



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

NOVEMBER 2018

GREAT



Holiday Hours

— Wed, Nov 21 —
5 am - 6 pm

— Thu, Nov 22 —
CLOSED - Happy Thanksgiving!

— Fri, Nov 23 —
5 am - 6 pm

**Modified Group Fitness
Schedule & Fitness Hours**

Employee of the Month

FAC is proud to announce our most recent Employee of the Month, Barry Wilkinson! In the short time that Barry has been with our team, he has demonstrated a level of service to the club and it's members that exceeds expectations regularly.

Barry is a runner and Ironman Triathlete that supports the local running scene and has a passion for educating and helping others on their individual fitness journey. If you have not yet signed up for one of his free clinics, "Weight Loss is Simple", keep your eyes open for upcoming offerings. Or, sign up for a free Fit I appointment or equipment orientation and spend an hour learning from this talented man. Barry can be found on his regular shift every Monday at FAC East from 6 am to 1 pm.

Congratulations Barry!

Winter Break Camp

With winter break quickly approaching, it's time to think about FAC's Winter Break Camp! Your child will take part in fun activities, ranging from swimming in our warm saltwater pool, to playing in the snow! This camp is for children ages 4 - 12. Week one, Dec 26 - 28 and week two, Dec 31 - Jan 4. Drop off as early as 7:30 am and pick up as late as 5:30 pm. Campers can register for the whole week or choose the flexible options and tell FAC what days the camper will join us. Pre-registration is required by Wed, Dec 12. Registration forms available online or at either club. Call AIR for more information at 779-5141.

FI+ME+RIX through MINDBODY Heart Rate Training

The Flagstaff Athletic Club is proud to introduce Heart Rate Training classes! Starting this month, we will be offering HRT Cycling with Robb on Mon at noon. The first two classes will take place on Mon, Nov 19 and 26. We will be adding classes gradually throughout the next months and hope that everyone will find what we have found...this is a phenomenal training tool that motivates and challenges participants to reach their goals in a fun and rewarding format. The Diamond Room will feature the latest HRT technology complete with leaderboards to help you visualize your intensity level, anonymously if desired. If you are interested in taking your workouts a step further and engaging in some friendly competition, you will need an Ant + compatible heart rate monitor. Of course, you may still participate in classes without the monitor. Please do not hesitate to ask Robb Faus or Ruana Robertson more questions as we embark on the next generation of fitness at FAC!

Torpedoes Swim Team

Join us on Mondays, Nov 5 - 26, 5:15 - 6:15 pm, FAC West indoor pool for some awesome swimming! Kids between the ages of 6 and 14 can join the Torpedoes swim team if they can swim just one lap of freestyle. Kids will be taught all strokes and given plenty of time to practice. Goal setting and team building is a fundamental part of our swim team!

Please give us a call for more information or to register at 928-779-5141.

Parent-Tot Swim Class

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 before they are old enough for group swim lessons. Parents are required to get in the water with their children and are offered to children between the ages of 6 months and 2 1/2 years old. At 2 1/2 we recommend private or group lessons. For more information and to register, call 928-779-5141. Mondays, Nov 5 - 26, 5:30 pm, FAC East indoor pool.

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	No Therapist Available
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.

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. Come meet with certified 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. Monday, Nov 26, 5:30 pm, FAC West.

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, Nov 1 - 29, 8:30 - 9:30 am, FAC West.

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 participants per week. No charge for re-testing!

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, Nov 19, 4:30 pm / FACE
Mon, Nov 19, 6 pm / FACW

Naturopath - Emily Davenport

Fri, Nov 9, 2 pm / FACW
Fri, Nov 30, 2 pm, FACE

Podiatrist - Kelly Reber

Tue, Nov 13, 4:30 pm / FACW
Tue, Nov 13, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Wed, Nov 14, 1:30 pm / FACW
Thu, Nov 15, 4 pm, FACE

AED & Heartsaver CPR

Mon, Nov 5, 6 pm / Chris Thomas
Wed, Nov 7, 6 pm / Matt Turner
Tue, Nov 27, 6 pm / Kevin Wiles

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.

A Head of Trauma - TBI

Bradford Croft, DO East Flagstaff Family Medicine, LTD

Traumatic brain injury (TBI) is caused by an acute bump, blow or penetrating head injury that disrupts the normal brain function. If you ever “saw stars” as a result of head trauma, even without loss of consciousness, you may have experienced a mild concussion. The source of the experience is due to the physical bruising of the brain against the inside of the skull. Likely, you recovered without a problem.

Not every blow to the head results in TBI. Those that do may have a wide range of severity from mild, a brief change in consciousness or thought process, to severe, a prolonged period of unconsciousness or coma. The lasting effects of TBI are also quite variable, lasting from days or weeks in many cases to prolonged, causing lifelong consequences.

TBI contributes to one third of all trauma related deaths. Although three out of four TBIs are mild, there are 153 people who die every day from sustaining a severe TBI.

According to the CDC, the leading cause of TBI resulting in ED visits, hospitalization and death is from falls, accounting for almost half of all reported cases. The young, up to age 14, and the elderly, those over 65, are at greater risk than the general population, accounting for fifty-four and seventy-nine percent of all TBI cases respectively. The sources of TBI related trauma that result in death are the greatest in ages 65 and older from falls, 25 to 64 years old from intentional self-harm, 5 to 24 years old from motor vehicle accidents and 0 to 4 years old from assault.

There are four categories of concussion symptoms. “Thinking and remembering” may present as difficulty with reasoning, feeling slow mentally, difficulty concentrating and difficulty remembering new information. “Physical effects” may include fuzzy or blurry vision and headache, nausea and vomiting, sensitivity to noise and light, dizziness, balance problems and feeling tired and no energy. “Sleep patterns” may include sleeping more than usual, less than usual or difficulty falling asleep. “Emotional and mood change” may include irritability, sadness, emotional lability and nervousness or anxiety. Some symptoms may be noticed immediately, whereas other may not show up for weeks to months after the incident. If presenting symptoms are subtle, they may initially be overlooked by family, physicians and even the patient.

Those with a history of previous concussion are at greater risk to have another, and may also find it takes longer to recover with repeated incidents. With the recent attention from the NFL, it is also known that repeated brain trauma may lead to Chronic Traumatic Encephalopathy (CTE), a disease with progressive development of any of the concussion symptoms previously discussed.

Those who experience milder forms of TBI should consult their health care provider as soon as possible. It is important to get adequate rest and limit activity. Protection from additional trauma is critical. Physical activity may need to be restricted for a period of time. Medications should be reviewed, and alcohol should be avoided. Severe TBI which may include loss of consciousness should be evaluated emergently. It should also be treated after the acute phase with a formal rehabilitation program to improve the likelihood of better long term outcomes. More information is available at this link: <https://www.cdc.gov/traumaticbraininjury/index.html>.

Weight & Cardio Room Etiquette

- Closed toed shoes required in the free weight, machine weight and cardio areas.
- The dropping of weight plates, dumbbells and barbells is prohibited at all times. Olympic and powerlifting exercises are allowed only on our power racks at FAC East and only when using the proper equipment.
- Refrain from using ANY profanity in the cardio and weight rooms.
- Refrain from cell phone conversations in the cardio, weight and locker rooms. Cell phone use is permitted in the lobbies or halls and prohibited in locker rooms.
- Use disinfecting spray provided to wipe down the equipment after use.
- Limit use of cardio equipment to 30 minutes when others are waiting.
- Gym bags are not allowed on the gym floor; please leave them in locker rooms.
- Liquid chalk is the only acceptable grip aid in weight room (dry chalk prohibited).
- Children under 12 are not allowed in the weight rooms or mezzanine area.
- Children ages 8-12 allowed in cardio room with a Cardio Pass and supervision.
- Refrain from moving weight machines or stations in the weight room. Free weight benches and accessory benches are acceptable to move, but must be returned to their proper areas when you are finished.
- Children must be at least 12 years old to use the weight room with direct supervision or Independence Pass certified.

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 certified Personal Trainer Robb Faus to experience this challenging and rewarding format on Tue, Nov 6 - 27, 9 - 9:45 am, FAC West and Fri, Nov 2 - 30, 9 - 9:45 am, FAC East. No class Nov 23. All ability levels welcome!

TRX Workshop

Are you interested in implementing TRX into your workout? If you are unsure how or just need some new ideas, join certified 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 be sure to challenge any fitness level. All participants will receive a one-hour follow-up Personal Training consultation to ensure that any questions are addressed. Enrollment is limited, registration required. Sat, Nov 10, 9 am - 12 pm, FAC East.

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 Winter Session begins Tue, Jan 8 and runs through Tue, Feb 18.
- CoEd "A" League Winter Session begins Thu, Jan 10 and runs through Thu, Feb 20.

Registration for these leagues opens Mon, Dec 3 and closes Thu, Jan 3 or when full.

— SportStop Leagues —

Indoor Soccer

- CoEd 5v5 Indoor Soccer Winter Session begins Wed, Jan 9 and runs through Wed, Feb 19.

Registration opens Mon, Dec 3 at 5:30 pm at the SportStop and closes Thu, Jan 3 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

Independence Swim Test

Pre-registration is required for the Independence Swim Tests and will be held at FAC East on Thursdays, Nov 1, 8, 15, and 29, 5 pm, FAC East indoor pool.

For more information call the aquatics manager. Call 928-779-5141 to register.

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. 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! Contact the aquatics manager for more information.

Learn to Scuba Dive at FAC!

Getting scuba certified has never been so easy! Scuba classes are held one weekend a month through a local dive company, Summit Divers. Come explore and learn with us this November at FAC! If you are looking for an adventure, this is it! Did you know that 78% of the earth's surface is under water? Learn to SCUBA dive right here at FAC East! Class will be held Nov 17 and 18. Contact Summit Divers for more info and to register at 928-556-8780.

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 . . .

- **Small Group Personal Training** - Thu, Nov 1 - 29, 8:30 - 9:30 am, FAC West. No class Nov 22.
- **TRX Core** - Tue, Nov 6 - 27, FAC West; Fri, Nov 2 - 30, FAC East, 9 - 9:45 am. No class Nov 23.
- **TRX Core Workshop** - Sat, Nov 10, 9 am - 12 pm, FAC East.
- **BODYPUMP® Initial Training** - Sat/Sun, Dec 8 and 9, FAC West Main Room, 8 am - 6 pm. Register online at <https://wesmills.com/instructors/>. Deadline to register is Nov 22!
- **FITMETRIX through MIND BODY - HRT Cycling**, Mon, Nov 19 and 26, noon, FAC West Diamond Room.

Fitness . . .

- **FREE Foam Roller Clinic** - Mon, Nov 26, 5:30 pm, FAC West. Join Personal Trainer Robb Faus of this FREE clinic. Register with AIR at 779-5141. Enrollment is limited, registration required.
- **FREE Body Composition Testing** - Tue, Nov 6 - 27, 5 - 6 pm, FAC West.

Aquatics . . .

- **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.
- **Independence Swim Test** - Thu, Nov 1, 8, 15 and 29, 5 pm, FAC East indoor pool. Pre-registration required. Contact the aquatics manager for more information and scheduling.
- **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. This program is changing times from 4 pm to 5:15 pm to accommodate those who work later. Mon, Nov 5 - 26, 5:15 - 6:15 pm, FAC West indoor pool. Call 779-5141 for more information or to register.
- **Parent-Tot Swim Lessons** - Mon, Nov 5 - 26, 5:30 - 6 pm, FAC East. Pre-registration is required. Call AIR at 779-5141 or contact the Aquatics Manager.
- **Scuba at FAC** - Sat, Nov 17 and Sun, Nov 18, 9 am - 4 pm, FAC East Indoor Pool.

Youth Activities

- **Kids' Night Out, Fri, Nov 2** - Children ages 3 - 12 join us for a fun-filled evening while parents enjoy a night out on Fri, Nov 2, 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 31.
- **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. Thu, Nov 8, Tue, Nov 13, (no certification held week of Thanksgiving) Thu, Nov 29 and Sat, Nov 10. 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. Thu, Nov 8, Tue, Nov 13, (no certification held week of Thanksgiving) Thu, Nov 29 and Sat, Nov 10. Pre-registration required. Call AIR at 779-5141.

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FAC NOVEMBER CALENDAR OF ACTIVITIES

To register for a program, call AIR at 779-5141 Mon - Fri, 8 am - 4 pm or
 log on to "My Account" at www.flagstaffathleticclub.com
 *Activity continues on that day throughout the session

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 INDEPENDENCE SWIM TEST 5 PM / FACE	2 *TRX CORE 9 AM / FACW KIDS NIGHT OUT 5 PM / FACE	3
Small Group Personal Training Thu at 8:30 - 9:30 am Nov 1 - 29, FAC West						
4	5 *TORPEDOES SWIM TEAM 5:15 PM / FACW *PARENT-TOT SWIM LESSONS 5:30 PM / FACE PIYO 5:45 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	6 *TRX CORE 9 AM / FACW ZUMBA 10:15 AM / FACW FREE BODY COMPOSITION TESTING 5 PM / FACW	7 HEARTSAVER - AED CPR 6 PM / FACW	8 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE INDEPENDENCE SWIM TEST 5 PM / FACE	9 ASK THE NATUROPATH EMILY DAVENPORT 2 PM / FACW OPEN MIC NITE 5:15 PM / FACW	10 TRX WORKSHOP 9 AM - NOON / FACE PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE
11	12	13 ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE ASK THE PODIATRIST KELLY REBER 6 PM / FACE	14 ASK THE HYPNOTHERAPIST DON BERLYN 1:30 PM / FACW	15 ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACE INDEPENDENCE SWIM TEST 5 PM / FACE	16	17 SCUBA LESSONS 9 AM - 4 PM FACE
18 SCUBA LESSONS 9 AM - 4 PM FACE	19 HRT CYCLING NOON / FACW ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW	20	21 Club Hours 5 am - 6 pm TURKEY PREP 5:45 AM / FACW PRE-TURKEY BURN RIDE NOON / FACW	22 Happy Thanksgiving! Clubs Closed	23 Club Hours 5 am - 6 pm TURKEY BLASTER RPM™ 8 AM / FACE TURKEY BLASTER BODY PUMP® 9 AM / FACE	24
25	26 HRT CYCLING NOON / FACW FREE FOAM ROLLER CLINIC 5:30 PM / FACW	27 HEARTSAVER - AED CPR 6 PM / FACW	28	29 INDEPENDENCE SWIM TEST 5 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	30 ASK THE NATUROPATH EMILY DAVENPORT 2 PM / FACE	