



1200 West Route 66 • Flagstaff, AZ 86001
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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

FEBRUARY 2019

Employee of the Month

Congratulations to Vicky Rowell, our Feb Employee of the Month! Vicky has worked at FAC in the Group Fitness Department since 1999 and is Les Mills BODYCOMBAT®, BODYPUMP® and PiYo Live certified as well as nationally certified in Group Fitness through ACE.

She graduated from NAU with a Bachelor's degree in Business Management and has been the Director of Marketing and Business Development at Flagstaff Bone and Joint since 2006.

Vicky is definitely a BODYCOMBAT® superstar as the members in her classes and instructors will attest to. She is always willing to mentor other BODYCOMBAT® instructors. She is passionate about enhancing the quality of lives of the people in her classes! She is VERY energetic and definitely FUN which makes her a standout at FAC! We love how Vicky is always professional, caring and giving 100% effort to everything she does! She is definitely a deserving FAC Employee of the Month!

Lifeguarding Certification Class

Lifeguard classes are back! Getting certified as an American Red Cross lifeguard is simple; just register, pass the prerequisite swimming skills, attend all the scheduled classroom and in-water practice sessions, and pass the final exam. Lifeguard Instructor, Emily Gutaw, will work with participants as needed and make the class enjoyable for all. Want a fun summer job? Lifeguarding is perfect! The lifeguarding class is Feb 19 - 23 with dates and times as follows: Feb 19, 7 - 10 pm; Feb 20, 5 - 10 pm; Feb 21, 7 - 10 pm; Feb 22, 5 - 9 pm; Feb 23, 8 am - 5 pm. You MUST attend all classes to be certified, American Red Cross requirement.

FAC 40th Anniversary Open House Schedule Sat, Feb 9 - Free Guest Day!

West Main Group Fitness Room

8:15 am - BODYCOMBAT®
9:05 am - BODYPUMP®
10:00 am - PiYo
10:50 am - Total Body Blast

West Diamond Room

8:15 am - Cycling
9:10 am - willPower Method
10:00 am - Barre
11:00 am - RPM™

East Main Group Fitness Room

1:00 pm - Zumba
1:50 pm - Flexibility & Core
2:45 pm - Sculpt 360
3:35 pm - Yoga

East MP

1:00 pm - BODYCOMBAT®
1:55 pm - RPM™
2:50 pm - PiYo

FREE Clinics!

10:00 am - Foam Roller Clinic, FAC East
11:00 am - TRX Clinic, FAC East
11:00 am - Back Pain Clinic, FAC West
1:00 pm - Youth Athletic Performance, FAC East
2:00 pm - Body Composition Testing, FAC East

Cardio Theater Voting

During the weeks of Feb 4 - 18, 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 stations you would like in both weight rooms. The winning choices will be in effect from March through August. We will vote again in July.

We have 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 leaders 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 to watch on your mobile devices. Or...unplug and enjoy your time at FAC uninterrupted by the outside world!

The surveys are available in the Cardio Rooms or online at <https://www.surveymonkey.com/r/2MRTL5>. The link and QR code also available on our website.

Lifeguarding Review Class

If you are currently certified as an American Red Cross lifeguard, you know the certification expires after two years. Don't let your cert lapse, join Lifeguard Instructor, Emily Gutaw, for our Lifeguard review class to keep your Lifeguard cert current! Held on Feb 23, 8 am - 5 pm to give plenty of practice time, final skill evaluation and take the final exam.

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	Jill Naleski 928-266-6504
Thursday	Holly Stone 928-853-5062	Rachel Williams 616-402-1702
Friday	Janus Hudson 928-853-9039	Tasha 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.*

New Group Fitness Classes

HIIT 40, Tue, noon, with Kristen; **Pilates**, Sun, 12:30 pm, with Stephanie and Flower; **PiYo**, Thu, noon with Angie A and Cycling, Fri, 5:45 am with Scott. All these new classes held in the FAC West Diamond Room. **Yin Restorative Yoga**, Mon/Wed, 7 pm with Ann, FAC East Main Group Fitness Room.

Free Back Pain Clinic

This is a great opportunity to consult with one of our Certified Personal Trainers, Danyelle Jorgensen to assess what steps to take to aid in relief of back pain. Many times, there is an imbalance between abdominal and back strength, lack of postural muscle strength or just the need for more flexibility. Come learn from Danyelle what may be a path towards alleviation of back pain. Thu, Feb 21, 4:30 pm, FAC East.

Free Body Composition Testing

Come in Tue between 5 - 6 pm, FAC West to have your Body Composition measured by Certified Personal Trainer Cameron Bloch. Seven skinfold sites measured. You can come and retest in order to calculate fat loss. Be prepared by wearing shorts and a sports top. Registration required and limited to four per week.

Free Foam Roller Clinic

Foam rolling has been proven to improve flexibility, performance, circulation, the nervous system and aids myofascial release. 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. Sat, Feb 9, 10 am, FAC East or Mon, Feb 25, 5:30 pm, FAC West.

Do You Have a Health Care Question?

Each month **Dr. Brad Croft** (*East Flagstaff Family Medical*), **Dr. Kelly Reber** (*Northern Arizona Podiatry*), 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, Feb 4, 4:30 pm / FACE
Mon, Feb 4, 6 pm / FACW

Podiatrist - Kelly Reber

Tue, Feb 5, 4:30 pm / FACW
Tue, Feb 5, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Tue, Feb 19, 4:30 pm / FACE
Wed, Feb 20, 5 pm / FACW

AED & Heartsaver CPR

Thu, Feb 7, 6 pm / Chris Thomas
Mon, Feb 11, 6 pm / Kevin Wiles
Wed, Feb 20, 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 - 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.

Being in Control

Bradford Croft, DO East Flagstaff Family Medicine, LTD

High blood pressure (hypertension) is one of the leading contributors to death here in the United States. According to the CDC, about 75 million people, or one out of three adults have hypertension. Unfortunately, only about half of the population with hypertension have their high blood pressure under control. If your blood pressure is not controlled, you are four times more likely to die from a stroke and three times more likely to die from heart disease. In fact, 69% of people who have their first heart attack, 77% who have their first stroke and 74% with chronic heart failure all have high blood pressure. As well, hypertension is not just an "old folks" disease. An American Academy of Pediatrics study shows that up to 15% of teenagers may have either elevated blood pressures or outright hypertension.

Blood pressure measures the force of your blood inside your arteries. The top number (systolic) is the pressure when our heart contracts and the bottom number (diastolic) is the pressure when relaxed. If our systolic measures 120 and diastolic measures 80, the reading is "120 over 80", or written, 120/80 mmHg. The CDC guidelines provide "normal" blood pressure as systolic less than 120 and diastolic less than 80, "pre-hypertension" (at risk for hypertension) as systolic 120-139 and diastolic 80-89, and "high" as systolic 140 or higher and diastolic as 90 or higher.

Lifestyle choices may have significant influence on blood pressure. A diet that is too high in sodium or low in potassium may put you at risk. Sodium is the element in table salt that raises your pressure and commonly comes from processed and restaurant food. About half of individuals who limit their salt intake may see a positive response in their blood pressure. Those low in potassium intake may want to include bananas, beans, yogurt and potatoes in their daily diet. Individuals who are overweight may likely see an increase of their blood pressure as their weight goes up. Increasing physical activity has many benefits and weight loss can be one of them. However, losing weight may not guarantee lower blood pressure, as there are people who are not overweight who have hypertension. Drinking too much alcohol can raise blood pressure and the CDC recommends women to have no more than one drink per day and men no more than two. Nicotine use includes cigarette smoking, chewing tobacco and vaping, all which increase heart rate and blood pressure as well as restrict blood flow to the heart, significantly increasing cardiovascular risk.

Hypertension is known as the "silent killer", as you rarely feel the presence of high blood pressure. However, the effects of high blood pressure over time can damage circulation resulting in stroke, heart attack, heart failure and kidney failure. Controlling blood pressure may include the previously mentioned lifestyle changes such as diet modifications, increasing activity/exercise levels and not smoking as first line therapies. Many will need some medication to reach adequate levels of control.

As Feb is American Heart Month, it is a good time to see if you are at risk. A simple blood pressure check is the first step to determine your risk. Your doctor's office should readily be able to check your blood pressure on request. The health kiosks commonly seen at your pharmacy and grocery store are usually accurate for screening purposes. Most fire departments will also be happy to check your blood pressure. Even if you have a normal blood pressure with one reading, do not stop there. Blood pressure will vary throughout the day, so additional checks at different times are important for consistent accuracy of screenings. The tendency is for blood pressure to increase as we age. Ongoing regular screenings provide early detection and the opportunity for early intervention, limiting the risk of developing hypertension in the future. Do your heart a favor and check your blood pressure.

Running Strong

Running Strong is designed to set you off right and finish strong -- whatever your level, whatever your goal. You will primarily focus on full-body stability, strength training, flexibility, injury prevention and motivation to become a strong runner; all of which are crucial for beginning from the couch to 5K, going the extra mile and improving race performance. Running fundamentals will be taught by Certified Personal Trainer Chrislyn Cook throughout the six week program. Tue, Feb 19 - April 2, 6:30 am, FAC West.

Intro to TRX Core

Are you interested in implementing TRX into your workout? If you are unsure how or just 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 one 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, Feb 23, 11 am - noon, FAC East.

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Robb Faus invites you to join him on Thu, Feb 7 - 28, 8:30 - 9:30 am, FAC West 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, 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.

Fitness

Youth Athletic Performance Drop-In

FAC has two great opportunities for your youth athlete to shine! Take advantage of our drop-in at FAC East Wednesday after school at 4 pm with Certified Personal Trainer Brea Shepherd and on Friday afternoons at 4 pm with Certified Personal Trainer Cameron Bloch. 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.

Baby Belly Boot Camp

Now that you have gained a glimpse into the hope of gaining your "happy belly" back, let's put that plan into action! Meet with Certified Personal Trainer Danyelle Jorgensen two times a week for six weeks to start on your path toward recovering your healthy belly. Danyelle will coach you through the necessary steps to firm and tone your abs and core musculature and ensure that you have all the support you need. Enrollment is limited, registration is required. No class the week of Spring Break. Tue/Thu, Feb 26 - April 11, noon - 1 pm, FAC East.

Let's MOVE Contest

In the last two years you may have seen numerous yellow TechnoGym technical shirts being worn around the club. In case you missed it, we competed against clubs around the world and the USA to combat obesity. Last year was our second year participating and we are ready to go again! Out of numerous clubs nationwide, we improved to come in 34th, not bad for our team of participants, especially considering the competition from huge clubs in much larger markets.

This year we will be competing again Mar 11 - 30 and hopefully raising the bar another few notches. To participate, all you do is download the app or create a profile on the TechnoGym Treadmills, log on and accumulate MOVES, (a TechnoGym unit of effort). Fitness Professionals will be available to help you if you need assistance and hook you up with a free technical shirt. Let's get ready as Flagstaff Athletic Club takes on the World!!

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 Spring Session begins Tue, Feb 26 and runs through Tue, Apr 16.
- CoEd "A" League Spring Session begins Thu, Feb 28 and runs through Thu, Apr 18.

Registration opens Mon, Feb 4 and closes Thu, Feb 21 or when full.

— SportStop Leagues —

Indoor Soccer

- CoEd 5v5 Indoor Soccer Spring Session I begins Wed, Feb 27 and runs through Wed, Apr 17.

Registration opens Mon, Feb 4 at 5:30 pm at the SportStop and closes Thu, Feb 21 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.

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. Enrollment is limited, registration required. Thu, Feb 21, 5:30 pm, FAC East.

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. . .

- **Small Group Personal Training** - Thu, Feb 7 - 28, 8:30 - 9:30 am, FAC West.
- **New Group Fitness Classes - HIIT 40**, Tue, noon, with Kristen; **Pilates**, Sun, 12:30 pm, with Stephanie and Flower; **PiYo**, Thu, noon, with Angie A; **Cycling**, Fri, 5:45 am, with Scott, all classes at FAC West Diamond Room. **Yin Restorative Yoga**, Mon/Wed, 7 pm with Ann, FAC East Main Room.
- **Burlesque Heels with Agnes** - Fri, Feb 8, 6:45 pm (fee).
- **TRX Core** - Tue, Feb 5 - 26, FAC West; Fri, Feb 1 - 22, FAC East, 9 - 9:45 am.
- **Free Back Pain Clinic** - Thu, Feb 21, 4:30 pm, FAC East.
- **Intro to TRX** - Sat, Feb 23, 11 am - 12 pm, FAC East.

Aquatics. . .

- **Parent-Tot Swim Lessons** - Fri, Feb 8 - Mar 1, 5 pm. Join Miss Dezi 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.
- **Group Swim Lessons** - Held Mon/Wed for two weeks at 4 pm. Level 1 will run the first two weeks of the month and level two the second two weeks of the month. These classes are geared toward kids ages 3-6 years old who are beginners at swimming. Pre-registration required, contact aquatics manager for additional questions. Level 1, Mon/Wed, Feb 11 - 20, 4 pm; Level 2, Feb 25 - Mar 6, 4 pm, FAC East.
- **Lifeguard Review Class** - Feb 2, 8 am - 5 pm, FAC East.
- **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, Feb 19 - 23, 5:15 - 6:15 pm, FAC West indoor pool. Call 779-5141 for more information or to register.
- **Lifeguarding Certification Classes** Feb 19 - Feb 23; Feb 19, 7-10 pm; Feb 20, 5 - 10 pm; Feb 21, 7 - 10 pm and Feb 22, 5 - 9 pm; Feb 23, 8 am - 5 pm. Must complete online courses prior to Feb 19, attend all classes and pass final exam to be certified, American Red Cross requirement.
- **Masters** - Join US Masters Swim coaches Therese Umholtz and Liz Hobbs for a swim program to get you ready for the Masters Nationals swim meet in April! Four week sessions: Session 2: Tue, Feb 19 - Mar 12, 6 - 7:15 pm and Fri, Feb 22 - Mar 15, 6:15 - 7:30 am. Session 3: Tue, Mar 26 - Apr 16 and Fri, Mar 29 - Apr 19, 6:15 - 7:30 am. Register for mornings or evenings.

Youth Activities

- **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 5:30 - 6 pm, FAC East. Mon, Feb 4; Wed, Feb 13 and Mon, Feb 18. 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. Join an FAC professional to take 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! Feb Independence final exams are held at FAC East at 5 - 5:30 pm, Mon, Feb 4; Wed, Feb 13 and Mon, Feb 18.
- **Independence Swim Tests** - Pre-registration is required for the Independence Swim tests and will be held at FAC East. Feb 6, 13, 20 and 27, 4:30 pm, FAC East.

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FAC FEBRUARY 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 Feb 7 - 28, FAC West				1 *TRX CORE 9 AM / FACE *CYCLING 5:45 PM / FACW	2 LIFEGUARD REVIEW CLASS 8 AM / FACE
3 *PILATES 12:30 PM / FACW	4 ASK DR. CROFT 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE *TORPEDOES SWIM TEAM 5:15 PM / FACW PASSPORT EXAM 5:30 PM / FACE ASK DR. CROFT 6 PM / FACW YIN RESTORATIVE YOGA 7 PM / FACE	5 *TRX CORE 9 AM / FACW *FIT 40 NOON / FACW ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW FREE BODY COMPOSITION TESTING 5 PM / FACW ASK THE PODIATRIST KELLY REBER 6 PM / FACE	6 INDEPENDENCE SWIM TEST 4:30 PM / FACE	7 *PIYO NOON / FACW HEARTSAVER - AED CPR 6 PM / FACW	8 PARENT-TOT SWIM LESSONS 5 PM / FACE BURLESQUE HEELS 6:45 PM / FACW (FEE)	9 40TH ANNIVERSARY GROUP FITNESS CLASSES FACW: 8:15 AM - 11:30 AM FACE: 1 PM - 4:15 PM FREE FOAM ROLLER CLINIC 10 AM / FACE FREE TRX CLINIC 11 AM / FACE FREE BACK PAIN CLINIC 11 AM / FACW FREE YOUTH ATHLETIC PERFORMANCE CLINIC 1 PM / FACE BODY COMPOSITION TESTING 2 PM / FACE
10	11 GROUP SWIM LESSONS, LEVEL 1 4 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	12	13 GROUP SWIM LESSONS, LEVEL 1 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE	14	15	16
17	18 GROUP SWIM LESSONS, LEVEL 1 4 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE	19 *MASTERS SWIM 6 PM / FACE RUNNING STRONG 6:30 AM / FACW ASK DON BERLYN 4:30 PM / FACE LIFEGUARD CERT 7 - 10 PM / FACE	20 GROUP SWIM LESSONS, LEVEL 1 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE ASK DON BERLYN 5 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW LIFEGUARD CERT 5 - 10 PM / FACE	21 FREE BACK PAIN CLINIC 4:30 PM / FACE FREE FUNCTIONAL EXERCISE WORKSHOP 5:30 PM / FACE LIFEGUARD CERT 7 - 10 PM / FACE	22 ASK DON BERLYN 4:30 PM / FACE LIFEGUARD CERT 5 - 9 PM / FACE *MASTERS SWIM 6:15 PM / FACE	23 LIFEGUARD CERT 8 AM - 5 PM / FACE LIFEGUARD REVIEW CLASS 8 AM - 5 PM / FACE INTRO TO TRX 9 AM - NOON / FACE
24	25 GROUP SWIM LESSONS, LEVEL 2 4 PM / FACE FREE FOAM ROLLER CLINIC 5:30 PM / FACW	26 *BABY BELLY BOOT CAMP 4 PM / FACW	27 GROUP SWIM LESSONS, LEVEL 2 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE	28 *BABY BELLY BOOT CAMP 4 PM / FACW		