



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

JANUARY 2018

January 2018 Membership Dues Increase

We feel fortunate that FAC has a solid core of members, many of whom have been with us since the beginning and we truly appreciate your continued support. We take a lot into consideration when raising membership dues because we understand how it impacts the members, as well as the Club. FAC continues to make necessary adjustments to maintain our facilities while continuing to provide a quality experience for our members, guests and the Flagstaff community at large. However, many vendors have increased their pricing over 20% and a dues raise is needed to continue to keep the high quality staff and atmosphere with all the amenities and services that you have come to expect. Effective Jan 1, we will raise the dues \$2 per adult member on the membership. The increase will appear on your Jan bill. Pay dues one year in advance prior to Jan 10, 2018 and stay at the current rate through Dec 31, 2018.

New Year's Fitness & Nutrition Blast

If you're ready to make that dedicated step toward a lifestyle change, this is your opportunity. This package program includes three months of fitness coaching and nutritional tracking with an FAC certified Personal Trainer designed to give you the New Year's kick and get you on your way toward successfully obtaining a sustainable healthy and fit lifestyle. The only requirement is your dedication to documentation, communication and a positive mental attitude! Included are two meetings per month with a Personal Trainer to monitor your workouts, weekly e-mails to keep you motivated and on track and a nutritional tracking program with lots of tips and ideas for eating healthy and achieving your goal. We will help you reach your goals!

Indoor Triathlon

Challenge yourself and sign up for one of our monthly triathlons! These indoor triathlons are done in reverse format, starting with a two mile run, a seven mile bike ride and finishing off with a refreshing 100 yard swim. Participants are encouraged to sign up again and beat their previous times; \$5 off second sign up! Held one Sat a month at FAC West, these fun events are geared towards novice and experts! The Jan indoor triathlon will be held on Sat, Jan 27, noon - 2 pm. Please contact the Aquatics Manager for questions or call 779-4593 to register.

Cycle Team Competition - You vs. Them!

Join Melinda and Kelly, form two teams and compete against each other! Each team of members will ride their best ride and be cheered on by their coaches. Which team will be the victor at the end of the ride? Join us at FAC West Diamond Room on Sat, Jan 20, 8:15 am and find out!

ROCKSTAR willPower & grace®

Our willPower & grace® team will be pulling out all the stops for this incredible ROCKSTAR workout on Sat, Jan 13, 9:30 am, FAC West. The workout will start with willPower & grace® followed by Barre Fusion® and thePOUND®. You will LOOK and FEEL like a ROCKSTAR after this intense and fun workout!

Holiday Hours

— Sun, Dec 31 —
7 am - 6 pm

— Mon, Jan 1 —
7 am - 6 pm

Modified Group Fitness Schedule & Fitness Hours

FAC Employee of the Month

Congratulations to our Jan Employee of the Month, Nate Diamond!! Nate is from Las Vegas, Nevada and has been with FAC and the SportStop for a little over a year. In the last year, Nate has proven himself to be a valuable contributor to a number of departments. Nate started as our Indoor Soccer League Coordinator and quickly showed that he could not only run the league and manage the referees, but run the entire SportStop facility simultaneously, all while keeping an impressively high standard of customer service. If you've met Nate, you certainly know how outgoing, friendly and fun to be around he is! Recently, his duties have expanded to include Racquetball Coordinator.

Nate is studying hard at NAU and managing to involve himself with all of these roles, pledge a fraternity and still exude the dedication and standard of customer service and work ethic at an impressively high level. Keep up the good work Nate!

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

Small Group Personal Training

Certified Personal trainer Brian Semonian invites you to join him on Mon/Wed, Jan 3 - 31, 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. Enrollment is limited.

Free Exercise Progression & Variation Clinic

Join certified Personal Trainers Jennifer Knox and Noelle Martinjako on Mon, Jan 22, 5:30 - 6:30 pm, FAC West and learn how to amp up your current workout and take it to the next level. The majority of the clinic will focus on progressing/varying upper body push and pull movements along with lower body movements. It will also include breaking down exercises into simpler movements for people at a more novice level. Registration required. Space is limited.

Hard Core Abs

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, Jan 8 - 29, 6 - 6:45 am, FAC East and Thu, Jan 4 - 25, 6 - 6:45 am, FAC West. All fitness 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. 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, Jan 22, 4:30 pm / FACE
Mon, Jan 22, 6 pm / FACW

Naturopath - Emily Davenport

Wed, Jan 10, 10:30 am / FACW
Wed, Jan 24, 10:30 am / FACE
Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, Jan 2, 4:30 pm / FACW
Tue, Jan 2, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Mon, Jan 8, 5 pm / FACW
Tue, Jan 9, 4 pm / FACE

AED & Heartsaver CPR

Tue, Jan 9, 6 pm / Chris Thomas
Wed, Jan 17, 6 pm / Matt Turner
Wed, Jan 31, 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 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.

Baby, It's Cold Out There

Bradford Croft, DO, East Flagstaff Family Medicine

A safe and healthy winter season goes hand in hand with a little preparation. For any of us living in northern Arizona, we are aware of the rapid temperature changes. We can see the daytime high temperature plummeting forty degrees as the sun goes down. We have seen low temperatures well below zero in the dead of winter. We have seen cloudless days and blue skies replaced with storm clouds and whiteout snow in the blink of an eye. With these life threatening weather transitions, it is best to be prepared.

As many of us prefer to stay tucked in at home, we are not guaranteed to be secure and protected. A healthy home starts with good insulation to prevent the heat loss from wind and low temperatures. Weather stripping windows and door-jambes, cleaning out gutters and downspouts and insulating exterior pipes are a good start.

Professional cleaning and maintenance of furnace systems can be an excellent investment to assure a warm and cozy home. Change filters, clean woodstoves, fireplaces and chimneys seasonally and install and maintain smoke and carbon monoxide detectors as well. To have an alternative heating system and available fuel or an emergency generator can be especially beneficial for the common power outages during a winter storm.

We still need to go out from time to time, so preparing your vehicle for the winter is also a wise idea. Service and top off all fluids with low temperature fluids and assure the tire tread is adequate. Keep the fuel tank topped to avoid accumulation of water in the tank and lines. Maintain an emergency road kit, including extra blankets, flashlight and batteries, jumper cables, some food and water, first aid kit and a shovel with cat litter or sand for traction if you get stuck. Keep an eye on the weather and avoid travel with inclement forecasts.

If you must travel during bad weather, make sure you have advised a friend or family member of your route and expected travel time. If you get stranded, stay with your vehicle. Use an exterior light on your car and flag the antenna. Run the engine no more than ten minutes an hour, keep a downwind window cracked and keep the exhaust pipe clear of snow.

Finally, if you must spend time in the elements, dressing in layers provides the best ability to stay warm. The skin layer should be a wicking layer of merino wool, synthetics like polyester or silk to take moisture away from the skin. The middle layer is the insulation, with good choices including wool, fleece or goose down. The outer layer or shell should be both wind and water resistant. There are varying degrees of waterproof vs water resistant and breathable vs non-breathable choices that have a wide variety of cost as well. And don't forget hats, gloves and boots to complete your weather protection.

Live well, travel well, dress well and stay well through the harsh winter weather of northern Arizona.

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.

Fitness

Happy New You!

Join us Mon, Jan 1 for the Les Mills Launch for a 2018 Happy New You:

- BODYCOMBAT®, 9 am, FAC West Main Group Fitness room.
- BODYPUMP®, 10:15 am, FAC West Main Group Fitness room.
- RPM®, 12:15 pm, FAC West Diamond Room.

Happy Hour + Pilates

Join Rochelle Bronson, starting on Fri, Jan 12, 5:15 pm, FAC East Multi-purpose room for the return of our HEALTHY Happy Hour with an added bonus of Pilates. This 1.25 hour workout starts with a fat burning 45 minutes of a variety of cardio formats followed by 30 minutes of Pilates to get that all important core workout! What a great way to end the work week and start off the weekend!

STEPsational DISCO

Angie Rockow and Molly Greenwald are back with a team taught energetic STEP class. Join this classic workout on Sat, Jan 27, 8:15 am. Wear your boas and bell bottoms! Following will be BODYPUMP 91, FAC's very first release at 9:30 am with this dynamic duo! Teaching alone they are superstars, but put them together and POW!

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 Tue, Jan 16 - 30, 4 - 5 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.

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 & 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 Winter Session begins Thu, Jan 4
- All level combo league Spring Session I begins Thu, Feb 22 and runs through Thu, April 12

Registration for this league is now open.

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 opens Mon, Jan 29 and closes Thu, Feb 15 or when full.

Adult CoEd Walleyball League at FAC West:

- CoEd 3v3 Walleyball Spring Session begins Wed, Feb 21 through April 11.

Registration for this league is now open.

— SportStop Leagues —

Indoor Soccer:

- CoEd 5v5 Indoor Soccer Spring Session begins Wed, Feb 21 and runs through Wed, April 11.

Registration for this league opens Mon, Jan 29 at 5:30 pm at the SportStop and 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. Non-members welcome.

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, Jan 2 - 30, 9 - 9:45 am, FAC West and Fri, Jan 5 - 26, 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, Jan 13, 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.

Aquatics. . .

Adult Lap Swim

Get a great in-water workout with one of our Lap Swim classes at FAC West on Sat, Jan 6 - 27, 9 - 10 am. USA Masters coach, Therese Umholtz, will provide participants with sets to improve technique, strokes and endurance all while getting an awesome workout! This is a four week session.

Lap Swim Clinics

USA Masters coach Liz Hobbs will focus on technique with helpful hints to improve strokes and performance in this Lap Swim Clinic on Sat, Jan 20, 10 - 11 am, FAC West. With different technique comes different results. Sign up today by calling 779-4593.

Free Climb & Climb Wall Certification

FAC Climbing Wall certification is required to use the climbing wall at FAC East. If you are interested in becoming certified to belay, please contact Michelle Johnson at 440-5245, ext 2.

Members may also attend the "Free Climb" which is offered in Jan on Fridays, 4 - 5 pm! Anyone 16 and older (or 12-15 with their independence certification) may boulder on the bouldering wall. Anyone under 15 must have direct adult supervision (over 18) while on the bouldering wall. Climbing certification is not required to climb on the bouldering wall. If you are currently certified to climb on the climbing wall, please remember to clip your certification card on the board while you are climbing.

Conner Wesson will be running the program. Pre-registration is required by 4 pm the Wed before.

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 . . .

- **Les Mills Launch** - Mon, Jan 1, BODYCOMBAT®, 9 am, FAC West; BODYPUMP®, 10:15 am, FAC West; RPM®, 12:15 pm, FAC West.
- **TRX Core** - Tue, Jan 2 - 30, FAC West and Fri, Jan 5 - 26, FAC East, 9 - 9:45 am.
- **Gymnastic Bodies** - Begins Tue, Jan 2, 5:45 pm.
- **Small Group Personal Training** - Mon/Wed, Jan 3 -31, 6 - 7 am, FAC East.
- **willPower & grace® Ignite®** - Begins Fri, Jan 5, 6 am, FAC East.
- **Hard Core Abs** - Mon, Jan 8 - 29, 6 - 6:45 am, FAC East and Thu, Jan 4 - 25, 6 - 6:45 am, FAC West.
- **Happy Hour + Pilates** - Fri, Jan 12, 5:15 pm, FAC East Multipurpose Room.
- **TRX Workshop** - Sat, Jan 13, 9 am - noon, FAC East, Main Group Fitness Room.
- **Free Exercise Progression & Variation Clinic** - Mon, Jan 22, 5:30 - 6:30 pm, FAC West.

More Fitness. . .

- **STEPsational DISCO** - Sat, Jan 27, 8:15 am, FAC West.

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! Four week session will be held on Sat, Jan 6 - 27, 9 - 10 am. Contact the Aquatics manager at 440-5245, ext 3 for questions. Participants must pre-register at 779-5141.
- **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** - Scuba classes are held one weekend a month in 2018! Our scuba programs are run through Summit Divers. For more info, contact Summit Divers at 556-8780.
- **Lap Swim Clinics** - Clinics are held one Sat a month to get a personal assessment and tips for stronger swimming. Liz Hobbs will focus on technique with helpful hints to improve strokes and performance. Sat, Jan 20, 10 - 11 am, FAC West. Pre-register at 779-5141.
- **Independence Swim Test** - Swim tests will be conducted Jan through May on Thu, 5:30 - 6:30 pm, FAC East indoor pool. Registration is required. To register, call 779-5141 or at any service desk.

Youth Activities

Kids Night Out

Children can join us for a fun-filled evening while parents enjoy a night out on Fri, Jan 12, 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 10.

- **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 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. Jan dates are Jan 4, 9, 18, 23 and Sat, Jan 13. 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 Personal Trainer at FAC West then register for this portion, which is the final exam. The packet must be completed with all appropriate signatures. Held alternate Tue/Thu, 5:30 - 6 pm, FAC East and one Sat a month from 10:30 - 11 am. Jan dates are Jan 4, 9, 18, 23 and Sat, Jan 13. 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. **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 JANUARY 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

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Club Hours 7 am - 6 pm LES MILLS LAUNCH FACW 9 AM - BODYCOMBAT® 10:15 AM - BODYPUMP® 12:15 PM - RPM®	2 *TRX CORE 9 AM / FACW ASK THE PODIATRIST DR. REBER 4:30 PM / FACW GYMNASTICS BODIES 5:45 PM / FACE ASK THE PODIATRIST DR. REBER 6 PM / FACE	3	4 *HARDCORE ABS 6 AM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE INDEPENDENCE SWIM TEST 5:30 PM / FACE	5 IGNITE® 6 AM / FACE *TRX CORE 9 AM / FACE *FREE CLIMB 4 PM / FACE	6 *ADULT LAP SWIM 9 AM / FACW
7	8 *HARDCORE ABS 6 AM / FACE *TORPEDOES YOUTH SWIM TEAM 4 PM / FACW ASK THE HYPNOTHERAPIST DON BERLYN 5 PM / FACW	9 ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	10 ASK THE NATUROPATH EMILY DAVENPORT 10:30 AM / FACW	11	12 KIDS NIGHT OUT 5 - 9 PM / FACE FREE CLIMB 4 PM / FACE HAPPY HOUR + PILATES 5:15 PM / FACE	13 TRX WORKSHOP 9 AM / FACE ROCKSTAR WILL- POWER & GRACE 9:30 AM / FACW PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE
14	15	16 ADVANCED VOLLEYBALL TRAINING 4 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	17 HEARTSAVER - AED CPR 6 PM / FACW	18 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	19	20 CYCLE TEAM COMPETITION 8:15 AM / FACW LAP SWIM CLINIC 10 AM / FACW
21	22 ASK DR. CROFT 4:30 PM / FACE FREE EXERCISE PROGRESSION & VARIATION CLINIC 5:30 PM / FACW ASK DR. CROFT 6 PM / FACW	23	24 ASK THE NATUROPATH EMILY DAVENPORT 10:30 AM / FACE	25	26	27 STEPSATIONAL DISCO 8:15 AM / FACW INDOOR TRIATHLON NOON / FACW
28	29	30	31 HEARTSAVER - AED CPR 6 PM / FACW	Small Group Personal Training Mon / Wed at 6 - 7 am Jan 3 - 31, FAC East		