



## 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 GREAT

MAY 2019

### **Memorial Day Hours**

**Mon, May 27, 7 am - 8 pm**

**Modified Group Fitness Schedule**

### ***Employee of the Month***

FAC May Employee of the Month is Linden Whittemore! Linden is a Flagstaff native who loves the outdoors! Aside from hiking and camping, he is an avid cyclist who completed a bike tour from Canada to just across the Mexican border! He credits that ride as a life changing experience; opening his eyes to his true passion for health and fitness!

When he is not working, attending classes at NAU, playing basketball or working out, he enjoys spending time with his dog and dreaming of traveling deep into South America! While he has knocked ten countries off his bucket list, the furthest south he has reached is when he crossed into Mexico after his long ride from Canada. With his dedication and determination, we know Linden will make it to wherever he dreams possible.

Linden currently wears multiple hats at FAC. You can find this Personal Trainer in the Fitness Department, at the Service Desk, in the membership office or belaying members and guests on the rock-climbing wall at FAC East! We are so grateful to have Linden as a co-worker, team mate and inspiration! Than you for all you do!

### ***Outdoor Pool Opening***

The FAC East heated outdoor pool will open Fri, May 24! Lifeguards will be on duty Sat, May 25 through Mon, May 27, 10 am to 5 pm. Beginning Fri, May 31, lifeguards will be on duty daily from 10 am to 5 pm. The slide and mushroom are only available during lifeguard hours.

### ***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 will offer dates July 27 and September 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.

For more information on this opportunity, please contact Robb Faus, Fitness and Sports Director at 779-4593.

### ***First Responder Performance***

Whether you're a first responder or just want to train like one, this Saturday morning 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 East.

### ***Annual Summer Break Camp***

Registration is now open for Summer Camp. Campers ages 4 - 12 can look forward to days full of fun and creative activities, as well as, games and sports to develop team building and healthy, active life-styles. Campers will spend their days at FAC East participating in activities and playing games in the gym, pool, group fitness rooms, racquetball courts, batting cages and weather permitting, hiking on nearby trail systems.

Camp days begin at 9 am and end at 4 pm. Camp staff are available from 7:30 am to 5:30 pm daily at no additional cost. Pick up a registration form at any FAC kiosk or download from the FAC website. Contact AIR, 779-5141 for more info.

## Massage Schedule

	<i>FAC East</i>	<i>FAC West</i>
<b>Monday</b>	<b>Stephanie Gerst</b> 928-863-2636	<b>Holly Stone</b> 928-853-5062
<b>Tuesday</b>	<b>Rachel Williams</b> 616-402-1702	<b>Holly Stone</b> 928-853-5062
<b>Wednesday</b>	<b>Holly Stone</b> 928-853-5062	
<b>Thursday</b>	<b>Holly Stone</b> 928-853-5062	<b>Rachel Williams</b> 616-402-1702
<b>Friday</b>	<b>Janus Hudson</b> 928-853-9039	<b>Tosha Tervo</b> 928-856-0977
<b>Saturday</b>	<b>Janus Hudson</b> 928-853-9039	<b>Rachel Williams</b> 616-402-1702
<b>Sunday</b>	<b>Janus Hudson</b> 928-853-9039	<b>Krissy Marocco</b> 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.*

## Posture and Balance

Lisa Ann 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 on Wed, June 5 - July 17, noon - 1 pm, FAC East Multi Purpose Room (no class on July 3) . A natural progression of change occurs as we age, but our structure is designed to last! 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. Call 779-5141 to register or stop by any Service Desk.

## 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, May 7 - 28, 9 - 9:45 am, FAC West and 5:30 - 6:15 pm, FAC East and Fri, May 3 - 31, 9 am - 9:45 am, FAC East to experience this challenging and rewarding format. All ability levels welcome! Registration required.

## Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Robb Faus invites you to join him on Thu, May 2 - 30, 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.

## 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, 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 public service for FAC members.

## Health Care Corner

### **Family Practice - Brad Croft**

Mon, May 6, 4:30 pm / FACE  
Mon, May 6, 6 pm / FACW

### **Podiatrist - Kelly Reber**

Tue, May 7, 4:30 pm / FACW  
Tue, May 7, 6 pm / FACE

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

Mon, May 20, 5 pm / FACW  
Tue, May 21, 4:30 pm / FACE

### **Nutritionist - Edward Griffen**

Sat, May 25, 8:30 am / FACE  
Sat, May 25, 10 am / FACW

### **AED & Heartsaver CPR**

**Wed, May 1, 6 pm / Kevin Wiles**  
**Thu, May 9, 6 pm / Chris Thomas**  
**Wed, May 15, 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](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.**

## **Fitness**

### **Tough to Stomach**

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

The occasion of an "acid stomach" or "heartburn" is a common occurrence for many of us from time to time. If the incidence and intensity increase over time, however, it may evolve into a more serious and long-lasting form of reflux known as Gastroesophageal Reflux Disease (GERD). A common disease, the National Institute of Health estimates that one out of five individuals has some degree of GERD.

Anyone can develop GERD, but individuals more prone to this problem tend to be overweight or obese. It is also a common problem with women during pregnancy. Smokers and those exposed to second-hand smoke seem to have a higher incidence of reflux disease as well. There are commonly used medications that treat asthma, allergy, blood pressure, depression, insomnia and painkillers all know to contribute to GERD.

GERD arises from irritation of the esophagus (connecting mouth to stomach) when stomach acid leaks upward through the lower esophageal sphincter that normally restricts acid from washing into the esophagus. Most commonly, the complaint is that of a painful burning feeling behind the breastbone, back of the throat or middle of the abdomen. Other symptoms may include bitter taste in the back of the throat, nausea and vomiting, painful swallowing, possible breathing problems and thinning of tooth enamel.

As inflammation continues, there are complications of GERD that can develop. When the acid irritates the airway and lungs, there can be persisting cough, sore throat or hoarseness. As inflammation increases, problems such as asthma and wheezing, chest congestion or fluid in the lungs, or even pneumonia can develop. Persisting inflammation of the esophagus may lead to a condition called Barrett's esophagus. The tissues change in appearance over time, and for some individuals may lead to a rare cancer of the esophagus.

There are life-style changes that may help treat GERD. Avoiding food and beverages such as greasy or spicy foods and alcoholic drinks may help. Some other common foods that may worsen GERD include chocolate, peppermint, tomatoes or tomato products and coffee. Not overeating and not eating within a few hours before bedtime may also be beneficial. Additionally, sleeping on a mattress adjusted at a slight angle may help. This can be achieved by safely putting six-inch blocks under the bedposts at the head of the bed. Of course, weight loss and quitting smoking both may be helpful as well.

There are non-prescription medicines that are available to treat reflux. Antacids such as Maalox, Mylanta and Roloids work by buffering stomach acid. H2 Blockers such as Tagamet, Pepcid AC and Zantac reduce the amount of acid produced. Proton Pump Inhibitors (PPI's) also reduce acid production, but more effectively than H2 Blockers. Some brand names of this group include Nexium, Prilosec and Prevacid.

It is important to see your doctor if GERD symptoms do not readily resolve within a few weeks of treatment. There are several tests that may be appropriate if symptoms do not improve or return frequently. You should be seen immediately if you vomit fluids that are green or yellow, look like coffee grounds or contains blood. As well, you should be seen right away if you have problems breathing after vomiting, pain in the mouth or throat with eating, or difficulty or pain with swallowing.

## **Aquatics . . .**

### **Group Swim Lessons**

Join American Red Cross Water Safety Instructor, Emily Gutaw two days a week for two weeks to learn and grow in the pool before summer! Level one will give kids the opportunity to learn bubbles, kicking and water basics. Level two will expand on topics from level one.

Session one: Mon/Wed, May 6 - 15, level one at 4 pm and level two, 4:30 pm, FAC East. Session two: Mon/Wed, May 20 - 29, level one, 4 pm and level two, 4:30 pm, FAC East. To register, call 779-5141.

### **Parent-Tot Lessons**

Join Miss Dezi at FAC East to play and splash with your baby! Three different class times and days to choose from in May! 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. At three years old, Red Cross recommends group swim lessons. Thu, May 2 - 23, 5:30 pm; Fri, May 3 - 24, 5 pm, FAC East. We will sing songs and have fun splashing and kicking together! Call 779-5141 to register.

### **Torpedoes Swim Team**

Can you swim at least one lap of freestyle? Want to learn the rest of the competitive strokes? Try Torpedoes Swim Team! Mon, May 13 - June 3, 5:15 - 6:15 pm, FAC West. US Masters Swim Coach, Therese Umholtz will introduce all strokes and give plenty of time to practice. Call 779-5141 to register.

### **Climbing Saturdays**

Join FAC Fitness Professional, Linden Whitmore on our climbing wall on Saturdays 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.

## Fitness - FREE Clinics / Workshops

### Free Plantar Fasciitis Clinic

Did you know that most often Plantar Fasciitis doesn't start in the feet and that common foot stretching exercises can exacerbate this pain? Plantar Fasciitis is a chronic, painful foot condition that can happen to anyone, from the active runner to a worker who is on their feet all day. Come learn from Certified Personal Trainer Danyelle Jorgensen to help find relief and renewed strength for this all-to-common condition. For further information, contact Danyelle at 928-380-5037. Enrollment is limited, registration required. Wed, May 15, 4:30 pm, FAC East.

### Free Menopause Workshop

Is it time to "tune up" your workouts and nutrition for a longer, stronger, future? Menopause is a natural process that happens to everyone (yes, even men go through the process called Andropause). These are natural, hormonal processes that prepare us for another new chapter in our lives. Get ready to dive into techniques that will keep you going in all of life's adventures and activities. For further information, contact Danyelle at 928-380-5037. Wed, May 8, 4:30 pm, FAC West.

### 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 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.

### — SportStop Leagues —

#### Adult Sand Volleyball Leagues

- Men's and Women's 2's League begins Mon, May 13. League runs for 7 weeks and includes final tournament on June 24.
- CoEd 4's "B" League begins Tue, May 14. League runs for 7 weeks and includes final tournament on June 25.
- CoEd 2's "Open" League begins Wed, May 15. League runs for 7 weeks and includes final tournament on June 26.
- CoEd 4's "A" League begins Tue, May 16. League runs for 7 weeks and includes final tournament on June 27.

Registration for these leagues is open and closes Thu, May 9 or when full.

Sand Volleyball Session II begins July 8, registration opens Mon, June 1 and closes Wed, July 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](http://www.flagstaffathleticclub.com). Non-members welcome.

### Free Shoulder Impingement Clinic

Have you started to find that your shoulder "bites" just when you are about to shift into a critical move in your workout or day? When even rolling over in bed is problematic, there may be a problem...Shoulder Impingement Syndrome is a rotator-cuff condition that results from over used, over trained and strain that causes pain and movement impairments. People who perform repetitive or overhead arm movements (i.e. weight lifters, baseball pitchers, tennis players) and workers with chronic, poor posture are at the most risk for this painful condition which can lead to serious injury if left uncorrected.

Get ready to find relief and explore strategies to correct and restore your shoulder function for years to come. Join certified Personal Trainer Danyelle Jorgensen on Wed, May 22, 4:30 pm, FAC West. For further information, contact Danyelle at 928-380-5037.

### 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, May 20, 5:30 pm, FAC West.

### Morning Runners

Come join Certified Personal Trainers Chrislyn Cook and Barry Wilkinson for a morning run at FAC East. All levels welcome for this no-drop, road and trail run to start your day. Plan on an hour of moving on the road and on the trail. Meet outside the FAC East on Tue, May 7 - 28, 6:30 - 7:30 am.

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](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.

## 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 . . .

- **Pre-Cinco de Mayo PiYo/Spicy Spin** - Sat, May 4, 9:30 am, FAC East Multi-Purpose Room.
- **LesMills BODYPUMP® Form & Technique (includes modifications for beginners)** - Sat, May 4, 10:45 am, FAC West.
- **RPM™** - Sundays, 2 pm, FAC West starting May 5.
- **TRX Core** - Tue, May 7 - 28, 9 - 9:45 am, FAC West; 5:30 - 6:15 pm, FAC East and Fri, May 3 - 31, 9 - 9:45, FAC East.
- **Free Menopause Workshop** - Wed, May 8, 4:30 pm, FAC West.
- **Free Plantar Fasciitis Clinic** - Wed, May 15, 4:30 pm, FAC East.
- **RPM™/Cycling Fusion** - 90 min class, Sat, May 18, 8:15 - 9:45 am, FAC West Diamond Room.
- **Free Foam Roller Clinic** - Mon, May 20, 5:30 pm, FAC West.
- **Free Shoulder Impingement Clinic** - Wed, May 22, 4:30 pm, FAC West.
- **Aqua Master Class Party!** - Mon, May 27, 8:15 - 9:45 am, FAC East Outdoor Pool.

## Fitness . . .

- **Special Athletes Class** - Beginning Step, Sat, May 18, 12:30 pm, FAC West Main Room.

## Aquatics . . .

- **Parent -Tot Swim Lessons** - Thu, May 2 - 23, 5:30 pm; Fri, May 3 - 24, 5 pm, FAC East. 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. These classes are geared towards kids ages 3-6 years old who are beginners at swimming. Pre-registration required, contact Aquatics Manager for additional questions. Mon/Wed, May 6 - 15, level 1 at 4 pm and level 2 at 4:30 pm; Mon/Wed, May 20 - 29, level 1 at 4 pm and level 2 at 4:30 pm, FAC East.
- **Lifeguard Review Class** - May 4, 8 am - 5 pm, FAC East. Don't let your American Red Cross lifeguard certification lapse! Take the review course and participate in a skills practice, final exam and final skills exam to recertify for two more years!
- **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, May 13 - June 3, 5:15 - 6:15 pm, FAC West indoor pool. Call 779-5141 for more information or to register.

## Youth Activities

- **Climbing Saturdays** - Join FAC Fitness Professional Linden Whitmore on our climbing wall at FAC East! Held Sat, May 4 and 18, 11 am - 1 pm. Linden will be belaying kids and adults ages six and older, teaching them how to get to the top! Call 928-779-5141 to register.

## 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. Wed, May 8; Mon, May 13 and Wed, May 29. 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 at 5 - 5:30 pm, Wed, May 8; Mon, May 13 and Wed, May 29.
- **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 are held at 4:30 pm on May 8, 13 and 29. Pre-registration is required, call 779-5141 to register.
- **Tiny Tots Olympics** - Bring your tiny tots, ages 2 - 5 to participate in a series of events including sprints, jumps, obstacle courses and more on Sat, May 11, 12:15 - 1:45 pm, FAC East. All participants will get a medal and have the opportunity to show off their moves! Call 779-5141 to register.

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 MAY 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>	<b>2</b>	<b>3</b>	<b>4</b>
			*PARENT-TOT SWIM LESSONS 8 AM / FACE *YOUTH ATHLETIC PERFORMANCE DROP IN 4 PM HEARTSAVER - AED CPR 6 PM / FACW	*PARENT-TOT SWIM LESSONS 5:30 PM / FACE	*TRX CORE 9 AM / FACW *YOUTH ATHLETIC PERFORMANCE DROP IN 4 PM *PARENT-TOT SWIM LESSONS 5 PM / FACE	RPM™ "MAY THE 4TH BE WITH YOU" 8:15 AM / FACW PRE CINCO DE MAYO PIYO/SPICY SPIN 9:30 AM / FACE FIRST RESPONDER PERFORMANCE 10 AM / FACE BODYPUMP FORM & TECHNIQUE 10:45 AM / FACW FREE CLIMB 11 AM / FACE
	<b>Small Group Personal Training Thu at 8:30 - 9:30 am May 2 - 30, FAC West</b>					
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	*GROUP SWIM LESSONS LEVEL 1 4 PM / FACE LEVEL 2 4:30 PM / FACE ASK DR. CROFT 4:30 PM / FACE & 6 PM / FACW	*MORNING RUNNERS GROUP 6:30 AM / FACE *TRX CORE 9 AM / 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	*GROUP SWIM LESSONS LEVEL 1 4 PM / FACE INDEPENDENCE SWIM TEST 4:30 PM / FACE FREE MENOPAUSE WORKSHOP 4:30 PM / FACW INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE	HEARTSAVER - AED CPR 6 PM / FACW		TINY TOTS OLYMPICS 12:15 PM / FACE
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE *TORPEDOES SWIM 5:15 PM / FACE PASSPORT EXAM 5:30 PM / FACE		FREE PLANTAR FASCIITIS CLINIC 4:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW			RPM™/CYCLING FUSION 8:15 AM / FACW FREE CLIMB 11 AM / FACE SPECIALATHLETES BEGINNING STEP 12:30 PM / FACW
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	*GROUP SWIM LESSONS LEVEL 2 4 PM / FACE ASK DON BERLYN 5 PM / FACW FREE FOAM ROLLER CLINIC 5:30 PM / FACW	ASK DON BERLYN 4:30 PM / FACE	*GROUP SWIM LESSONS LEVEL 2 4 PM / FACE FREE SHOULDER IMPINGEMENT CLINIC 4:30 PM / FACW			ASK THE NUTRITIONIST ED GRIFFEN 8:30 AM / FACE & 10 AM / FACW
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	Memorial Day Hours 7 am - 8 pm  AQUA MASTER CLASS PARTY 8:15 AM / FACE OUTDOOR POOL		INDEPENDENCE SWIM TEST 4:30 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE PASSPORT EXAM 5:30 PM / FACE			