. In July 2014, the Flagstaff City Council passed the local ordinance 9-01-001-0013 - "Use of wireless communications device while vehicle or bicycle is in motion prohibited". If you drive around our fair city, you may notice that many drivers are either not aware or choose not to obey these laws. You can, nonetheless, make the right choice - be a good role model, obey the law, make sensible choices and not become a statistic. The call or text you make or receive while driving is likely not a matter of life and death, but the distraction of your action certainly is.

Light Therapy & Your Health

Do you have aches and pains that affect your training? Do you want to reduce downtime between training due to aches/pains? Learn how safe, non-invasive light therapy can change and improve your training regimen for life! Learn the science of how red, infrared and blue light therapy can dramatically improve your health. Target painful areas, improve sleep and mood and even help manage stress! Class II medical device, FDA cleared for increasing circulation and decreasing pain. Over 5,500 research articles supporting efficacy, safety and support of light therapy for a multitude of conditions. Join Michelle Boyer, PA-C for a presentation on this incredible therapy on Mon, Sept 10, noon or Mon, Sept 24, 6 pm, FAC West Conference Room. Please RSVP at 928-310-1394 or michelleboyerpa@hotmail.com.

Small Group Personal Training

Become the fittest you've even been! Certified Personal Trainer Robb Faus invites you to join him 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, flexibility, speed, agility and quickness, the programming deliberately builds upon itself to give you the challenge and results you are looking for. All levels welcome! Enrollment is limited. Thursdays, Sept 6 - 27, 8:30 - 9:30 am, FAC West.

Free Nutrition Counseling Session

Meet with Certified Personal Trainer and Nutritionist Jenny Knox on Mon, Sept 24, 5 pm, FAC East to learn how to integrate effective meal planning and meal prep tips into your workout. Jenny can help answer questions and teach you how to create long lasting, proper eating habits. Contact AIR or sign up at any service desk if you are interested in taking your goals to the next level! Registration is required. Space is limited.

Free Body Composition Testing

Come in Tuesdays, 5 - 6 pm, FAC West to have your body composition measured by Fitness Professional, Hugo Casey. You will have seven skinfold sites measured and then come in to retest to calculate fat loss to help achieve your goals. Be prepared by wearing shorts and a sports top. Testing is free. Registration is required and limited to four per week. No charge for re-testing!

Fitness

TRX Core

If you're looking for the ultimate in core strength and balance, TRX CORE is for you! You will work upper body, legs and core like never before while challenging your balance in multiple planes. Join Personal Trainer Robb Faus to experience this challenging and rewarding format on Tue, Sept 4 - 25, 9 - 9:45 am, FAC West and Fri, Sept 7 - 28, 9 - 9:45 am, FAC East. All ability levels welcome!

Poolside Barre / Pound

Last Poolside Barre / Pound for the summer will be Sat, Sept 8, 8:30 - 10 am, FAC East outdoor pool, with Angie and Danyelle. This has been a great addition for the summer months and if you have not tried it, this is your last chance until next summer!

PiYo Training

Michelle Lasiter, Arizona's PiYo LIVE Master Trainer, will be bringing a PiYo LIVE Instructor Training workshop to FAC East Multi-Purpose Room on Sat, Oct 6, 9 am - 5 pm. PiYo LIVE turns Yoga and Pilates into athletic training with a focus on body weight strength, balance, flexibility, agility and cardio conditioning.

Contact Michelle Lasiter at 619-640-1345 to answer any questions. To register, visit the PiYo LIVE page at www.piyolive.com and click on Become an Instructor.

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.

— FAC Adult Leagues —

Adult CoEd Volleyball Leagues

- CoEd "B" League Fall Session II begins Tue, Oct 23 and runs through Tue, Dec 11.
- CoEd "A" League Fall Session I begins Thu, Oct 25 and runs through Thu, Dec 13.

Registration for these leagues opens Mon, Oct 1 and closes Thu, Oct 18 or when full. (No matches week of Thanksgiving.)

— SportStop Leagues —

Indoor Soccer

- CoEd 5v5 Indoor Soccer Fall Session begins Wed, Oct 24 and runs through Wed, Dec 12. (No matches week of Thanksgiving.)

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

Aquatics

Parent-Tot

Parents and Tots! Sign up for this beneficial swim class and get used to being in the water before they are old enough for group swim lessons! Classes have a fun atmosphere led by a knowledgeable Red Cross certified water safety instructor. Learn tips and tricks to keep your child happy in the water and ready to learn! In Sept, we will hold two sessions, Mon evenings, Sept 3 - 24, 5:30 pm or Wed mornings, Sept 5 - 26, 8:30 am. To register or for more information, call 779-5141 or contact the Aquatic Manager.

Group Swim Lessons

Group swim lessons will be held in Sept for two week sessions on Tue/Thu after school. There are two sessions in Sept: Sept 4 - 13 and Sept 18 - 27. Level one: Tue/Thu, 4 pm and Level two at 4:40 pm, FAC East. Group swim lessons are an awesome tool to help your child progress in the water! Keep swimming as summer comes to an end!

Independence Swim Test

Starting in Sept, completing the swim portion of your Independence Certification will be done on Thu, Sept 6 - 27, 5:30 pm, FAC East indoor pool. Registration is required for this portion Sept through May 2019. Contact the Aquatics Manager for more information, registration and questions at 779-5141.

Scuba

Scuba classes continue at FAC! To register, contact Ed at Summit Divers 928-556-8780. This is an in-depth course that will eventually lead to a certification. Come explore underwater with one of our monthly scuba classes! Sept 8 - 9, 12 pm, classroom at Summit Divers and 1 - 4 pm in the water at 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.

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 . . .

- **TRX Core** - Tue, Sept 4 - 25, FAC West; Fri, Sept 7 - 28, FAC East, 9 - 9:45 am.
- **Small Group Personal Training** - Thu, Sept 6 - 27, 8:30 - 9:30 am, FAC West.
- **Poolside POUND Barre** - Sat, Sept 8, 8:30 - 10 am FAC East Outdoor Pool Deck.
- **Open Mic Nite** - Open Mic to be held the 2nd Fri of each month beginning Fri, Sept 14, 5:15 pm, FAC West Diamond Room. Angie Allen will teach Barre Fusion®/Intro to Plank Challenge/Sole Training.
- **Ballroom Dance** - Join Ken Ravenstar for Ballroom Dance beginning Mon, Sept 10 - Nov 5 (no class Oct 15), 7 - 8 pm, FAC West Diamond Room. You will learn Salsa, the Waltz and the American Tango. Call AIR at 779-5141 to register. You must have a partner to register.
- **PiYo Training** - PiYo LIVE Instructor Training Workshop, Sat, Oct 6, 9 am - 5 pm, FAC East.
- **Weight Loss is Simple** - Mon, Sept 17 or Mon, Sept 24, 11 - 12 pm, FAC East. Class is FREE. Register at any service desk or call AIR at 779-5141. Space is limited and registration is required.
- **Ski and Snowboard Conditioning** - Wed, Oct 10 - Nov 14, 5:30 - 6:30 pm, FAC West.

Fitness . . .

Aquatics . . .

- **Parent-Tot Swim Lessons** - Two sessions in Sept. Mon, Sept 3 - 24, 5:30 pm and Wed, Sept 5 - 26, 8:30 am, FAC East. Pre-registration is required. Call AIR at 779-5141 or contact the Aquatic Manager.
- **Torpedoes Swim Team** - Mon, Sept 3 - 24, 4 - 5 pm, FAC West. Contact AIR at 779-5141 to register or the Aquatics Manager for more information.
- **Group Swim Lessons** - Two sessions available in Sept. First session runs Tue/Thu, Sept 4 - 13, level one at 4 pm and level two at 4:40 pm, FAC East. Second session runs Tue/Thu, Sept 18 - 27, level one at 4 pm and level two at 4:40 pm, FAC East.
- **Independence Swim Test** - Beginning Thu, Sept 6, completing the swim portion of your Independence Certification will be available on Thursdays at 5:30 pm, FAC East.
- **Outdoor Pool** - Lifeguards are on duty 10 am to 5 pm every day on the weekends through Sept 15. The slide and mushroom will be turned on by 10 am with two lifeguards on duty. For safety purposes, the slide and mushroom are only to be utilized during scheduled lifeguard hours.

Youth Activities

- **Kids' Night Out, Fri, Sept 7** - Children ages 3 - 12 join us for a fun-filled evening while parents enjoy a night out on Fri, Sept 7, 5 - 9 pm, FAC East! We will have a bounce house, obstacle course, crafting, games, pizza and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, Sept 5.
- **Kids Zumba** - Kids Zumba begins Wed, Sept 19, 5 pm, FAC East Multi Purpose Room with Group Fitness instructor Ely Terriquez. Class is for kids ages 6 - 12.
- **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 desk and the Kids' Club. Packet must be completed before scheduling an appointment. Held alternate Tue/Thu, 5 - 5:30 pm and one Sat a month from 10 - 10:30 am, FAC East. Sept 4, 13, 18, 27 and Sat, Sept 8. Pre-registration is required, call 779-5141.
- **Independence Certification Program** - This certification is for FAC members ages 12 - 15 who would like to use the club without an adult. Pick up an independence packet at any kiosk area. Complete the packet, schedule and complete an appointment with a Fitness Professional at FAC East, register for the swim portion, complete an appointment with a Fitness Professional at FAC West then register for this portion, which is the final exam. The packet must be completed with appropriate signatures. Held alternate Tue/Thu, 5:30 - 6 pm and one Sat a month from 10:30 - 11 am, FAC East. Sept 4, 13, 18, 27 and Sat, Sept 8. Pre-registration required. Call AIR at 779-5141.

FAC SEPTEMBER 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 Sept 6 - 27, FAC West					1
2	3 *PARENT-TOT SWIM LESSONS 5:30 PM / FACE	4 *TRX CORE 9 AM / FACW *GROUP SWIM LESSONS LEVEL 1, 4 PM LEVEL 2, 4:40 PM FACE ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW ASK DR. CROFT 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE ASK DR. CROFT 6 PM / FACW ASK THE PODIATRIST KELLY REBER 6 PM / FACE	5 *PARENT-TOT SWIM LESSONS 8:30 AM / FACE HEARTSAVER - AED CPR 6 PM / FACW	6 *GROUP SWIM LESSONS / FACE LEVEL 1, 4 PM LEVEL 2, 4:40 PM *INDEPENDENCE SWIM TEST 5:30 PM / FACE	7 *TRX CORE 9 AM / FACW KIDS NIGHT OUT 5 PM / FACE	8 PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE LAST POOLSIDE BARRE/POUND 8:30 AM / FACE SCUBA 1 - 4 PM / FACE
9 SCUBA 1 - 4 PM / FACE	10 *TORPEDOES SWIM TEAM 4 PM / FACW *BALLROOM DANCE 7 PM / FACW	11 HEARTSAVER - AED CPR 6 PM / FACW	12	13 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	14 OPEN MIC NITE 5:15 PM / FACW	15
16	17 WEIGHT LOSS IS SIMPLE 11 AM / FACE ASK THE HYPNOTHERAPIST DON BERLYN 12 PM / FACW ASK THE HYPNOTHERAPIST DON BERLYN 4:30 PM / FACW	18 ASK THE HYPNOTHERAPIST DON BERLYN 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	19 KIDS ZUMBA 5 PM / FACE	20	21 ASK THE NATUROPATH EMILY DAVENPORT 2:30 PM / FACE	22
23	24 WEIGHT LOSS IS SIMPLE 11 AM / FACE FREE NUTRITION COUNSELING SESSION 5 PM / FACE	25	26	27 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	28 ASK THE NATUROPATH EMILY DAVENPORT 2:30 PM / FACW	29
30						