



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

MARCH 2020

Sunday Samplers 2 pm, FAC East

March 1 - CARDIO YOGA
with Angie A,
Main Group Fitness Room

March 8 - LATIN BARRE
with Ely,
Main Group Fitness Room

March 15 - PIYO
with Angie A,
Main Group Fitness Room

March 22 - STEP & JAM
with Laurie/Jules,
Main Group Fitness Room

March 29 - PEDAL/PILATES
with Rochelle,
Upstairs Cycling Room

FAC Employee of the Month

DeAnn Stottemyre is FAC's March Employee of the Month! DeAnn was born and raised in Flagstaff and graduated from Coconino High School, class of 2008. In her free time, DeAnn enjoys lots of hobbies from crafting, painting, photography to horseback riding, wood working and hunting. She has raised three beautiful, respectful children who are her entire world! Her kids are the light of her life and push her to be a better person everyday. DeAnn's biggest goal in life is to raise responsible, kind human beings and to have so many chickens that she is known as the crazy chicken lady (she loves her chickens very, very much!)

Thanks for all of your hard work DeAnn --- you rock!

Let's MOVE Contest March 16-April 4

You may have seen numerous yellow TechnoGym technical shirts being worn around the club as we competed against clubs around the world and the USA to combat obesity. Last year was our third year participating and we are ready to go again! Out of numerous clubs nationwide, we continue to climb the ladder and regularly surpass universities and bigger facilities in much larger markets. FAC knows how to bring it!

This year we will be competing March 16-April 4 and can hopefully raise the bar another few notches. To participate, download the app or create a profile on the TechnoGym Treadmills. Log on and accumulate MOVES, (a TechnoGym unit of effort). Fitness staff will be available to help you if you need assistance. Let's get ready as Flagstaff Athletic Club takes on the World!!

Fundamentals of Kettlebell Training FREE Workshop

The Kettlebell is one of the most versatile training tools ever created. It can be used to train for anything from fat loss to full-body strength to elite athletic performance, as long as you know how to use it! Join Certified Personal Trainer and Strength Coach Jeff Schmelzle on Sat, March 7, 10 - 11 am, FAC West for this FREE workshop and learn how to take advantage of the Kettlebell as your most powerful asset in any fitness program! All ability levels welcome! Enrollment is limited, registration required.

Want to 'Tri' Triathlons?

Are you doing a Triathlon this summer or interested in one? This four week program that will run April 6 - 27, 6 - 7 am, FAC West, will provide tips on improving the swim portion of the race. Focusing on stroke technique and swimming endurance to help you perform to your highest potential!

Go Kids!

Work with a fitness professional to help develop your tots hand-eye coordination and basic motor skills! The goal of this program is to teach young kids the fundamentals of the specified sport as well as motor skill development, following direction and teamwork. Have fun playing sports and working on hand-eye coordination, handling objects, kicking and catching, etc. to help dial in on these lifelong skills. Anyone ages 3 - 5 welcome to "drop-in" and play! Held on Wed, Mar 4, 11 and 25, 4 - 5 pm, FAC West Diamond Room. Call 779-5141 to register or for more info.

FAC Spring Break Camp 2020

Spring Break is fast approaching and FAC will be running our annual Spring Break Camp from Mar 16 - 20 for ages 4 - 12 at FAC East. Join our professional and CPR certified counselors for a scheduled week of crafts, swimming in our indoor pool, activities, games and so much more! Drop off as early as 7:30 am and pick up as late as 5:30 pm! Come all week or certain days. Pre-registration is required. Minimum numbers must be met in order to run camp. Registration forms are available at both clubs or forms available online at www.flagstaffathleticclub.com.

Massage Schedule

	FAC East	FAC West
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	Janet Leger 774-696-3272
Thursday	Holly Stone 928-853-5062	Rachel Williams 616-402-1702
Friday	Krissy Marocco 928-380-2011	Tosha Tervo 928-856-0977
Saturday	Janus Hudson 928-853-9039	Rachel Williams 616-402-1702
Sunday	Janus Hudson 928-853-9039	Krissy Marocco 928-380-2011

No Show Policy: Massage therapists require 24 hours notice to cancel your massage appointment. There is a \$40 fee for the first incidence and \$65 fee for a repeat occurrence. Policy enforcement is at the discretion of the therapist.

TRX Core

If you are looking for the ultimate in core strength and balance, TRX CORE is the class for you! You will work upper body, legs and core like you have never worked before while challenging your balance in multiple planes. Join FAC Fitness Professionals for this challenging and rewarding format on Mon, Mar 2 - 30, 5:30 - 6:15 pm (no class Mon, Mar 16), FAC East; Tue, Mar 3 - 31, 9 - 9:45 am, FAC West; Fri, Mar 6 - 27, 9 - 9:45 am, FAC East. All ability levels welcome! Registration required.

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainers Sydney Newham and Audrey Livingston invite you to a bomber workout utilizing TRX, medicine balls and BOSU's 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 are welcome. Enrollment is limited, registration required. Mon, Mar 2 - 30, 7:30 - 8:30 am, with Audrey, FAC West and Thu, March 5 - 26, 6 - 7 am, with Sydney, FAC West.

Youth Athletic Performance Drop-in

FAC has a great opportunity for your youth athlete to shine! Take advantage of our drop-in at FAC East Mon, Wed and Fri at 4 pm to meet with FAC Personal Trainers. No matter what sport your athlete is participating in, this program 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.

Do You Have a Health Care Question?

Each month Dr. Brad Croft (*East Flagstaff Family Medical*), Dr. Kelly Reber (*Northern Arizona Podiatry*), Dr. Edward Griffen, Nutritionist, Don Berlyn, Physical Therapist/Hypnotherapist and Dr. Erin Winter, Naturopath give an hour of their time at each club to answer your health questions. This is a free public service for FAC members.

Health Care Corner

Family Practice - Brad Croft

Mon, Mar 30, 4:30 pm / FACE

Mon, Mar 30, 6 pm / FACW

Podiatrist - Kelly Reber

Tue, Mar 3, 4:30 pm / FACW

Tue, Mar 3, 6 pm / FACE

Physical Therapist/Hypnotherapist-

Don Berlyn

Wed, Mar 11, 5 pm / FACW

Thu, Mar 12, 5 pm / FACE

Nutritionist - Edward Griffen

Tue, Mar 10, 4:30 pm / FACW

Tue, Mar 17, 4:30 pm / FACE

Naturopath - Erin Winter

Thu, Mar 5, 1:30 pm / FACE

Thu, Mar 5, 3 pm / FACW

AED & Heartsaver CPR

Wed, Mar 4, 6 pm / Chris Thomas

Tue, Mar 10, 6 pm / Matt Turner

Thu, Mar 26, 6 pm / Kevin Wiles

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; Basketball - Mon - Fri, 12 - 2 pm; Volleyball - Sun, 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.

Say Again??

Brad Croft, DO East Flagstaff Family Medicine, LTD

Have you ever experienced difficulty in hearing after a night at a concert? Have you had an exposure to a sudden loud noise that caused reduced hearing in one or both ears for any period of time or a buzzing or ringing in one or both ears? If any of those rings a bell (which you may or may not be able to hear), you may be experiencing Noise Induce Hearing Loss (NIHL). In fact, about fifteen percent of Americans between twenty and seventy may have hearing loss from exposure to noise at work or in leisure activities according to the National Institute of Deafness, <https://www.nidcd.nih.gov/>.

The damage to hearing after loud noise exposures may not be immediately apparent. Commonly, it is a subtle, progressive damage caused by repeated exposure to loud noises, many times from varying sources over years. The individual may not even be aware until family members or friends point out the concern. The repeated damage from loud noise even from short exposures over time may progress to permanent loss. It is important to wear hearing protection when you anticipate such exposures.

Excessive noise exposure in the workplace is readily recognized as a potential hazard for as many as 30 million Americans. Employers are required by law to evaluate and monitor noise exposure levels that identifies workers at risk. The threshold to provide an OSHA Hearing Conservation Program is that of 85 decibels (dB) or above average over an eight-hour day. But as damage may also occur accruing from sporadic and intermittent noise, the range of exposure must be monitored from 80 dB to 130 dB. Employers must provide hearing protection in the workplace for these individuals, the type and extent can be calculated from the average noise exposure level. Baseline and annual hearing tests must also be provided to these individuals to assure adherence to the Hearing Conservation Program, that progressive hearing loss does not occur. Prevention is paramount, as NIHL is progressive and permanent.

Although the higher pitches of hearing (frequency) are usually the first lost, it is the volume (amplitude), of sound, measured in decibels (dB), that causes damage. Examples of volumes are: whisper at three feet = 30 dB, conversation at three feet = 60 dB, vacuum cleaner at three feet = 70 dB, busy road at fifteen feet = 80 dB, diesel truck at thirty feet = 90 dB, concert three feet from a speaker = 100 dB, chainsaw at three feet = 110 dB, ambulance siren at 100 feet = 130 dB. The OSHA standard for the work environment is 85 dB averaged over 8 hours of exposure. For every three dB of volume increase, the "safe" exposure time is cut in half. At 88 dB, the limit of exposure is cut to four hours before hearing will be further damaged.

As the work environment is only responsible for about eight hours of our daily living (for most of us), consider the cumulative effect of noise exposure throughout the twenty-four-hour day. What is the "safe" level of noise exposure then? According to hyperacusisresearch.org, the only evidence-based safe noise level for hearing is a surprisingly low 70 dB when it is average over twenty-four hours. Consider personal hearing protection when working with power tools or at sporting events. You may want to turn down the volume on your headphones or ear buds. At maximum volume, you may be generating 100 dB volume, loud enough to begin causing hearing damage at only fifteen minutes of exposure per day.

Additional information on NIHL may be obtained from the Occupational Safety and Health Administration link: <https://www.osha.gov/Publications/osh3074.pdf>, or your PCP.

First Responder Performance

Whether you're a first responder or want to train like one, this Sat morning workout will give you the challenge that you need to push your limits. Prepare for a variety of drills and circuits using non-traditional resistance training and focusing on both speed and power. This is a perfect workout for those looking to train for Spartan-type races! Gloves and durable workout attire strongly recommended. Saturdays, 10 - 11 am, FAC East SportStop. Call Fitness and Sport Director Robb Faus at 779-4593 for more info. Enrollment is limited, registration required.

Aquatics. . .

Lifeguarding Certification Class

If you are 15 years old and a good swimmer, you are eligible to be trained as an American Red Cross Lifeguard! This certification is valid for 2 years upon completion and certifies you in CPR/AED/First-Aid/Lifeguarding. Must attend all scheduled class times, pass pre-requisite swim, complete 7-hour online portion before the start of the course and the final exam. Mar 25 - 28, 6 - 10 pm weeknights and Sat, 8 am - 3 pm. There will be plenty of time to practice all skills introduced and time for studying/questions on material. Pre-registration is required, call 779-5141.

Lifeguarding Review Class

If you are currently certified as an American Red Cross lifeguard and want to keep your certification, you will need to participate in a Lifeguard Review class. Held on Sat, Mar 28 OR Apr 25, 9 am - 4 pm, FAC East. You will have plenty of time to brush up on your skills and pass the tests. Pre-registration is required, call 928-779-5141.

Fitness - FREE Clinics / Workshops

Strategies for Weight Loss

Offered by Certified Personal Trainer Barry Wilkinson, a self-described former "heavyweight", who, at his heaviest weighed over 350 pounds. Barry is now half of his former self (175 pounds)! Through his own experience as well as working with clients, Barry came 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". It's not easy because to maintain a weight loss takes a lifestyle change.

Weight control is a by-product of a healthy lifestyle. Nutrition is NOT as complicated as you might think. Come and give Barry an hour of your time and let him 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 Barry on any of the following dates and times: Mon, Mar 23, 10 am, FAC East; Tue, Mar 24, 12 pm, FAC West; Tue, Mar 24, 5:30 pm, FAC West; Mon, Mar 30, 11 am, FAC East. Registration is required and limited, sign up at any service desk or call 779-5141.

Free Body Composition Testing

Would you like to know your Body Composition percentage? Come in Tue between 5 - 6 pm, FAC West to have your Body Composition measured by a Fitness Professional. You will have seven skinfold sites measured and you can retest in order to calculate fat loss to help achieve your goals. Please be prepared by wearing shorts and a sports top. Registration is required and limited to four per week. No charge for re-testing!

FAC & SportStop Leagues

For information and to register call our AIR desk at 779-5141. All FAC leagues are open to the general public. Our members enjoy a discount on league fees. Sign up for a league today.

Adult CoEd Doubles Pickleball League

- CoEd Doubles Pickleball Spring Session begins Sat, Mar 28 and runs through Sat, May 9.

This league begins at 10 am and runs until all games are completed and will be self-refed. Format is six weeks with a week seven single-elimination tournament. Each team plays two games per week. League winners and tournament winners receive a championship t-shirt.

SportStop Leagues

Adult Indoor Soccer

- CoEd 5 v 5 Indoor Soccer Spring Session II begins Wed, Apr 22 and runs through Wed, June 3.

No matches during Spring Break, Mar 16 - 20. Registration opens Mon, Apr 6 at 5:30 pm at the SportStop and closes Thu, Apr 16 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.

Fueling the Extra Mile FREE Workshop

Whether you're no newcomer to running or fresh off the couch, nutrition is a key part of training and your event. Join Personal Trainer Chrislyn Cook for a workshop to help you properly fuel your run during the training period and race day. Our bodies rely on two basic sources of fuel to various degrees: carbohydrates and fats. Both of which are always being used together, the amount of carbohydrates used relative to fat depends upon the intensity at which you are moving. So, come learn how to fuel and perform better for your next race. Enrollment is limited, registration is required. Fri, Mar 27, 12 - 1 pm, FAC West.

SMART Goals FREE Workshop

Turning Dreams into Accomplishments - It takes a plan to get from point 'A' to point 'B'. The conscious mind can only concentrate on one thing at a time and is easily distracted. The way to success is creating a specific plan with a deadline. Learn to make a SMART goal during the Physical Therapist /; Hypnotherapist Is In. Bring a goal or an idea to Don Berlyn between 5:15 and 5:45 pm on Mar 11 at FAC West or Mar 12 at FAC East. The best goals are at least months from completion.

For more information, contact Don Berlyn PT, Clinical Hypnotherapist at 928-699-8263 or flaghypno@gmail.com.

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 . . .

- **Sunday Sampler: Cardio Yoga** - Sun, Mar 1, 2 pm, FAC East with Angie A.
- **NEW- Sunset Yoga** - Begins Sun, Mar 1, 6:15 pm, FAC West with Ken Ravenstar.
- **TRX Core** - Mon, Mar 2 - 30, 5:30 - 6:15 pm, FAC East; Tue, Mar 3 - 31, 9 - 9:45 am, FAC West; Fri, Mar 6 - 27, 9 - 9:45 am, FAC East.
- **Small Group Personal Training** - Mon, Mar 2 - 30, 7:30 - 8:30 am, FAC West and Thu, Mar 5 - 26, 6 - 7 am, FAC West (no class Thu, Mar 19).
- **NEW - Cycling Class** - Fri, Mar 6 - 27, 5:45 am, FAC West with Stephanie.
- **NEW - Cycling Class** - Begins Fri, Mar 6, 12 pm, FAC East with Tabitha and Greta.
- **NEW - BODYPUMP** - Begins Sat, Mar 7, 10:45 am, FAC West with Vicky.
- **Sunday Sampler: Latin Barre** - Sun, Mar 8, 2 pm, FAC East with Ely.
- **Sunday Sampler: PIYO** - Sun, Mar 15, 2 pm, FAC East with Angie A.

- **Strategies for Weight Loss** - Mon, Mar 23, 10 am, FAC East; Tue, Mar 24, noon, FAC West; Tue, Mar 24, 5:30 pm, FAC West and Mon, Mar 30, 11 am, FAC East.
- **Sunday Sampler: STEP & Jam** - Sun, Mar 22, 2 pm, FAC East Main Group Fitness Room with Laurie and Jules.
- **Special Athletes, STEP** - Sat, Mar 28, 12:30 pm, FAC West with Laurie.
- **Sunday Sampler: Pedal/Pilates** - Sun, Mar 29, 2 pm, FAC East Upstairs Cycling Room with Rochelle.
- **Ballroom Dance, Cha-cha-cha and American Tango** - Mon, Mar 30 - May 18, 7 pm, FAC West Diamond Room.

Aquatics . . .

- **4 Week Stroke Clinic** - Tue, Mar 3 - 31, 5 - 5:45 pm (no class Mar 17), FAC West.
- **Swiminar** - Mon, Mar 9, 6 - 7 pm, FAC West. This program is designed to provide info on important swim aspects. Swiminars will be held in the pool and the classroom. Meet with Liz Hobbs to improve freestyle strokes in the pool! Liz will dive into topics designed to improve your overall stroke and swims.
- **Lifeguard Certification Class** - Mar 25 - 28 and Apr 22 - 25, 6 - 10 pm weeknights and 8 am - 3 pm, Sat, FAC East.
- **Lifeguard Review Class** - Sat, Mar 28 and Sat, Apr 25, 9 am - 4 pm, FAC East.

Youth Activities

- **Parent-Tot Swim Lessons** - Mon, Mar 2 - 30, 5 pm (no class Mar 16), FAC East. Requires parent and child to get in the pool together to learn the basics of water play and water safety. Ages 6 months to 2 1/2 years old. Call 928-779-5141 to register.

Youth Activities

- **Go Kids!** - Wed, Mar 4 - 25, 4 - 5 pm, FAC West (no class during Spring Break).
- **Independence Swim Tests** - Meet with aquatics manager on Sat, Mar 7; Tue, Mar 10; Thu, Mar 19 or Tue Mar 24 at 4 pm to complete this portion of your Independence Certification. This portion must be completed before registering for final exam. First step into completing you Independence Certification is to pick up a packet from the info kiosks at either FAC location. Register by calling 779-5141, pre-registration is required.
- **Independence Final Exam** - After you have completed the swim test and both appointments with a fitness professional, you can register for the final exam. Sat, Mar 7; Tue, Mar 10; Thu, Mar 19 or Tue Mar 24 at 4:30 pm. Pre-registration is required for this exam portion of the certification, call 779-5141.
- **Kids' Passport** - If you are between 6 - 11 years old, you can get a pass to play racquetball and basketball by yourself! Pick up and complete a Kids Passport packet and then register for this final exam. Sat, Mar 7; Tue, Mar 10; Thu, Mar 19 or Tue Mar 24 at 5 pm. Pre-registration is required for all exams, 779-5141.
- **Torpedoes Swim Team** - Interested in swimming? Can you swim one lap of freestyle? You can join the Torpedoes swim team development team! This program is designed for 6 - 14 year olds to improve their strokes and overall physical fitness in the pool. All strokes, starts and turns will be taught and participants will have plenty of time to practice. Mon, Mar 9 - Apr 6, 5:30 - 6:30 pm (no class Mar 16), FAC West. Program runs for 4 weeks and pre-registration is required, 928-779-5141.

To register for a program, call AIR at 779-5141, Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com. **FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM THU BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.**

FAC MARCH 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 SUNDAY SAMPLER: CARDIO YOGA 2 PM / FACE NEW SUNSET YOGA 6:50 PM / FACW	2 *YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE *PARENT/TOT 5 PM / FACE *TRX CORE 5:30 PM / FACE	3 *TRX CORE 9 AM / FACW ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW *STROKE CLINIC 5 PM / FACW KELLY REBER 6 PM / FACE	4 *GO KIDS! 4 PM / FACW *YOUTH ATHLETIC PERFORMANCE 4 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	5 ASK THE NATUROPATH ERIN WINTER 1:30 PM / FACE AND 3 PM / FACW	6 CYCLING CLASS 5:45 AM / FACW *TRX CORE 9 AM / FACE NEW CYCLING CLASS NOON / FACE *YOUTH ATHLETIC PERFORMANCE DROP-IN 4 PM / FACE	7 FIRST RESPONDER 10 AM / FACE KETTLEBELL TRAINING WORKSHOP 10 AM / FACW NEW BODYPUMP CLASS 10:45 AM / FACW INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE PASS FINAL EXAM 4:30 PM / FACE KIDS PASSPORT FINAL EXAM 5 PM / FACE
8 SUNDAY SAMPLER: LATIN BARRE 2 PM / FACE	9 SWIMINAR 6 PM / FACW	10 INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE PASS FINAL EXAM 4:30 PM / FACE EDWARD GRIFFEN 4:30 PM / FACW KIDS PASSPORT FINAL EXAM 5 PM / FACE *FREE BODY COMPOSITION TEST 5 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	11 ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 5 PM / FACW	12 ASK DON BERLYN PHYSICAL THERAPIST/ HYPNOTHERAPIST 5 PM / FACE	13	14
15 SUNDAY SAMPLER: PIYO 2 PM / FACE	16	17 ASK THE NUTRITIONIST EDWARD GRIFFEN 4:30 PM / FACE	18	19 INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE PASS FINAL EXAM 4:30 PM / FACE KIDS PASSPORT FINAL EXAM 5 PM / FACE	20	21
SPRING BREAK CAMP						
22 SUNDAY SAMPLER: STEP & JAM 2 PM / FACE	23 STRATEGIES FOR WEIGHT LOSS 10 AM / FACE	24 STRATEGIES FOR WEIGHT LOSS NOON / FACW INDEPENDENCE PASS SWIM TEST 4 PM / FACE INDEPENDENCE PASS FINAL EXAM 4:30 PM / FACE KIDS PASSPORT FINAL EXAM 5 PM / FACE STRATEGIES FOR WEIGHT LOSS 5:30 PM / FACW	25 LIFEGUARD CERTIFICATION CLASS 6 - 10 PM / FACE	26 LIFEGUARD CERTIFICATION CLASS 6 - 10 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	27 LIFEGUARD CERTIFICATION CLASS 6 - 10 PM / FACE FUELING THE EXTRA MILE FREE WORKSHOP NOON / FACW	28 LIFEGUARD CERTIFICATION CLASS 8 AM - 3 PM / FACE LIFEGUARD REVIEW CLASS 9 AM - 4 PM / FACE SPECIALATHLETES STEP 12:30 PM / FACW
LIFEGUARD TRAINING CLASS						
29 SUNDAY SAMPLER: PEDAL/PILATES 2 PM / FACE	30 STRATEGIES FOR WEIGHT LOSS 11 AM / FACE ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW BALLROOM DANCING 7 PM / FACW	31	Small Group Personal Training Mon, 7:30 - 8:30 am; Thu, 6 - 7 am Mar 2 - 30, FAC West Modified Fitness Schedule for Spring Break March 14 - 22			