



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

FEBRUARY 2017

## Cardio Theater Voting

Get ready to cast your ballot for TV stations and music choices in the cardio and weight rooms! Starting Feb 6 and running through Feb 20, members will find two ballot boxes at each club, one in the weight room and the other in the cardio room for you to cast your vote for your viewing and listening options. Please take a moment and let us know your preferences! This vote will set the stations for the next six months (Mar - Aug). Call Fitness and Sports Director, Robb Faus with any questions, 779-4593.

## Employee of the Month

Congratulations to Kyle Brobst, Employee of the Month for Feb 2017!! Kyle has been working at FAC for just over three months, but has consistently shown his aptitude for excellent customer service while working at the desk. Kyle moved from rural Pennsylvania to Flagstaff six months ago after working as a distribution manager for a large company back east. Kyle graduated from Penn State with a B.S. in Biology with an option in Genetics and Developmental Biology. He loves spending time with his Mastiff and is a huge Steelers fan. Please congratulate Kyle on a job well done when you see him!

## Valentine's Day Kids' Night Out

Parents can enjoy a romantic afternoon and evening out while your children ages 3 - 12 join us for a fun night at FAC on Fri, Feb 10, 5 - 9 pm, FAC East. There will be plenty of fun games and activities, arts and crafts, pizza, swimming, bounce house and more!! Pre-registration is required. Register with AIR by 4 pm Wed, Feb 8.

## FAC 38th Anniversary Open House Schedule Sat, Feb 25 - Free Guest Day!

### FAC West

- 8:00 am - First Annual Indoor Triathlon - First Wave (pre-registration required)
- 10:00 am - TRX Demo with Robb Faus
- 10:00 am - 1:00 pm - Body Composition Measurements with Stephen Darling
- 12:00 pm - TRX Demo with Robb Faus

### FAC East

- 9:30 am - Zumba Step
- 10:00 am - Zumba Party!
- 10:00 am - Synrgy Demo with Jenny Knox
- 10:00 am - 1:00 pm - Body Composition Measurements with Austin Lane
- 11:00 am - Zumba Kids
- 12:00 pm - Open Climb with Dustin Lord
- 12:00 pm - Synrgy Demo with Jenny Knox
- 1:00 pm - Kids Obstacle Course
- 2:00 pm - Kids Craft Time

## FAC Triathlon

Start off the New Year right by participating in FAC's first annual indoor triathlon on Feb 25 at FAC West! This triathlon will be in reverse format starting with our new Technogym treadmills for a two mile run, followed by a seven mile ride on our recently added Schwinn bikes and finish off with a serpentine 100 yard swim in our heated indoor pool. First wave starts at 8 am. Space is limited. Register early!

## WOW (Women on Weights)

Going somewhere warm and tropical for Spring Break? Want to look your best in your swimsuit? Join Exercise Physiologist and FAC Group Fitness instructor, Julie Salmon, for an amazing four weeks that will include discussion, support, lifestyle changes, basic nutritional guidelines and WORKOUTS. Warning: this could have side effects of weight loss, a positive self-image, becoming a gym rat, increased confidence and a healthier life style for you and your family!

Program begins Feb 13 to Mar 8, 8 am, FAC East Multipurpose Room. Register at any service desk or call 779-5141.

## Spring Break Camp 2017

Spring Break is fast approaching and FAC will be running its' annual Spring Break Camp from Mar 13 -17 for ages 4 - 12. 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 available at both clubs or online at [www.flagstaffathleticclub.com](http://www.flagstaffathleticclub.com).

## Massage Schedule

	<i>FAC East</i>	<i>FAC West</i>
<b>Monday</b>	<b>Stephanie Gerst</b> 863-2636	<b>Holly Stone</b> 853-5062
<b>Tuesday</b>	<b>Rachel Williams</b> 616-402-1702	<b>Holly Stone</b> 853-5062
<b>Wednesday</b>	<b>Holly Stone</b> 853-5062	<b>Jill Naleski</b> 266-6504
<b>Thursday</b>	<b>Holly Stone</b> 853-5062	<i>No therapist available</i>
<b>Friday</b>	<b>Janus Hudson</b> 853-9039	<b>Rachel Williams</b> 616-402-1702
<b>Saturday</b>	<b>Janus Hudson</b> 853-9039	<b>Rachel Williams</b> 616-402-1702
<b>Sunday</b>	<b>Janus Hudson</b> 853-9039	<b>Krissy Marocco</b> 380-2011

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

### Jazz Dance

Adults will enjoy learning and practicing jazz dance technique while also increasing strength and flexibility Mon at 7 pm, FAC West Main Group Fitness Room starting Feb 6. Improve grace, posture, carriage, coordination and have fun all at the same time! This is a traditional jazz dance class. This class is for you even if you are new to dance. Wear comfortable fitness clothes; jazz dance or ballet shoes ideal but if not, bare feet or socks. Contact Flower Darby at 607-1471 or [flowerdarby@gmail.com](mailto:flowerdarby@gmail.com). Register at any service desk or call 779-5141.

### Serious Cycling

Join Robb Faus starting Wed, Feb 1, 5:30 - 7 pm, FAC East multi-purpose room for a great ride and increased training and foundational knowledge about cycling. This class will keep you fit (or get you fit) for spring outdoor cycling. Class size is limited, so register early! Call 779-5141 or stop by any service desk at either club.

### FAC Mountain Man Super Sprint TRI & DU

This is a great family friendly event which includes an outdoor swim, kids and adult super sprint triathlon, and a dirt sprint duathlon. The running and biking are on scenic trails. If you are looking to participate in our first triathlon, want to throw something new into your racing schedule or just looking for some good old fashioned fun, then FAC East is the place to be on June 18. It would be a perfect father-son challenge for Father's Day! The triathlon is completed in reverse order (run, mountain bike, swim). All members receive a 10% discount. Use ACTIVE registration discount code: FACTRIDU. For more info, contact Ken Kotalik at 607-7034. To register: [www.flagstaffathleticclub.com/triathlon](http://www.flagstaffathleticclub.com/triathlon) or ACTIVE.com.

## Do You Have a Health Care Question?

Each month Dr. Brad Croft (*East Flagstaff Family Medical*), Dr. Kelly Reber (*Northern Arizona Podiatry*), Drs. Emily Davenport and Erin Victor (*Flagstaff Clinic of Naturopathic Medicine*), Gayle Baingo (*EmPower Health by Nutrition*) and Don Berlyn, PT, Hypnotherapist give an hour of their time at each club to answer your questions about your health. This is a free public service for the members of FAC.

### Health Care Corner

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

Mon, Feb 27, 4:30 pm / FACE

Mon, Feb 27, 6 pm / FACW

#### **Naturopath - Erin Victor**

Mon, Feb 13, 8 am / FACW

Mon, Feb 27, 8:30 am / FACE

#### **Featuring Vitamin B12 Shots!**

#### **Podiatrist - Kelly Reber**

Wed, Feb 8, 4:30 pm / FACW

Wed, Feb 8, 6 pm / FACE

#### **Registered Dietician - Gayle Baingo**

Mon, Feb 6, 12 pm / FACW

Mon, Feb 6, 1:30 pm / FACE

#### **Physical Therapist/Hypnotherapist -**

#### **Don Berlyn**

Wed, Feb 8, 5 pm / FACW

Thu, Feb 9, 4 pm / FACE

#### **AED & Heartsaver CPR**

Tue, Feb 7, 6 pm / Chris Thomas

Wed, Feb 15, 6 pm / Kevin Wiles

Tue, Feb 28, 6 pm / Matt Turner

All CPR Classes FAC West

### 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/Fri, 8:30 - 10 am; Basketball - Mon - Fri, 12 - 2 pm; Volleyball - Sat, 1 - 3 pm; Badminton - Sat, 5 - 7 pm.**

For info, contact Robb Faus at [rfaus@flagstaffathleticclub.com](mailto:rfaus@flagstaffathleticclub.com).

**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

### **Free Corrective Exercises Clinic**

One of FAC's Personal Trainers, Rebekah Hensley, has developed a series of free clinics to discuss various corrective exercise techniques. With many years of study and practical experience, you will find Rebekah a valuable resource for any of your questions. Presented monthly, you can meet with Rebekah at the east side facility and learn about techniques to aid in recovery or strengthen a problem area. For more info contact Rebekah Hensley at 637-3440.

### **Make Your Goals!**

Join Personal Trainer Stephen Darling for this amazing training opportunity at FAC designed to keep you accountable! This three month program from Mar 1 through June 1 is tailor made to help you minimize the holiday gains that we can all experience each year and help you meet your goals in the New Year.

Included in this package you will receive three months of coaching which includes weekly exercise programs, two personal training sessions to dial in your form, up to 13 Synrgy classes and four body composition measurements (one at the beginning and three more to track your progress throughout the program).

For more info, contact Certified Personal Trainer Stephen Darling at 928-503-7498 or see him at FAC East Mondays, 4 - 8 pm or FAC West Wed, noon - 7 pm.

### **Principals of Periodization**

#### **AJ Zagarella, CPT**

Periodization is widely talked about and is seen in many successful training programs. To periodize training means to break apart your training into discreet time periods or cycles. Macrocycles are long periods of time typically between six months and a year. You should have in mind a broad goal that encompasses all of the workouts you do. If beginning to train for an upcoming sports season, this cycle will include everything from preseason workouts through the final game.

A mesocycle tends to last about a month but can be as short as two weeks and as long as a few months. Mesocycles are training periods that make up macrocycles. If our long term goal is to get toned, but you normally live a sedentary lifestyle, a mesocycle could be something like increasing metabolism by slowly beginning an aerobic routine. These periods can blend together, but should begin to be increasingly specific and all be geared towards accomplishing the goals in your macrocycle period.

Lastly, microcycles are described as a single cycle in intensity and are typically thought of as a week because after a cycle of high intensity, you need a cycle of low intensity. Certain muscles can require more rest than others; microcycles can last from five days to as long as three weeks! If you miss a day of training that you had scheduled, deviate from the normal schedule and train the next day. This one day deviation is also a microcycle.

Several important laws make periodization such a key aspect for a successful program. These are the law of individual differences, the law of overcompensation and overload, the SAID principle and the GAS principle. Respectively the laws state, not everyone can train the exact same, training intensity must increase over time, the body will adapt to stresses it receives, and periods of high intensity must be followed by periods of low intensity. When we look at these laws altogether, it is clear why periodization is important. Periodization is beneficial for everyone and must be incorporated in every program.

Contact any Personal Trainer or Robb Faus at 779-4593.

### **Torpedoes Youth Swim Team**

Torpedoes Youth Swim Team will be held on Tue/Thu, 5 - 6 pm, FAC West pool starting Feb 7. Register at any service desk or call 779-5141. Coaches will focus on four competitive strokes: Butterfly, Backstroke, Breaststroke and Freestyle. If you can efficiently swim one lap of the pool (50 yards), and are between the ages of 6 - 14, then we are looking for you! Call Nate Pallat with any questions at 779-4593 or register at any service desk or call 779-5141.

### **Kids' Club Reminder**

Staying healthy through the winter months can be difficult, especially for kids. Washing your child's hands (or using a squirt of sanitizer) upon entering and when leaving the Kids' Club may help. Please assist our staff by not bringing in children if you have any doubt as to whether they may be contagious. Refer to our sick policy guidelines if you have any questions.

### **Open Climb**

Join Dustin Lord, FAC's certified climb instructor on the last Sat of every month from 12 - 1 pm, FAC East to climb the wall. Registration is required and free to all members. To register, call 779-5141 by 4 pm Wed, Feb 22. Pre-registration is required. Feb Open Climb is Sat, Feb 25. For climbing wall certification, contact Michelle Johnson at 779-4593.

### **Tanning Discount**

Give your sweetheart the gift of a golden tan this Valentine's Day and treat yourself to one too! Buy one tanning package of 5 or more at regular price and get 25% off an additional tanning package of 5 or more. Look incredible, feel incredible and get an incredible deal!

## Fitness

### TRX CORE

If you're 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, Feb 7 - 28, 9 - 9:45 am, FAC West and Fri, Feb 3 - 24, 9 - 9:45 am, FAC East to experience this challenging and rewarding format.

### Zumba® for Kids

Join Luis Melo for a fun Zumba® workout for kids (parents are welcome) every Mon, 4 pm, FAC East Multipurpose Room, starting Feb 6. There's no registration just show up, have fun and workout! Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. It helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

### Group Fitness Happy Hour

There is a different and fun workout every Fri at 5:15 pm at FAC East Main Group Fitness Room. Join Rochelle Bronson for a variety of formats.

## 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

All volleyball leagues are six week leagues and a mini tournament.

- CoED 'B' League winter session II begins Tue, Feb 21 - Apr 11.
- CoED 'A' League winter session II begins Thu, Feb 23 - Apr 13.

Registration for session III leagues opens Mon, Mar 27, 8 am and closes Thu, Apr 13 or when full.

#### Adult Racquetball Leagues

- All level combo league winter session II begins Thu, Feb 23 - Apr 13. Registration for this league closes Thu, Feb 16 or when full.
- Session III begins Thu, Apr 20. Registration opens Mon, Mar 27.

#### SportStop Leagues

- *Indoor Soccer:* Spring session begins Wed, Apr 19 and runs through May 31.

Registration for this league opens Mon, Mar 27, 5:30 pm at the SportStop and closes Apr 13 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.

### Synrgy 360 - Winter Promotion!!

Synrgy 360 represents the evolution of small group personal training. With workouts designed and monitored by FAC's Certified Personal Trainers, this circuit training format will be a challenge for every population at any fitness level. Whether you are just getting back into working out or a seasoned athlete looking for a creative and challenging cross-training workout, Synrgy 360 is adaptable to fit your needs. Call Fitness and Sports Director, Robb Faus with questions.

- **The workouts are flexible!** Our Personal Trainers are experienced in adapting to any fitness level while keeping you engaged, motivated and on your path to meet your goals.
- **It is cost effective!** While some may need one-on-one training to reach their goals, Synrgy 360 allows for the participant to purchase an all-inclusive training package that lasts for a specific duration, effectively reducing the cost per session.
- **Come as often as you like!** Our schedule allows for a wide variety of opportunities throughout each month. Classes are available Mon - Thu at 6 am, noon, 3:45 pm and Fri at 6 am and noon.
- **Workout with a friend!** Partner training is a great way to achieve your goals through mutual accountability. Of course, you may very well meet new friends if you choose to go it alone.

To register, call 779-5141 or stop by the service desk.

#### Daily Rate

**\$10/member or \$20/non-member**

#### Weekly Rate

**\$25/member or \$50/non-member**

#### Monthly Rate

**\$75/member \$105/non-member**

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.

## 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).

**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 . . .

- **Synrgy 360 Small Group Personal Training** - Mon - Thu, 6 am, noon and 3:45 pm; Fri, 6 am and noon.
- **Serious Cycling** - Wed, Feb 1, 5:30 - 7 pm, FAC East Multipurpose Room.
- **Gymnastics Strength Training** - Mon/Wed, starting Feb 1, 5:45 pm, Main Group Fitness Room and Tue/Thu, starting Feb 2, 5:45 pm, Multipurpose Room, FAC East. AIR registration at 779-5141.
- **TRX Core** - Tue, Feb 7 - 28, FAC West and Fri, Feb 3 - 24, FAC East, 9 - 9:45 am.
- **Mindful Yoga** - Tue, starting Feb 7, 6 am, FAC West Diamond Room.
- **Women on Weights** - Mon/Wed, Feb 13 to Mar 8, 8 am, FAC East Multipurpose Room. Register with AIR.
- **Athletic Flow Yoga** - New class added to schedule every Wed and Fri, 10:15 am, FAC West Diamond Room.
- **Jazz Dance** - Mon, starting Feb 6, 7 pm, FAC West main Group Fitness Room.

- **willPower & grace®** - New class added to schedule Tue, Feb 7, 4:30 pm, FAC East Multipurpose Room.
- **FAC Triathlon** - FAC's first annual indoor triathlon, Feb 25, FAC West. First wave starts at 8 am. Format: run, bike, swim.

## Aquatics . . .

- **Private and Semi Private Swim Lessons** - Lessons for all swimming levels are available from our Red Cross certified swimming instructors year round! For info or to register, call Nate at 440-5245, ext 4.
- **Torpedoes Youth Swim Team** - Tue/Thu, 5 - 6 pm, FAC West indoor pool starting Feb 7. Coaches will focus on four competitive strokes: Butterfly, Backstroke, Breaststroke and Freestyle. If you are between the ages of 6 - 14 and can swim one lap of the pool (50 yards) we are looking for you! Register at 779-5141.
- **Independence Swim Test** - You may now register for independence swim tests! Swim tests will be conducted every Tue, 4 - 5 pm and Mon, Feb 27, FAC East. Register by calling 779-5141 or at any service desk to secure a spot!
- **Supervised Swim** - Check your kids in with our certified lifeguards every Tue night, 5:30 - 7:30 pm, FAC East! Parents will be able to use the club for up to two hours while their kids swim in our heated indoor pool. Kids will need to be able to swim the length of the pool to qualify. Please stop by the front desk or call 779-5141 to register.

## Youth Activities

- **Zumba® Kids** - Mon, 4 pm, FAC East Multipurpose Room starting Feb 6.

- **Valentines Day Kids' Night Out, Feb 10** - Parents can enjoy an afternoon and evening out while your children ages 3 - 12 join us on Fri, Feb 10, 5 - 9 pm, FAC East. There will be plenty of fun games and activities, arts and crafts, pizza, swimming, bounce house and more!! Pre-registration is required. Register with AIR at 779-4593 by 4 pm Wed, Feb 8.

- **Kids' Passport Exam** - The Kids Passport certification is held every 2nd and 4th Thu, 5 - 5:30 pm and one Sat a month from 10 - 10:30 am. Certification gives 6 - 11 year old FAC members the privilege of using FAC racquetball and basketball courts without direct adult supervision. In order to receive their certification, children must pass both a written and oral exam. Information and certification packets are available at each desk and the Kids' Club. Packet must be completed before scheduling an appointment. Feb dates are Thu, Feb 9 and 23; Sat, Feb 4. Pre-registration is required. To register call 779-4593.

- **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 Personal Trainer at FAC East, register for the swim portion, complete an appointment with a Personal Trainer at FAC West and then register for this portion, which is the final exam. The packet must be completed with all appropriate signatures. These certifications are held every 1st and 3rd Tue, 5 - 5:30 pm, FAC East and one Sat a month from 10:30 - 11 am. Feb dates are Feb 7 and 21; Sat, Feb 4.

- **Open Climb, Feb 25** - Join Dustin Lord on Sat, Feb 25, noon - 1 pm, FAC East. Free to members ages 6 and up. Pre-registration is required.

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 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](http://www.flagstaffathleticclub.com)  
 \*Activity continues on that day throughout the session

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>1</b></p> <p>*SERIOUS CYCLING 5:30 PM / FACE *GYMNASTICS STRENGTH TRAINING 5:45 PM / FACE</p>	<p><b>2</b></p> <p>*GYMNASTICS STRENGTH TRAINING 5:45 PM / FACE</p>	<p><b>3</b></p> <p>*TRX CORE 9 AM / FACW</p>	<p><b>4</b></p> <p>KIDS' PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE</p>
<p><b>5</b></p>	<p><b>6</b></p> <p>ASK THE NUTRITIONIST GAYLE BAINGO 12 PM / FACW AND 1:30 PM / FACE *ZUMBA KIDS 4 PM / FACE *POWER KIDS 5:30 PM / FACE *GYMNASTICS STRENGTH TRAINING 5:45 PM / FACE *JAZZ DANCE 7 PM / FACW</p>	<p><b>7</b></p> <p>*MINDFUL YOGA 6 AM / FACW *TRX CORE 9 AM / FACW *WILLPOWER &amp; GRACE 4:30 PM / FACE *TORPEDOES YOUTH SWIM TEAM 5 PM / FACW INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE *GYMNASTICS STRENGTH TRAINING 5:45 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW</p>	<p><b>8</b></p> <p>*ATHLETIC FLOW YOGA 10:15 AM / FACW ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW 6 PM / FACE ASK THE HYPNOTHERAPIST DR. BERLYN 5 PM / FACW</p>	<p><b>9</b></p> <p>KIDS' PASSPORT EXAM 5 PM / FACE ASK THE HYPNOTHERAPIST DR. BERLYN 4 PM / FACE *TORPEDOES YOUTH SWIM TEAM 5 PM / FACW</p>	<p><b>10</b></p> <p>VALENTINES DAY KIDS' NIGHT OUT 5 PM / FACE</p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b></p> <p>*WOW 8 AM FACE ASK THE NATUROPATH ERIN VICTOR 8 AM / FACW</p>	<p><b>14</b></p>	<p><b>15</b></p> <p>HEARTSAVER - AED CPR 6 PM / FACW</p>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p> <p>INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE</p>	<p><b>22</b></p>	<p><b>23</b></p> <p>KIDS' PASSPORT EXAM 5 PM / FACE</p>	<p><b>24</b></p>	<p><b>25</b></p> <p><b>FAC HAPPY ANNIVERSARY FREE GUEST DAY</b></p> <p>FAC INDOOR TRIATHLON FIRST WAVE 8 AM / FACW OPEN CLIMB 12 PM / FACE</p>
<p><b>26</b></p>	<p><b>27</b></p> <p>ASK THE NATUROPATH ERIN VICTOR 8:30 AM / FACE ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW</p>	<p><b>28</b></p> <p>HEARTSAVER - AED CPR 6 PM / FACW</p>	<p><b>Synergy Small Group Personal Training</b>  <b>Mon - Thu, 6 am, Noon and 3:45 pm</b>  <b>Fri, 6 am and Noon</b></p>			