



## 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

## FEBRUARY 2018

# GREAT

### **Kids' Club --- "Nut-Free" Zone**

The Kids' Club East and West will become "nut-free" zones beginning Thu, Feb 12. Because of the seriousness of this allergy, we are asking you to refrain from sending peanut or tree nut products to ur Kids' Club for snacks.

Due to shared toys, equipment and art supplies in the Kids' Club, as well as the ease with which food residue is transferred from one child to the other, we would like to keep our Kids' Club a "nut-free" zone. Our goal is to make Kids' Club a safe place for all of our member children. We appreciate your cooperation and understanding. If you have any questions, contact Michelle Johnson.

### **FAC**

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

Congratulations to Thomas Ryan, FAC's February employee of the month! Thomas does an exceptional job at the Service Desks at both FAC East and FAC West! He is always warm and welcoming to all he encounters. His willingness to help co-workers, members and guests goes unsurpassed.

Thomas spent his youngest years in Flagstaff before moving to Wisconsin where he attended middle and high school. Thomas then tried his luck by moving to Las Vegas for two years and then happily found himself moving back to Flagstaff! He enjoys spending time with his fiancée Kara, whom he often travels to New Mexico with to help collect soil and grass samples as she is in the process of earning her PHD! They plan on marrying once she graduates.

We are fortunate to have Thomas as part of the FAC team. His exceptional attitude and attention to our members and guests is extraordinary. Thanks for your hard work and dedication Thomas!

### **FAC 39th Anniversary Open House**

**Sat, Feb 24 - Free Guest Day!**

**Group Fitness through the decades with Angie Rockow, Molly Greenwald and Meghan Felts** at FAC East, 9 - 10:30 am.

**ZUMBA with Carol Orrill, Sergio Padilla, Luis Melo and Suzie Mendez** at FAC East, 9:30 - 11 am and Zumba Kids, 11 - 11:30 am.

### **Cardio Theater Voting**

During the weeks of Feb 5 - 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...take a moment, unplug and enjoy your time at FAC uninterrupted by the outside world!

### **Weights for Endurance Athletes**

Foundationally, resistance training in the weight room is the beginning of your season on the bike, the trail or for that special event. If you want to build your strength, speed, power and gain a competitive edge, meet with Personal Trainer Robb Faus for this six-week pre-season progressive strength training program designed to take your athletics to the next level and prepare you for a rewarding Spring and Summer athletic season. The custom designed, sports specific program will require participants to meet every Mon for their weekly strength workout which will be built upon in following sessions. Contact Robb Faus for more information: rfaus@flagstaffathleticclub.com. Mondays, Feb 19 - Apr 2 (excluding Mar 19), 4 - 6 pm (athletes may come any time between these hours for their workout).

### **Let's MOVE Contest 2018**

Last year you probably saw numerous yellow TechnoGym technical shirts around the club in March. In case you missed it, we took on clubs around the world and the USA in an effort to combat obesity. Last year was our first year participating and we are ready to compete again! Out of 78 clubs nationwide, we came in 36th, 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 12 - 31 and hopefully raising the bar another few notches. To participate, all you have to do is 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!!

## Massage Schedule

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

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

## Fitness

### Indoor Triathlon

Challenge yourself and sign up for one of our monthly triathlons! February's triathlon will be held on Sat, Feb 24, noon - 2 pm and will incorporate a 39 min run, 39 min bike and 39 laps to celebrate FAC's 39th Anniversary! Participants are encouraged to sign up again and beat their previous times. Held one Sat a month at FAC West, these fun events are geared towards novice and experts! Contact the Aquatics Manager for questions or call 779-5141 to register.

### Small Group Personal Training

Become the fittest you've ever been! Certified Personal trainer Brian Semonian invites you to join him on Mon/Wed, Feb 5 - 28, 6 - 7 am, FAC East for a bomber workout system that he has developed to take your fitness journey to the next level. Designed to implement strength, flexibility, speed, agility and quickness, the programming builds upon itself to give you the challenge and results you are looking for. All levels welcome. Join with a friend to receive a promotional rate.

### Hard Core Abs

Now is the time to start the work! Tone your abs, develop a strong core, or get that six pack you had in college with this rigorous ab training program led by FAC Personal Trainer AJ Zagarella. Come experience 45 minutes of high intensity, gut busting, abdominal training offered on Mon, Feb 5 - 26, 6 - 6:45 am, FAC East and Thu, Feb 1 - 22, 6 - 6:45 am, FAC West. All fitness levels welcome!

## Do You Have a Health Care Question?

Each month Dr. Brad Croft (*East Flagstaff Family Medical*), Dr. Kelly Reber (*Northern Arizona Podiatry*), Dr. Emily Davenport (*Flagstaff Clinic of Naturopathic Medicine*), and Don Berlyn, Physical Therapist/Hypnotherapist, give an hour of their time at each club to answer your questions about your health. This is a free service for the members of FAC.

## Health Care Corner

### Family Practice - Brad Croft

Mon, Feb 5, 4:30 pm / FACE

Mon, Feb 5, 6 pm / FACW

### Naturopath - Emily Davenport

Fri, Feb 16, 2 pm / FACE

Fri, Feb 23, 2 pm / FACW

### Featuring Vitamin B12 Shots!

### Podiatrist - Kelly Reber

Tue, Feb 6, 4:30 pm / FACW

Tue, Feb 6, 6 pm / FACE

### Physical Therapist/Hypnotherapist - Don Berlyn

Mon, Feb 12, 11 am / FACE

Thu, Feb 15, 4 pm / FACW

### AED & Heartsaver CPR

Mon, Feb 5, 6 pm / Matt Turner

Tue, Feb 13, 6 pm / Chris Thomas

Wed, Feb 28, 6 pm / Kevin Wiles

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 - 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

### **Advanced Volleyball Training**

Led by Personal Trainer Noelle Martinjako, Advanced Volleyball Training is a sports specific program designed to give volleyball players of all ages and abilities the competitive edge on Sat, Feb 10 - 24, 1 - 2 pm, FAC East. If you are looking to increase your vertical jump and hitting power, this is for you!! The main emphasis will be incorporating plyometric and explosive power exercises to strengthening the lower body, core and shoulders, all of which are crucial to jumping higher and hitting harder. Vertical will be tested at the beginning and end of the program.

### **What Can I Do to Make Sure I Stick to My New Year's Weight Loss Resolutions?**

*Brian Semonian, CPT*

Come New Year's, many are looking to focus on weight loss, but it's important to also think about how regular fitness is going to make you feel year-round. We know how difficult it can be to make a life-style change, but we have three simple tips you can follow to have a huge impact on your overall health and help you reach your goals in 2018 and beyond.

First, make sure you're setting an appropriate goal. Weight loss in itself is great, but it is certainly not the whole picture. You could be losing water weight, muscle mass---even bone density! Therefore, your overall goal should be to tone or trim, which really means, to lower your percentage of body fat. Not only will your clothes fit better, a lower percentage of body fat decreases your risk for heart disease and high blood pressure, among others.

In order to burn the right calories that will result in a lower body fat percentage, introduce interval training to your cardio regiment. Interval training is when you alternate bursts of intense activity with intervals of lighter activity. For instance, you might try jogging at a pace of six miles per hour for 60 seconds, followed by walking for 60 seconds, and so on and so forth. Set the goal for a 30-minute duration, working your way to a full 60-minute interval session. You will not only burn a higher percentage of calories from fat during interval training, your workout will also be less high impact on your body, keeping joints safe.

Once you've determined what your fitness goal is, make sure you write it down in a prominent place. Whether you tape it to your fridge or make it your iPhone wallpaper, the objective here is to make sure you can see it all the time and be reminded of your goals.

Lastly, have a "cheer" team! Whether this is a buddy going to the gym with you, or merely a friend checking in, having a support team will push you to stay on track. If you're looking for professional guidance, personal training is another great option. FAC offers partner and small group training sessions, so you can arrange for a private session with a friend...or three!

### **Weight & Cardio Room Etiquette**

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

## Sports

### **FREE Baseball Pitching & Hitting Mechanics Assessment**

Are you ready to put in the off-season work to improve your craft? Certified Personal Trainer and former pro scout, Brian Semonian will meet with you for 30 minutes to assess and offer feedback on your baseball mechanics at the SportStop, our indoor sports facility at FAC East. This session is free and by appointment only. Contact Brian at 718-419-1715 to arrange your private session.

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## Fitness

### TRX Core

If you're looking for the ultimate in core strength and balance, TRX CORE is for you! You will work upper body, legs and core like never before while challenging your balance in multiple planes. Join Personal Trainer Robb Faus to experience this challenging and rewarding format on Tue, Feb 6 - 27, 9 - 9:45 am, FAC West and Fri, Feb 2 - 23, 9 - 9:45 am, FAC East. All ability levels welcome!

### TRX Workshop

Are you interested in implementing TRX into your workout? Join Personal Trainer Robb Faus on Sat, Feb 17, 9 am - noon, FAC East to learn a variety of exercises that will supplement your fitness plan. This three hour workshop will cover upper body, lower body, core and plyometric applications that will be sure to challenge any fitness level. All participants will receive a one hour follow-up Personal Training session to ensure that all questions are answered. Class space is limited.

## 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 Racquetball League:

- All level combo league Spring Session I begins Thu, Feb 22 and runs through Thu, April 12
- Registration for this league is now open. No leagues the week of Mar 19.

#### Adult CoEd Volleyball Leagues:

- CoEd 'B' League Spring Session begins Tue, Feb 20 through April 10.
  - CoEd 'A' League Spring Session begins Thu, Feb 22 through April 12.
- Registration for these leagues closes Thu, Feb 15 or when full. Leagues will be off the week of Mar 19 for Spring Break.

#### Adult CoEd Walleyball League at FAC West:

- CoEd 2v2 Walleyball Spring Session begins Wed, Feb 21 through April 11.
- Registration for this league is now open. No leagues week of Mar 19.

### — SportStop Leagues —

#### Indoor Soccer:

- CoEd 5v5 Indoor Soccer Spring Session begins Wed, Feb 21 and runs through Wed, April 11.
- Registration for this league closes Thu, Feb 15 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.*

## Aquatics

### Adult Lap Swim

Get a great in-water workout this 2018 with one of our Lap Swim classes at FAC West. Long time USA Masters coach, Therese Umholtz, will provide participants with sets to improve technique, strokes and endurance, all while getting an awesome workout! This three week session will be held on Tue/Thu, Feb 6 - 22, 6 - 7 am. Participants must pre-register. Contact the Aquatics Manager for questions, or call 779-5141 to register.

### Independence Swim Test

Jan through May, Independence Swim tests available on Thursdays, 5:30 - 6:30 pm. Participants must register before completing this portion of their Independence Pass. Call 779-5141 to register or for more information.

### Scuba Diving at FAC

Scuba classes are held one weekend a month in 2018! Feb class will be held Feb 3 and 4, 9 am - 4 pm, FAC East. Our scuba programs are run through Summit Divers, a company specializing in diving certifications and watersports. Get out and adventure! For more information, contact Summit Divers at 556-8780 or call 779-5141 to register.

### Torpedoes Youth Swim Team

Gear up for summer with a fun, team building atmosphere on our youth swim team! Kids between the ages of 6 - 14 who can swim 50 yards are encouraged to sign up for swim team. Participants will be introduced to all four competitive strokes. Come learn team aspects and goal setting skills while learning the strokes before summer starts. From Jan to May, swim team will be held on Mon nights. Feb dates are Feb 5 - 26, 4 - 5 pm, FAC West. Call the aquatics Manager for info or 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.**

## 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 . . .

- **Gymnastic Bodies** - Tue/Thu, 5:45 pm, beginning Thu, Feb 1, FAC East Multi-Purpose Room. Mon/Wed, 5:45 pm, beginning Mon, Feb 5, FAC East Main Group Fitness Room.
- **Small Group Personal Training** - Mon/Wed, Feb 5 - 28, 6 - 7 am, FAC East.
- **Hard Core Abs** - Mon, Feb 5 - 26, 6 - 6:45 am, FAC East and Thu, Feb 1 - 22, 6 - 6:45 am, FAC West.
- **TRX Core** - Tue, Feb 6 - 27, FAC West and Fri, Feb 2 - 23, FAC East, 9 - 9:45 am.
- **Cycling through the 80's with Kelly Guerrero** - Sat, Feb 10, 8:15 am, FAC West Diamond Room.
- **Therapeutic Yoga with Keelyn Riley** - Sat, Feb 10, 10:45 am, FAC West Main Group Fitness Room.
- **Barre Above: "Heart to Heart" with Angie Allen and Heather Richardson** - Two hour Barre class on Sun, Feb 11, 3 - 5 pm, FAC East Multi-Purpose Room. The call will include love songs, heart shaped balloons and chocolate, of course!

## More Fitness . . .

- **I Love BODYCOMBAT® with Janelle Strain and Vicky Rowell** - Wed, Feb 14, 5:45 pm, FAC West Main Group Fitness Room.
- **TRX Workshop** - Sat, Feb 17, 9 am - noon, FAC East, Main Group Fitness Room.
- **Group Fitness through the Decades** - Sat, Jan 24, 9 am - 10:30 am; FAC East with Angie Rockow, Molly Greenwald and Meghan Felts.
- **ZUMBA** - Sat, Jan 24, 9:30 - 11 am with Carol, Sergio, Luis and Susie; Zumba Kids with Carol, 11 - 11:30, FAC East.

## Aquatics . . .

- **Adult Lap Swim** - Three week session will be held on Tue/Thu, Feb 6 - 22, 6 - 7 am. Contact the Aquatics manager for questions or register at 779-4593.
- **Torpedoes Youth Swim Team** - Kids between the ages of 6 - 14 who can swim 50 yards are encouraged to sign up for swim team. Participants will be introduced to all 4 competitive strokes. Come learn team aspects and goal setting skills. From Jan to May, swim team will be held on Mon, 4 - 5 pm, FAC West. Call Aquatics Manager at 440-5245, ext 3 or call 779-5141 to register!
- **Scuba Diving** - Sat and Sun, Feb 3 - 4, 9 am - 4 pm. Contact Summit Divers at 556-8780 for information or 779-4593 to register.
- **Lap Swim Clinic** - Sat, Feb 17, 10 am, FAC West.
- **Independence Swim Test** - Jan through May, Independence Swim Tests can be taken Thursdays, 5:30 - 6:30 pm. Participants must register before completing this portion of their Independence Pass at 779-4593.

## Youth Activities

- **Spring Break Camp 2018 is Coming!** - Mar 19 - 23 for kids ages 4 - 12. Registration forms available at both clubs or online at [www.flagstaffathleticclub.com](http://www.flagstaffathleticclub.com)
- **Kids' Night Out, Fri, Feb 2** - Children ages 3 - 12 can join us for a fun-filled evening while parents enjoy a night out on Fri, Feb 2, 5 - 9 pm, FAC East! We will have a bounce house, obstacle course, crafting, games and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, Jan 31.
- **Kids' Passport Exam** - The Kids Passport certification is held alternate Tue/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. Children must pass both written and oral exams. Information and certification packets are available at each desk and the Kids' Club. Packet must be completed before scheduling an appointment. Feb dates are Feb 1, 6, 15, 20 and Sat, Feb 3. Pre-registration is required. To register call 779-5141.
- **Independence Certification Program** - This certification is for FAC members ages 12 - 15 who would like to use the club without an adult. Pick up an independence packet at any kiosk area. Complete the packet, schedule and complete an appointment with a Personal Trainer at FAC East, register for the swim portion, complete an appointment with a Fitness Professional at FAC West then register for this portion, which is the final exam. The packet must be completed with appropriate signatures. Held alternate Tue/Thu, 5:30 - 6 pm, FAC East and one Sat a month from 10:30 - 11 am. Feb dates are Feb 1, 6, 15, 20 and Sat, Feb 3. Register with AIR by calling 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](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
<b>SPRING BREAK CAMP 2018</b> <b>Mon - Fri, Mar 19 - 23, FAC East</b> <b>Register at either club or online at:</b> <b><a href="http://www.flagstaffathleticclub.com">www.flagstaffathleticclub.com</a></b>				<b>1</b>	<b>2</b>	<b>3</b>
				*HARDCORE ABS 6 AM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *INDEPENDENCE SWIM TEST 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE	*TRX CORE 9 AM / FACW KIDS NIGHT OUT 5 - 9 PM / FACE	SCUBA 9 AM - 4 PM / FACE PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
SCUBA 9 AM - 4 PM / FACE	*HARDCORE ABS 6 AM / FACE *TORPEDOES YOUTH SWIM TEAM 4 PM / FACW ASK DR. CROFT 4:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE ASK DR. CROFT 6 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW	*ADULT LAP SWIM 6 AM / FACW *TRX CORE 9 AM / FACW ASK THE PODIATRIST DR. REBER 4:30 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE ASK THE PODIATRIST DR. REBER 6 PM / FACE	*GYMNASTICBODIES 5:45 PM / FACE	*ADULT LAP SWIM 6 AM / FACW		CYCLING THROUGH THE 80'S 8 AM / FACW THERAPEUTIC YOGA 10:45 AM / FACW ADVANCED VOLLEYBALL TRAINING 4 PM / FACE
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
HEART TO HEART BARRE CLASS 3 - 5 PM / FACE	ASK THE HYPNOTHERAPIST DON BERLYN 11 AM / FACE	HEARTSAVER - AED CPR 6 PM / FACW	I LOVE BODYCOMBAT 5:45 PM / FACW	ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	ASK THE NATUROPATH EMILY DAVENPORT 2 PM / FACE	TRX WORKSHOP 9 AM / FACE LAP SWIM CLINIC 10 AM / FACW
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	*WEIGHTS FOR ENDURANCE ATHLETES 4 PM / FACW	PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE			ASK THE NATUROPATH EMILY DAVENPORT 2 PM / FACW	<b>FAC 39TH            ANNIVERSARY            OPEN HOUSE            AND FREE            GUEST DAY!</b> GROUP FITNESS THROUGH THE DECADES 9 - 10:30 AM / FACE ZUMBA 9:30 - 11 AM / FACE ZUMBA KIDS 11AM - 11:30 AM / FACE INDOOR TRIATHLON NOON / FACW
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>Small Group Personal Training</b> <b>Mon / Wed at 6 - 7 am</b> <b>Feb 2 - 28, FAC East</b>		
			HEARTSAVER - AED CPR 6 PM / FACW			