



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

SEPTEMBER 2019

GREAT

Labor Day Hours

Mon, Sept 2
7 am - 8 pm

**Modified Group Fitness
Schedule & Fitness Hours**

Employee of the Month

Congratulations to April Richardson, Sept Employee of the Month! April works in the Membership Department where she provides exceptional customer service and informational tours of the facilities. She is a Flagstaff native who grew up at FAC. From the days of practicing gymnastics in the Group Fitness room where her mom teaches classes, to walking on the treadmill just hours before giving birth to her beautiful daughter Everleigh; she never ceases to amaze us!

April will be getting married later this month and still finds the time for adventure; she loves taking surfing trips to California and is planning a skydiving trip with her bridal party. She will be back at school in the Spring to continue pursuing her nursing degree. Never losing that adventurous side; her ultimate goal is to be a traveling nurse who lives with her amazing family in an RV! Congratulations April!

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, Sept 23 - Oct 14, 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. She will help guide your child into a confident swimmer and get great exercise. Call 779-5141 to register.

Whole Life Profile

The Flagstaff Athletic Club is proud to welcome Sheryl Dawson to our facility to offer the *Whole Life Profile (WLP™)* and One Day Workshop. Sheryl is a Harrison Assessments Solution Partner and talent/wellness consultant certified in the *WLP™* and workshop. Sheryl is passionate about wellness and facilitating others' success. She has consulted in Houston for many years and now lives in Flagstaff. We have one final date available on Sept 21 for our members and guests to take advantage of this unique offering.

The *Whole Life Profile (WLP™)* is an ideal program for individuals and couples interested in learning about life balance and dealing effectively with life transitions. The *WLP™* by Harrison Assessments is based on many years of research and identifies all five health spheres for personal development: Physical Health, Psychological Health, Relationship Health, Financial Health and Integral Health.

Benefits include learning keys to psychological happiness and greater self-confidence and self-satisfaction, learning behaviors and attitudes for increased financial success, leveraging inner strengths to catapult your career success, discovering factors for fulfilling relationships and how imbalances sabotage relationships, achieving balance for your full potential and personal life meaning and discovering how your physical health habits affect happiness. *WLP™* harnesses the power of Paradox to provide unique insight into oneself and others. Paradox is the result of integrating two seemingly contradictory behaviors that both contribute to one's success. *WLP™* is a guide for self-balancing and greater awareness of oneself and one's relationships.

McCall Method --- Posture & Balance

LisaAnn McCall, author of the McCall Body Balance Method will be offering a six week class on improving and maintaining good posture and balance throughout our lives. A natural progression of change does occur as we age, but our structure is designed to last and be enjoyed! LisaAnn wants to help you get back to basics and move! Two requirements for participating in this class is that you not be in acute pain and that you are able to get up and down from the floor.

Posture and Balance will start Wed, Sept 25 and run through Wed, Oct 30, noon to 1 pm, FAC East Multi Purpose Room. Please call AIR at 779-5141 to register for this fee class or stop by any Service Desk. LisaAnn will have an informational meeting on Wed, Sept 18, noon, FAC East.

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. FAC wants all its members and guest 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, Tue, Oct 15 - Nov 19, 7 - 8 pm, FAC West.

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	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 Personal Trainer Robb Faus on Tue, Sept 3 - 24, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, Sept 6 - 27, 9 am - 9:45 am, FAC East to experience this challenging and rewarding format. All ability levels welcome! Registration required.

First Responder Performance

Whether you're a first responder or just want to train like one, this workout will give you the challenge that you need to push your limits and send you home knowing you pushed yourself to a whole new level. Prepare for a variety of drills and circuits using non-traditional resistance training and focusing on both speed and power. Gloves and durable workout attire strongly recommended. Call Fitness and Sport Director, Robb Faus at 928-779-4593 for more information. Enrollment is limited, registration required. Saturdays, 10 - 11 am, FAC SportStop.

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Myrya Ruiz invites you to join her on Thu, Sept 5 - 26, 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, Sept 16, 4:30 pm / FACE

Mon, Sept 16, 6 pm / FACW

Podiatrist - Kelly Reber

Wed, Sept 4, 4:30 pm / FACW

Wed, Sept 4, 6 pm / FACE

Physical Therapist/Hypnotherapist-

Don Berlyn

Mon, Sept 16, 11:30 am / FACW

Mon, Sept 16, 6:45 pm / FACE

Nutritionist - Edward Griffen

Fri, Sept 20, 9 am / FACW

Fri, Sept 20, 10:30 am / FACE

Naturopath - Erin Winter

Thu, Sept 5, 8:30 am / FACE

Thu, Sept 5, 3:30 pm / FACW

AED & Heartsaver CPR

Tue, Sept 3, 6 pm / Kevin Wiles

Thu, Sept 12, 6 pm / Chris Thomas

Tue, Sept 24, 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 - 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.

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.

Lurking Within You?

Sara Reeves, FNP East Flagstaff Family Medicine, LTD

Hepatitis C Virus (HCV) is a contagious liver disease spread through contact with the blood of a person who has the virus. It can result in serious liver damage, including liver failure. Chronic Hep C affects an estimated 2.4 million people in the United States.

A one time HCV screening is now recommended for all individuals who were born between 1945 and 1965. Other individuals considered high-risk who should also be tested include injectable drug users (now or even one time in the past), anyone who received blood products including transfusions, dialysis, or an organ transplant before July 1992, and those who are HIV positive.

At the beginning, HCV usually has no symptoms and usually shows itself through routine lab testing. Liver enzyme elevation is commonly the first indication that someone has HCV. There is no predicting how quickly the virus will cause permanent damage, so early detection is important. Over time, Hep C will cause scarring and cirrhosis of the liver. These conditions can encourage the development of liver cancer (about 5% of those infected). More common is the development of liver failure secondary to cirrhosis and fibrosis (scarring) that can require a liver transplant. Fifteen to twenty percent of those infected with HCV recover without treatment. The remaining 80-85% progress to chronic Hep C.

Testing for HCV is quick and easy, requiring a simple blood test. While testing liver enzymes in part of a routine metabolic panel that is usually done yearly, HCV testing is not. There is no vaccine for HCV. Many insurance cover the test at no cost.

HCV is now treatable. Treatment is 90-100% effective in curing this disease progression. Treatment at any stage will stop the progression of the disease and prevent further damage from any existing liver disease. Medications can be very expensive and not all insurance plans cover them. Medication assistance programs are common and help to make this treatment affordable for most people.

If you are unsure if you need to be tested, please discuss it with your primary care provider. If you have been tested in the past, please make sure that your current provider is aware of this and your results.

Pre-Season Volleyball Training

Led by Personal Trainer Myrya Ruiz, Pre-Season Volleyball Training is designed to prepare players for the upcoming season and give them the competitive edge. If you are looking to increase your vertical jump and hitting power, this is for you! The main emphasis will include plyometric and explosive power exercises to strengthen the lower body, core and shoulders, all of which are crucial to jumping higher and hitting harder. Vertical will be tested at the beginning and end of the program. Mon, Sept 9 - 30, 6 - 7 pm, FAC East.

Rock Climbing/Bouldering Fitness Training

Led by Personal Trainers Linden Whitmore and Myrya Ruiz; working on better flexibility giving you better quality in movement. Core 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, Sept 6 - 27, 5 - 6 pm or Sat, Sept 7 - 28, 10 - 11 am, FAC East.

Exploring Gymnastics!

On Sat, Sept 7 - 28, 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. Meet with Stacy to 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

FAC has three great opportunities for your youth athlete to gain a competitive advantage! Drop-in at FAC East on 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.

Parent-Tot Lessons

Join Liz Hobbs at FAC East to play and splash with your baby! 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 six months to 2 1/2 years old are welcome. Wed, Sept 4 - 25, 5 pm, FAC East. We will sing songs and have fun splashing and kicking together! Call 779-5141 to register.

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, Sept 27, 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, Sept 23, 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.
 - CoEd "A" League Fall Session II begins Thu, Oct 24.
- 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 Mon, 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. 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, Sept 16, 10 am, FAC East or Mon, Sept 23, 11 am, FAC East. Registration is required and limited, sign up at any service desk or call 779-5141.

Climbing Saturdays

Join FAC Fitness Professional, Linden Whittemore on our climbing wall on Saturdays, Sept 7 and 28, 11 am - 1 pm, FAC East. Those six and older can come learn the basics of climbing and have fun! Pre-registration is required, 928-779-5141.

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.

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Fitness. . .

- **TRX Core** - Tue, Sept 3 - 24, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, Sept 6 - 27, 9 - 9:45, FAC East.
- **Small Group Personal Training** - Thu, Sept 5 - 26, 6 - 7 am, FAC West.
- **Rock Climbing/Bouldering Fitness Training** - Fri, Sept 6 - 27, 5 - 6 pm or Sat, Sept 6 - 28, 10 - 11 am, FAC East.
- **Exploring Gymnastics** - Sat, Sept 7 - 28, 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.
- **Special Athletes** - Sculpt 360, Sat, Sept 7, 12:30 pm, FAC West.
- **First Responder Performance** - Sat, Sept 7 - 28, 10 am, SportStop at FAC East.
- **Sunday Sampler** - Beginning Sun, Sept 8, 2 pm, FAC East.

Fitness. . .

- **Ballroom Dance** - Mon, Sept 9 - Oct 28, 7 pm, FAC West Diamond Room, couples only. You will be learning to Foxtrot and Salsa! Register by Mon, Sept 28, 779-5141.
- **Strategies for Weight Loss** - Mon, Sept 16, 10 am and Mon, Sept 23, 11 am, FAC East.
- **Burlesque/Heels** - Sun, Sept 22, 5:30 pm, FAC West Diamond Room. Register by Thu, Sept 19, 779-5141.
- **Free Foam Roller Clinic** - Mon, Sept 23, 5:30 pm, FAC West.
- **Free Functional Exercise Workshop** - Fri, Sept 27, 8 am, FAC West.
- **McCall Method - Posture & Balance** - Wed, Sept 25 - Oct 30, noon, FAC East Multi-Purpose Room. Register with AIR by Thu, Sept 19, noon, 779-5141.
- **Ski and Snowboard Conditioning** - Tue, Oct 15 - Nov 19, 7 - 8 pm, FAC West.

Aquatics. . .

- **Parent-Tot Swim Lessons** - Wed, Sept 4 - 25, 5 pm, FAC East. Join Liz Hobbs 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.
- **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, Sept 23 - Nov 19, 5:30 - 6:30 pm, FAC East outdoor pool. Call 779-5141 for more information or to register.

Youth Activities

- **Climbing Saturdays** - Join FAC Fitness Professional Linden Whittemore on our climbing wall at FAC East! Held Sat, Sept 7 and 28, 11 am - 1 pm. Linden will be belaying kids and adults ages six and older. Call 928-779-5141 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 Sept 6 and 16, 5:15 pm and Sat, Sept 28 at 10 am. 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 Sept 6 and 16, 5:45 pm and Sat, Sept 28 at 10:30 am. Pre-registration is required, call 779-5141.
- **Independence Swim Tests** - To obtain your Independence Certification, you must complete your FAC East appointment, FAC West appointment and this swim test portion before registering for the final exam. Swim tests in Sept can be completed through Sun, Sept 22 on Sat or Sun, 10 am - 5 pm at FAC East outdoor pool.

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 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

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2 Labor Day Hours 7 am - 8 pm	3 *TRX CORE 9 AM / FACW *FREE BODY COMPOSITION TESTING 5 PM / FACW *TRX CORE 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	4 YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW *PARENT-TOT SWIM LESSONS 5 PM / FACE ASK THE PODIATRIST KELLY REBER 6 PM / FACE	5 ASK THE NATUROPATH ERIN WINTER 8:30 AM / FACW AND 3:30 PM / FACE	6 YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE ROCK CLIMBING/ BOULDERING FITNESS TRAINING 5 PM / FACE *TRX CORE 9 AM / FACE *PASSPORT EXAM 5:15 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:45 PM / FACE	7 *EXPLORING GYMNASTICS! 9:30 AM / FACE ROCK CLIMBING/ BOULDERING FITNESS TRAINING 10 AM / FACE *FIRST RESPONDER PERFORMANCE 10 AM / FACE CLIMB 11 AM / FACE SPECIAL ATHLETE SCULPT 360 12:30 PM / FACW
8 SUNDAY SAMPLER 2 PM / FACE	9 YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE *PRE-SEASON VOLLEYBALL TRAINING 6 PM / FACE BALLROOM DANCE 7 PM / FACW	10	11	12 HEARTSAVER - AED CPR 6 PM / FACW	13	14
15	16 STRATEGIES FOR WEIGHT LOSS 10 AM / FACE ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 11:30 AM / FACW ASK DR. CROFT 4:30 PM / FACE *PASSPORT EXAM 5:15 PM / FACE *TORPEDOES 5:30 PM / FACW INDEPENDENCE CERTIFICATION PROGRAM 5:45 PM / FACE ASK DR. CROFT 6 PM / FACW ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 6:45 PM / FACE	17	18 MCCALL METHOD INFO MEETING 12 PM / FACE	19	20 ASK THE NUTRITIONIST EDWARD GRIFFEN 9 AM / FACW AND 10:30 AM / FACE	21
22 BURLESQUE/HEELS 5:30 PM / FACW	23 STRATEGIES FOR WEIGHT LOSS 11 AM / FACE FREE FOAM ROLLER CLINIC 5:30 PM / FACW	24 HEARTSAVER - AED CPR 6 PM / FACW	25 *MCCALL METHOD 12 PM / FACE	26	27 FREE FUNCTIONAL EXERCISE WORKSHOP 8 AM / FACW	28 *PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE CLIMB 11 AM / FACE
29	30	Small Group Personal Training Thu at 6 - 7 am Sept 5 - 26, FAC West				