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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 2018

## **Cardio Theater Voting Results**

The votes are in and you, the members, have spoken! The next six months we will offer the following channels for your entertainment:

**FAC East** will have ESPN, CBS, NBC and The Weather Channel on the cardio room TV's; Classic Vinyl, 90's on 9, 91.7 KNAU and 93.9 The Mountain on Cardio Theater; 90's on 9 in the weight room. **FAC West** will have NBC, The Weather Channel, HGTV and ESPN on the cardio room TV's; Classic Rewind, The Pulse, 91.7 KNAU and 93.9 The Mountain on Cardio Theater; Classic Rewind in the weight room.

These selections will be in effect from October 1 - March 31. We will vote again in the first two weeks of March. As a reminder, FAC has joined industry leaders in choosing to refrain from offering news channels to maintain political neutrality. If you choose to watch these stations you will find them on our TechnoGym 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!

## **Employee of the Month**

FAC's Employee of the Month of Oct is Lianne Kitaoka! Lianne is originally from Vacaville, California and transferred to NAU in 2012. She graduated from NAU in 2016 with a Bachelors of Fine Arts degree in Visual Communication, double emphasis in Graphic Design and Interactive Design.

Lianne loves keeping in shape and setting fitness goals. She lives a positive life-style, incorporates healthy eating and has a love of Super-Sets. She loves being out in nature, whether it is biking, hiking or taking a walk, Lianne is always looking for adventure within the big adventure called life!

## **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.

Oct 17 - 21, any FUSD Public Elementary School student can bring their family to FAC with a pass they receive at school and earn points and money for their schools' P.E. program. In 2017, the Flagstaff Athletic Club was proud to donate \$4000 to the FUSD Elementary Schools Physical Education programs. 2017 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.

## **RPM™ vs. Cycling/Ride**

How are these Indoor Cycling programs different? How are they alike? There has been a lot of discussion on the difference in these indoor cycling group fitness formats offered at FAC. The Spinning/Indoor Cycling classes have been around for a lot of years. FAC was on the forefront of this exciting workout with the onset of the Johnny G program and the Johnny G bikes!

Our Cycling/Ride classes are 60 minutes and are an endurance ride with the benefits of increased strength and stamina, as well as aerobic capacity. Often the rides are actual places that our members have experienced. We have outdoor riders who will come indoors during the winter months to keep their training ongoing and they like the parallel to their real rides! RPM™ terrain includes hills, flats, mountain peaks, time trials and intervals.

BOTH workouts can keep or improve your level of fitness in the winter months and burn fat and take you on climbs, intervals, racing flats, to reach your cardio peak, to increase your stamina, to give you rest and stretch periods. Change is good and is on-going in the Fitness World and FAC! Fitness is a journey so enjoy either ride! It will take you forward in your fitness goals!

## **Group Swim Lessons**

Group swim lessons are still running at FAC and are a great way to get your child comfortable in the pool while having fun with friends. The classes are taught by Miss Dezi and fill up quickly, so reserve your spot today! Session 1 is Oct 2 - 11 and Session 2 is Oct 16 - 25; Tue/Thu, level 1 at 4 - 4:30 pm; level 2 at 4:40 - 5:10 pm, FAC East. Pre-registration is required.

## **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. Having strong muscles is important, but we will work on finding good range of motion. This six week class will be held on Wednesdays, Oct 10 - Nov 14, 5:30 - 6:30 pm, FAC West.

## Massage Schedule

	<i>FAC East</i>	<i>FAC West</i>
<b>Monday</b>	<b>Stephanie Gerst</b> 863-2636	<b>Holly Stone</b> 853-5062
<b>Tuesday</b>	<b>Rachel Williams</b> 616-402-1702	<b>Holly Stone</b> 853-5062
<b>Wednesday</b>	<b>Holly Stone</b> 853-5062	<b>Jill Naleski</b> 266-6504
<b>Thursday</b>	<b>Holly Stone</b> 853-5062	<b>Rachel Williams</b> 616-402-1702
<b>Friday</b>	<b>Janus Hudson</b> 853-9039	No Therapist Available
<b>Saturday</b>	<b>Janus Hudson</b> 853-9039	<b>Rachel Williams</b> 616-402-1702
<b>Sunday</b>	<b>Janus Hudson</b> 853-9039	<b>Krissy Marocco</b> 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, Oct 22 or Mon, Oct 29, 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**

Mon, Oct 1, 4:30 pm / FACE

Mon, Oct 1, 6 pm / FACW

### **Naturopath - Emily Davenport**

Fri, Oct 19, 2:30 pm / FACE

Fri, Oct 26, 2:30 pm, FACW

### **Podiatrist - Kelly Reber**

Tue, Oct 2, 4:30 pm / FACW

Tue, Oct 2, 6 pm / FACE

### **Physical Therapist/Hypnotherapist - Don Berlyn**

Mon, Oct 22, 12 pm / FACW

Tue, Oct 23, 4:30 pm, FACE

### AED & Heartsaver CPR

**Wed, Oct 10, 6 pm / Chris Thomas**

**Tue, Oct 23, 6 pm / Kevin Wiles**

**Mon, Oct 29, 6 pm / Matt Turner**

**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](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 2018-2019 - It's That Time of Year**

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

2017 - 2018 was a record epidemic season for influenza in almost ten years. One infamous record was that deaths attributed to flu were above the epidemic threshold for sixteen consecutive weeks nationwide. Last year was also the first season ever to be classified as high severity over all age groups since the current classification system had been instituted sixteen years ago. Here is some seasonal information that you should be aware of.

Influenza is a respiratory infection that causes fever, cough, sore throat and nasal congestion. Additional symptoms include headaches, muscle aches and fatigue. As these complaints sound similar to the signs 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 evolve into 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 routine, or even resulting in death.

A severe outbreak may commonly last up to eight weeks regionally and can possibly expect to 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 recommendations from the CDC for the 2018-2019 season again include quadrivalent injectable vaccines. This year vaccines have been updated to better match the circulating viruses and should most commonly be provided as the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). The nasal spray/live flu vaccines which were not effective in seasons past have also been updated. The CDC now does recommend them as an alternative choice for most non-pregnant individuals ages 2 - 49 this year.

For those interested, the protection for this year's likely infections is recommended to include: A/Michigan/45/2015 (H1N1) pdm09-like virus; A/Singapore/INF16H/16-0019/2016A (H3N2)-like virus (changed from A/Hong Kong); B/Colorado/06/2017-like (Victoria lineage) virus (changed from B/Brisbane); B/Phuket/3073/2013-like virus (B/Yamagata lineage).

Annual flu vaccines are commonly covered by most health insurance programs at no cost to patients. These immunizations are 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. Of course, the sooner the administration, the more effective the immunization. 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!

### **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!

### **Open Mic Nite**

Watch for Fri night Open Mic Nite at FAC West the second Fri each month. We will be presenting new ideas in class formats, or introducing new instructors or promoting current class formats. Open Mic Nite is Fri, Oct 12, 5:15 pm, FAC West Diamond Room. Angie Allen will be teaching PiYo.

### **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, Oct 4 - 25, 8:30 - 9:30 am, FAC West.

### **Tour de FranCe Results**

*Overall Race Leader* - Most stages completed - **Diana Henry**

*Best Young Rider* - Highest average RPM's (127.6) - **Ilona Anderson**

*Most Aggressive Rider* - Highest average power (494.2) - **Mike Hagelberg**

*Points Leader* - Most miles completed (131) - **Rosy Steinwand**

*Best Climber* - Highest average resistance (21.5) - **Mark Arthur**

A big thank you to Melinda Morfin for running this program for the last two years!

## 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, Oct 2 - 30, 9 - 9:45 am, FAC West and Fri, Oct 5 - 26, 9 - 9:45 am, FAC East. All ability levels welcome!

### TRX Workshop

If you would like to implement TRX into your workout or need some new ideas, join Personal Trainer Robb Faus to learn a variety of exercises that will supplement your current workout or add something new. This three hour workshop will cover upper body, lower body, core and plyometric applications that will challenge any fitness level. Class space is limited. Sat, Oct 20, 9 am - noon, FAC East.

### PiYo Training

Michelle Lasiter, Arizona's PiYo LIVE Master Trainer, will be bringing a PiYo LIVE Instructor Training workshop to FAC East 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. Everyone is invited to the PiYo Master Class at 9:30 am taught by Michelle!

Contact Michelle Lasiter at 619-640-1345 to answer any questions. To register, visit the PiYo LIVE page at [www.piyolive.com](http://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 II 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 II 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](http://www.flagstaffathleticclub.com). Non-members welcome.*

## Aquatics

### Parent-Tot

Parent-Tot swim classes are an awesome tool to get you and your child comfortable in the water! This beneficial class offers tips on how to hold, what to practice and safety topics to help your child get acclimated to the water. Parents are required to get in the water with their children and are offered for children between the ages of six months and two and a half years old. Classes offered on Mondays, Oct 8 - 29, 5:30 - 6 pm, FAC East. To register or for more information, call 779-5141 or contact the Aquatic Manager.

### Independence Swim Test

Starting in Sept, completing the swim portion of your Independence Certification will be done on Thu, Oct 4, 11, 18 and 25, 5:30 pm, FAC East indoor pool. Registration is required for this portion through May 2019. Contact the Aquatics Manager for more information, registration and questions at 779-5141.

### Poolside Pound / PiYo Bash

Poolside Pound/PiYo with a Boo Brunch 'n Munch following, Sat, Oct 20, 9:30 - 11 am, FAC East Outdoor Pool.

### Lap Swim Etiquette

As we roll into Fall, the FAC West indoor pool usage will increase. If all the lanes in the pool are being used, please be reminded there is a 30 minute courtesy swim time to accommodate those waiting. The same courtesy rule applies to the outdoor pool. If you feel comfortable, please utilize circle swimming. Circle swimming is done by swimming down on the right and back on the right to ensure no collisions when lap swimming. This is how professional and recreational swim teams can get so many people in the pool at one time! Just ask, be friendly and get to know each other! Please contact the aquatics manager for more info.

## 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](http://www.flagstaffathleticclub.com).

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## Fitness . . .

- **TRX Core** - Tue, Oct 2 - 30, FAC West; Fri, Oct 5 - 26, FAC East, 9 - 9:45 am.
- **Small Group Personal Training** - Thu, Oct 4 - 25, 8:30 - 9:30 am, FAC West.
- **PiYo Master Class Training** - PiYo LIVE Instructor Training Workshop taught by trainer, Michelle Lasiter, Sat, Oct 6, 9 am - 5 pm, FAC East. Master Class for everyone at 9:30 am.
- **Open Mic Nite** - Open Mic held the 2nd Fri of each month. Fri, Oct 12, 5:15 pm, FAC West Diamond Room, PiYo with Angie Allen.
- **Nia** - Sat, Oct 13, 8:15 am, FAC West Main Group Fitness Room.
- **Poolside POUND / PiYo Bash and Boo Brunch 'n Munch** - Sat, Oct 20, 9:30 - 11 am FAC East Outdoor Pool Deck.
- **TRX Core Workshop** - Sat, Oct 20, 9 am - 12 pm, FAC East.

## Fitness . . .

- **Weight Loss is Simple** - Mon, Oct 22 or Mon, Oct 29, 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.

## Aquatics . . .

- **Group Swim Lessons** - Two sessions available in Oct. First session runs Tue/Thu, Oct 2 - 11, level one at 4 pm and level two at 4:40 pm, FAC East. Second session runs Tue/Thu, Oct 16 - 25, level one at 4 pm and level two at 4:40 pm, FAC East.
- **Private and Semi Private Swim Lessons** - Private and semi-private lessons are available year round. Sign up with one of our Red Cross Certified Water Safety Instructors by calling AIR at 779-5141 or contact the Aquatic Manager for more information.
- **Parent-Tot Swim Lessons** - Mon, Oct 8 - 29, 5:30 - 6 pm, FAC East. Pre-registration is required. Call AIR at 779-5141 or contact the Aquatics Manager.
- **Independence Swim Test** - Thu, Oct 4, 11, 18 and 25, 5:30 pm, FAC East indoor pool. Pre-registration required. Contact the aquatics manager for more information and scheduling.

## Youth Activities

- **Kids' Night Out, Fri, Oct 12** - Children ages 3 - 12 join us for a fun-filled evening while parents enjoy a night out on Fri, Oct 12, 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, Oct 10.
- **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. Oct 2, 11, 16, 25, 30 and Sat, Oct 6. 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. Oct 2, 11, 16, 25, 30 and Sat, Oct 6. Pre-registration required. Call AIR at 779-5141.

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.**

# 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> ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW	<b>2</b> *TRX CORE 9 AM / FACW *GROUP SWIM LESSONS / FACE LEVEL 1, 4 PM LEVEL 2, 4:40 PM ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW PASSPORT EXAM 5 PM / FACE FREE BODY COMPOSITION TESTING 5 PM / FAW INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE ASK THE PODIATRIST KELLY REBER 6 PM / FACE	<b>3</b>	<b>4</b> *GROUP SWIM LESSONS / FACE LEVEL 1, 4 PM LEVEL 2, 4:40 PM *INDEPENDENCE SWIM TEST 5:30 PM / FACE	<b>5</b> *TRX CORE 9 AM / FACW KIDS NIGHT OUT 5 PM / FACE	<b>6</b> PIYO TRAINING CLASS 9 AM - 5 PM- / FACE PIYO MASTER CLASS 9:30 AM / FACE PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE
<b>7</b>	<b>8</b> *PARENT-TOT SWIM LESSONS 5:30 PM / FACE	<b>9</b>	<b>10</b> *SKI & SNOWBOARD CONDITIONING 5:30 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	<b>11</b> PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>12</b> OPPEN MIC NITE PIYO 5:15 PM / FACW	<b>13</b> NIA 8:15 AM / FACW
<b>14</b>	<b>15</b>	<b>16</b> PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>17</b>	<b>18</b>	<b>19</b> ASK THE NATUROPATH EMILY DAVENPORT 2:30 PM / FACE	<b>20</b> TRX CORE WORKSHOP 9 AM / FACE POOLSIDE POUND/ PIYO BASH 9:30 AM / FACE OUTDOOR POOL
<b>21</b>	<b>22</b> WEIGHT LOSS IS SIMPLE 11 AM / FACE ASK THE HYPNOTHERAPIST DON BERLYN 12 PM / FACW	<b>23</b> ASK THE HYPNOTHERAPIST DON BERLYN 4:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	<b>24</b>	<b>25</b> PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>26</b> ASK THE NATUROPATH EMILY DAVENPORT 2:30 PM / FACW	<b>27</b>
<b>28</b>	<b>29</b> WEIGHT LOSS IS SIMPLE 11 AM / FACE HEARTSAVER - AED CPR 6 PM / FACW	<b>30</b> PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	<b>31</b>	<b>Small Group Personal Training Thu at 8:30 - 9:30 am Oct 4 - 25, FAC West</b>		