



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

JULY 2017



Holiday Hours

Tue, July 4th
FAC East, 5 am - 4 pm
FAC West - CLOSED

Employee of the Month

Our FAC Fitness Department is proud to be represented this month by one of our best, Employee of the Month, Stephen Darling. Stephen came to us from NAU's Fitness and Wellness degree program and is a native of Yuma. Along with his infectious positivity, Stephen is filled with optimism and encouragement and has been a dedicated and versatile employee who is equally comfortable working the SportStop, teaching cycling for Group Fitness and stepping in to help the front desk. He has never been opposed to shoveling snow in his shorts with no socks and jumping into the Kid's Club when the staff needs a hand, he will always go above and beyond for FAC and our members. Truly one of our best employees, we are excited for Stephen to take on his next challenge as an intern for Apple as he finishes his degree. We will miss Stephen, but wish him the absolute best and are super proud!

Congratulations, Stephen, thank you for always raising the bar and doing an amazing job.

Outdoor Pool

The FAC East outdoor pool is heated and kept between 82-83 degrees! Life-guard hours are outdoors from 10 am - 5 pm daily for the summer.

Tour de FrAnCe

Sat, July 29, 8:15 - 10:15 am, FAC West

July is Tour de FrAnCe month. FAC is celebrating this great event by holding our own Tour de FAC cycling class on Sat, July 29 at FAC West in the Diamond Room. The class will start at 8:15 am and run until 10:15 am. You can participate in part or all of this incredible ride. Registration starts July 1. You will receive a t-shirt at the beginning of class.

Off Season Athletic Training

The Flagstaff Athletic Club is proud to announce an off season training camp hosted at our facility on Tue/Thu, July 11 - 27, 4:45 - 5:45 pm, FAC East. The goal of the camp is to help high school athletes increase their speed, agility, power, balance, coordination and reaction time during the off season. Our Fitness Professionals Stephen Darling, CPT and Becky Fox, CSCS have created a program based on standards set forth by the American College of Sports Medicine and they know from experience that this methodology will show guaranteed improvement in the participant's athletic ability. Sign up at either facility or call 779-5141.

Paddleboard Yoga Fitness

This class blends, Yoga, Bootcamp and swimming pools! You'll be doing Salutations to the Sun, burpees and 180 degree turns. The fun part is you may fall into a refreshingly cool outdoor pool and get a standing ovation from other participants for trying to stay balanced!

For entry level participants, just trying to balance during the class provides an excellent core and flexibility workout. Yogis will love the additional challenge of working out on the paddleboards in the beautiful FAC East outdoor pool. Special made paddleboards for the pool classes are used. Sarah Williams will be offering an intro class on Sat, July 8, 9am and an evening class on Mon nights at 5:45 pm, starting July 10. All classes are in the FAC East outdoor pool, but will be moved into the FAC East indoor pool if there is inclement weather. Register soon, as there are a limited number of boards. Call 779-5141 or stop by any service desk to register.

Annual Summer Break Camp

Campers ages 4 - 12 can look forward to days full of fun and creative activities, as well as, games and sports to develop team building and healthy, active life-styles. Campers will spend their days at FAC East participating in activities and playing games in the gym, pool, group fitness rooms, racquetball courts, batting cages and weather permitting, hiking on nearby trail systems. Camp days begin at 9 am and end at 4 pm. Camp staff are available from 7:30 am to 5:30 pm daily at no additional cost. Pick up a registration form at any FAC kiosk or download from FAC website. Contact AIR at 779-5141 or call camp Mon - Fri, 7:30 - 5:30, 526-0137.

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	Angie Gaston 380-9353
Friday	Janus Hudson 853-9039	Rachel Williams 616-402-1702
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

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, July 11 - 25, 9 - 9:45 am, FAC West and Fri, July 7 - 28, 9 - 9:45 am, FAC East to experience this challenging and rewarding format. Register at any FAC service desk or call 779-5141.

Aqua Tabata

Join us every Tue and Thu this summer, 9 am, FAC East Outdoor Pool for AQUA TABATA! You may have heard about Tabata, a high intensity interval training class (HITT). It features exercises in a 4 minute interval format repeated 8 times. So, this 32 minute portion of the class is about performing as many of the repetitions of the exercise as you can for 20 seconds and then resting 10 seconds and then repeating. There will be a warm-up at the beginning of class and will end with an aqua/yoga/pilates/stretching segment. It's a great workout! The Mon/Wed/Fri, 9 am Aqua classes will also be held in the outdoor pool. Following at 10:15 am on Mon and 10 am on Wed/Fri, Aqua classes will be held in the indoor pool.

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, July 24, 4:30 pm / FACE
Mon, July 24, 6 pm / FACW

Naturopath - Emily Davenport

Tue, July 11, 10 am / FACW
Tue, July 18, 10 am / FACE

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Mon, July 3, 4:30 pm / FACW
Mon, July 3, 6 pm / FACE

Registered Dietician - Gayle Baingo

Sat, July 8, 10:30 am / FACW
Sat, July 8, 12 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Thu, July 13, 4 pm / FACE
Mon, July 24, 5 pm / FACW

AED & Heartsaver CPR

Thu, July 6, 6 pm / Chris Thomas
Mon, July 10, 6 pm / Matt Turner
Tue, July 18, 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 - 3 pm; Sand Volleyball (fee) - Fri 4 - 8 pm; Badminton - Sat, 5 - 7 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.

Fitness

Asthma

Brad Croft, DO, East Flagstaff Family Medicine

Asthma is a disease of the lungs that causes difficulty breathing. It is a very common ongoing disease in children, but many adults will carry this disease further into their lifetime as well. The symptoms of asthma are wheezing, shortness of breath, tightness in the chest and commonly a nighttime or early morning cough. Although the disease of asthma is constantly present, it only becomes prevalent when the lungs are irritated. Unfortunately, there is no cure for asthma, but there are a number of medications that can treat it. It is also commonly seen to run in family blood lines.

All wheezing is not necessarily asthma, but common recurrences of these symptoms that are associated with the presence of upper respiratory infections may provide suspicion. Other triggers of asthma include respiratory allergies, inhalant exposures and, for some, physical exercise or exertion. Anyone with asthma should avoid tobacco smoke. There are tests such as spirometry or pulmonary function tests that can be ordered to help decide if asthma may be an underlying health problem if there is suspicion of this disease.

The air channels in the lungs start with large main airways, or bronchi. As these airways branch out through the lungs, the size becomes smaller and smaller until they terminate at the alveoli, similar to the branches of a tree. When an acute asthma attack occurs, the airways in the lungs become inflamed, the airways congest and spasm making it difficult to breathe from restricted air flow. If triggers are recognized, avoidance is extremely important. Some irritants cannot be avoided however, such as seasonal pollens.

There are medications for asthma. The initial treatment usually starts with "rescue" inhalers that are used when symptoms occur. These work by relaxing airway spasm and opening the channels. If the need for this medication continually increases over time, there are additional medications taken on a daily basis to help reduce flare ups from the start. These medications typically reduce chronic inflammation and airway spasm and thickening. These long term control medications do not help acute exacerbations, but many times can markedly reduce the frequency and severity of asthma attacks. It is important for those taking asthma medication to use it properly. Some patients may reduce or stop their prescription when symptoms are controlled thinking their asthma is resolved, but put themselves at great risk for exacerbations of a potentially fatal disease with improper use of their prescriptions.

Aquatics

Group Swim Lessons for Ages 3 and Older

This summer Group Swim lessons for levels 1, 2 and 3 are available in twice-per-week sessions. Group Swim lessons are a great way for children to acquire new swimming skills. Each lesson is 30 minutes in length. Lessons begin June 6 and continue through the week of July 31. All group lessons will be held at the FAC East indoor pool. Mon/Wed classes will be held from 4:30 - 6 pm: level one from 4:30 - 5 pm; level two from 5 - 5:30 pm; and level three from 5:30 - 6 pm. Tue/Thu classes will be held from 8:30 - 10 am with: level one from 8:30 - 9 am; level two from 9 - 9:30 am; and level three from 9:30 am - 10 am. Space is limited. Contact 779-5141 or stop by any desk to register. Contact Michelle Wesson at 779-4593.

Aquatics

Beginning & Advanced Adult Lap Swim

Do you know how to swim but want to improve your technique, skill, breathing or open water swim times? This class will get you to the next level! Join your amazing coach, Therese Umholtz in the FAC East outdoor pool July 12 - Aug 16, from 6 to 7 pm to learn the small tips that will leave you with huge results! Space is limited, so register today at any service desk or call 779-5141. Contact Michelle Wesson at 779-4593 with questions.

Saturday Swiminar

Join Liz Hobbs on Sat, July 1, 9 - 10 am, FAC East outdoor pool! Class will focus on the fundamentals of proper form and is designed for all ability levels. Drop-ins are welcome if space is available. Stop by any service desk or call 779-5141 to register! Contact Michelle Wesson at 779-4593 with any questions.

Scuba Diving at FAC

If you are looking for an adventure, this is it! Learn to SCUBA dive right here at FAC East! The class will be held Sat and Sun, Aug 12 - 13, 9 am - 4 pm. There will be in water and classroom instruction. All strong swimmers 10 years and older are encouraged to register at any service desk or by calling 779-5141 today! Contact Michelle Wesson at 779-4593 with questions.

Torpedoes Youth Swim Team

Torpedoes Youth Swim Team will be held on Fri, July 7 - 28, 4:15 - 5:15 pm, FAC East outdoor pool. 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), are between the ages of 6 - 14, then we are looking for you! Call Michelle Wesson with questions at 779-4593 or call 779-5141 to register.

Fitness

Volleyball Strength and Power

Led by Noelle Martinjako, CPT, Volleyball Strength and Power is for players of all levels who are looking to increase their vertical jump and hitting power by incorporating plyometric and explosive power exercises. The main emphasis will be on 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. Tue, July 11 - 25, 4 - 5 pm, FAC East.

Sand Volleyball Drop-In

Stop by the SportStop on Fri nights from 4 to 8 pm this summer for a fun night of sand volleyball. All abilities are welcome! The grill will be fired up and available for your use and the drink prices are the best in Flagstaff! Drop in fee.

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:

- CoEd 'B' League Fall Session I begins Tue, Sept 5.
- CoEd 'A' League Fall Session I begins Thu, Sept 7.

Registration for these leagues opens Aug 14 and closes Aug 31 or when full.

Sand Volleyball: Leagues are six weeks followed by a final tournament.

- Men's and Women's 2's and Girls U18's League begins Mon, July 10 and includes a final tournament on Aug 21.
- CoEd 4's 'B' League begins Tue, July 11 and includes a final tournament on Aug 22.
- CoEd 2's "Open" League begins Wed, July 12 and includes a final tournament on Aug 23.
- CoEd 4's 'A' League begins Thu, July 13 and includes a final tournament on Aug 24.

Registration closes July 6 or when full.

Indoor Soccer:

- CoEd 5v5 Indoor Soccer Fall Session I begins Wed, Sept 6 and runs through Oct 18.

Registration for this league opens Mon, Aug 14 at 5:30 pm at the SportStop and closes Aug 31 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.

Synrgy 360

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

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Programs

Program info available at both clubs' service desks, bulletin boards and kiosks.

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Fitness . . .

- **Synrgy 360 Small Group Personal Training** - Mon - Thu, 6 am, noon and 3:45 pm; Fri, 6 am and noon.
- **Aqua Tabata** - Tue/Thu, July 4 - 27, 9 am, FAC East outdoor pool.
- **Zummer Zumba Zunday** - Sun, July 2, 4:15 pm, FAC East Main Group Fitness Room.
- **TRX Core** - Tue, July 11 - 25, FAC West and Fri, July 7 - 28, FAC East, 9 - 9:45 am.
- **GYMNASTICBODIES** - Mon/Wed, July 3 - 31, 5:45 pm, Main Group Fitness Room and Multi-purpose Room, FAC East.
- **Volleyball Strength & Power** - Tue, July 11 - 25, 4 - 5 pm, FAC East.
- **Off Season Athletic Training** - Tue/Thu, July 11 - 27, 4:45 - 5:45 pm, FAC East.
- **Paddleboard Yoga** - Mon, 5:45 pm starting July 10, FAC East outdoor pool. Intro class Sat, July 8, 9 am, FAC East.

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 swim lesson voicemail at 440-5245, ext 4.
- **Group Swim Lessons** - For ages 3 and older, July 3 - 31. Group lessons held at FAC East indoor pool. Mon/Wed classes held 4:30 - 6 pm: level one, 4:40 - 5 pm; level two, 5 - 5:30 pm; level three, 5:30 - 6 pm. Tue/Thu classed held 8:30 - 10 am: level one, 8:30 - 9 am; level two from 9 - 9:30 am; and level three from 9:30 - 10 am. Space is limited. Contact 779-5141 or register at any desk.
- **Torpedoes Youth Swim Team** - Torpedoes Youth Swim Team will be held on Fri, July 7 - 28, 4:15 - 5:15 pm, FAC East outdoor pool. 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 ready to improve your stroke and between the ages of 6 - 14, then we are looking for you! Call 779-4593 with questions or call 779-5141 to register.
- **Beginning & Advanced Adult Lap Swim** - Wed, July 12 - 16, 6 - 7 pm, FAC East. Call 779-4593 with questions or call 779-5141 to register.
- **Scuba Diving** - Sat and Sun, Aug 12 - 13, 9 am - 4 pm, FAC East. Call 779-4593 with questions or call 779-5141 to register.
- **Snorkeling** - Certified instructors with Summit Divers will offer an in depth snorkeling class Sat, July 15, 9 - 11 am, FAC East indoor pool. Use of equipment included. Participants should be at least six years of age and able to swim 50 feet and comfortable in the water. Contact Michelle Wesson at 779-4593.

- **Independence Swim Test** - Swim tests will be conducted every Tue, 4 - 5 pm, FAC East. Register by calling 779-5141 or at any service desk.

Youth Activities

- **Kids' Night Out, July 7** - Parents, enjoy an afternoon and evening out while your children ages 3 - 12 join us on Fri, July 7, 5 - 9 pm, FAC East. There will be games and activities, arts and crafts, pizza, swimming, bounce house and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, July 5.
- **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. 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. July dates are July 6, 11, 20, 25 and Sat, July 8. 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. These certifications are held alternate Tue/Thu, 5:30 - 6 pm, FAC East and one Sat a month from 10:30 - 11 am. July dates are July 6, 11, 20, 25 and Sat, July 8.

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 JULY 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
<p align="center">Synergy Small Group Personal Training Mon - Thu, 6 am, Noon and 3:45 pm Fri, 6 am and Noon</p>						1 SWIMINAR 9 AM / FACE
2 ZUMMER ZUMBA ZUNDAY 4:15 PM / FACE	3 *AQUA CLASS 9 AM / FACE *GROUP SWIM LESSONS 4:30 - 6 PM / FACE ASK THE PODIATRIST DR. REBER 4:30 PM / FACW 6 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE	4 HOLIDAY HOURS FAC EAST 5AM - 4 PM FAC WEST CLOSED *AQUATABATA 9 AM / FACE	5 *AQUA CLASS 9 AM / FACE *GROUP SWIM LESSONS 4:30 - 6 PM / FACE	6 *AQUATABATA 9 AM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	7 *TRX CORE 9 AM / FACE *AQUA CLASS 9 AM / FACE *TORPEDOES YOUTH SWIM TEAM 4:15 PM / FACE KIDS NIGHT OUT 5 - 9 PM / FACE	8 PADDLEBOARD YOGA INTRO CLASS 9 AM / FACE PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE ASK THE NUTRITIONIST GAYLE BAINGO 10:30 AM FACW NOON / FACE
9	10 *PADDLEBOARD YOGA 5:45 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	11 *TRX CORE 9 AM / FACW ASK THE NATUROPATH EMILY DAVENPORT 10 AM FACW *VOLLEYBALL STRENGTH & POWER 4 PM / FACE *OFF SEASON ATHLETIC TRAINING 4:45 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	12 *ADULT LAP SWIM 6 PM / FAC EAST	13 ASK THE NATUROPATH EMILY DAVENPORT 10 AM / FACE ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACE	14	15 SNORKELING CLASS 9 - 11 AM / FACE
16	17	18 ASK THE NATUROPATH EMILY DAVENPORT 10 AM / FACE HEARTSAVER - AED CPR 6 PM / FACW	19	20 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	21	22
23	24 ASK DR. CROFT 4:30 PM / FACE ASK THE HYPNOTHERAPIST DON BERLYN 5 PM / FACW ASK DR. CROFT 6 PM / FACW	25 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	26	27	28	29 TOUR DE FAC 8:15 AM / FACW
30	31					