



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

MARCH 2017

BEING GREAT

Modified

Group Fitness Schedule

March 11 - 19

Please be sure and check all Group Fitness schedules for classes offered during Spring Break Week.

Employee of the Month

Congratulations to Julie Salmon, Employee of the Month for Mar 2017! Julie, a certified Group Fitness Instructor, started working at FAC two years ago. She started out teaching SilverSneakers classes and the attendance doubled! She continues teaching SilverSneakers but has also taken on other classes and the WOW program. She says she has retired after a lifetime of working in the fitness industry, but it sure doesn't look like it. She currently is teaching 8 - 10 classes a week!

Julie has a Masters Degree in Exercise Physiology and her main focus in any class she teaches is safety! She gets to know her participants quickly so she can assess their individual needs and is always happy to spend additional time with them --- even driving one of her 90+ year old participants to and from class twice a week! I call that exceptional customer service, which comes naturally to Julie!

Thank you for all you do! FAC is fortunate to have you as a part of our team!

Power Kids

Power Kids is a great way to stay active in their own group fitness class. Kids will learn the ABC's of fitness, agility, balance and coordination. We will have obstacle courses, relay races, balance drills and lots of active fun. For ages 4 - 6 with Katie Sutter, Mondays, 5:30 - 6:30 pm, in the FAC East camp room. Pre-registration is required. Register by calling AIR at 779-5141.



Spring Break Camp 2017

Registration is open for Spring Break Camp March 13 - 17! 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, racquet ball courts, and weather permitting, hiking on nearby trail systems.

Camp days begin at 9 am and end at 4 pm. Camp staff is available from 7:30 am to 5:30 pm daily. Contact Michelle Johnson at 779-4593 for information on camps. Registration forms available at any FAC service desk, online at www.flagstaffathleticclub.com, or call AIR at 779-5141 Mon - Fri, 8 am - 4 pm.



Let's Move for a Better World

Beginning March 13 and running through March 31, Flagstaff Athletic Club will be participating in a worldwide competition through TechnoGym to demonstrate our passion for fitness while simultaneously promoting wellness and fighting obesity.

This competition will be based on collecting "moves", units of exercise, through an app on your mobile device and will be downloaded onto a leaderboard. We will be competing not only nationally but against other facilities worldwide. Let's show the world what we've got!

If you have not yet experienced our new treadmills or downloaded the TechnoGym mywellness app, please see one of our Fitness Professionals or contact Robb Faus at 779-4593 for assistance.

Butts & Guts

Spring is just around the corner and next up is summer! Butts & Guts is the perfect workout for anyone who wants to get a jump start on improving their physique in time for bathing suit season. Classes will focus on the core and legs through exercises that encompass balance and functional ranges of motion. This class is made up of exercises to challenge the core, cardio interval and exercises that work the big leg muscles and help to burn more calories. Join Terri Attridge, Tue/Thu, 5:15 am, FAC East in the Main Group Fitness Room!

New Yoga Classes

Try out our latest additions to the Yoga class schedule:

- **Athletic Flow Yoga** taught by Anni Jacobson, Wed and Fri, 10:15 am, FAC West Diamond Room.
- **Mindful Yoga** taught by Rebekah Hensley, Tue/Thu, 6 am, FAC West Diamond Room.
- **Mindfulness & Meditation** taught by Keelyn Riley, Wed, 1:30 pm, FAC West Diamond Room.
- **Yoga One** taught by Michael Treptow, Fri, noon, FAC East.
- Starting in Mar, the **All Levels Yoga** on Sat, 10:45 am will be moving to the FAC East Main Group Fitness Room.

Massage Schedule

	<i>FAC East</i>	<i>FAC West</i>
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	<i>No therapist available</i>
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.*

Seasonal Massage Benefits, Jill Naleski, LMT

Massage plays an important part in our lives and in the winter it can be especially important. I am going to give you my top five reasons you need to take care of yourself today!

Winter Blues: Not being able to do our normal outdoor activities in the winter can lead to a less than positive attitude. Massage therapy lets your body release those magic beauties, endorphins and serotonin (happy and a bright outlook!) It will increase your body's temperature because let's face it, no one wants to be cold!

Circulation: It improves blood flow to your muscles, joints and organs. So when you experience any winter discomforts such as aches, pains and tightness your body could be lacking circulation.

"Alligator" Skin: Also known as, dry skin. The oils, lotions and hopefully essential oils your therapist uses will provide your skin with nutrients. Most oils will have vitamins that will be absorbed by your body leaving you feeling more hydrated.

Shoveling Pain: Most of us are going to experience this chore during the winter season, especially here in Flagstaff. Swedish massage or deep tissue can reduce the inflammation in your muscles that can leave your body feeling sore and can also aid in muscle repair.

Immunity: No one wants to be sick! Our lymphatic system is full of cells that can fight off infections and bacteria. Massage increases this lymph flow containing white blood cells that provide protection to your body.

Each massage session is personally developed and specific to the individual. Everyone has different needs and I am confident that we can make a plan for your healthy future. I am available on Wed, FAC West. Please call me for more information and/or schedule an appointment at 928-266-6504.

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, Mar 20, 4:30 pm / FACE

Mon, Mar 20, 6 pm / FACW

Naturopath - Emily Davenport

Tue, Mar 7, 5:30 pm / FACW

Tue, Mar 14, 5:30 pm / FACE

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Wed, Mar 15, 4:30 pm / FACW

Wed, Mar 15, 6 pm / FACE

Registered Dietician-Gayle Baingo

TBA, 12 pm / FACW

TBA, 1:30 pm / FACE

Physical Therapist/Hypnotherapist- Don Berlyn

Wed, Mar 15, 6 pm / FACW

Thu, Mar 16, 4 pm / FACE

AED & Heartsaver CPR

Wed, Mar 1, 6 pm / Chris Thomas

Tue, Mar 7, 6 pm / Kevin Wiles

Tue, Mar 14, 6 pm / Matt Turner

All CPR Classes FAC West

FAC Drop In Schedule

No Drop In Times Fri, Mar 3

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.

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

Free Corrective Exercises Clinic Take Care of Your Feet!

Tue, March 14, 5 - 6 pm, FAC West

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.

We encase our feet in foam and rubber casts, beat them up every day and rarely notice them until they hurt, but did you know that the health of your feet may affect the alignment and function of your knees, hips and spine? Join Rebekah Hensley for a FREE clinic this March and learn five easy and effective exercises to strengthen your feet and prevent injuries!

For more info contact Rebekah Hensley at 637-3440.

Weighing Your Choices

Brad Croft, DO, East Flagstaff Family Medicine

So, are you still following your New Year's resolution for losing weight? Or have you found that the fad diet you attempted was tougher to stick to than you imagined? Many of the trend diets may be unhealthy and have limited nutritional value and tend to fail in the long run.

Understanding that achieving and maintaining a healthy weight is not a short term dietary change. The process involves regular physical activity, healthy eating and maintaining a balance between the numbers of calories the body uses with the calories consumed.

Counting calories is tedious, but can lead to an understanding of weight loss fundamentals. It takes about 3,500 calories below your current calorie intake to lose a pound of body weight. To lose a pound or two per week, your calorie intake needs to be reduced by 500 to 1000 calories per day. To keep a food diary, write down everything that you eat and drink each day. This not only gains awareness of your eating habits, but in using a calorie calculator allows you to understand the calories associated with your usual diet. Even simple changes such as buying a 12 ounce drink instead of a 16 ounce. Low fat milk in your coffee instead of cream can save significant calories as well.

On the other side of the weight control fence is physical activity. Recording your daily activity and time, and start to keep a record of your calorie burning efforts. As the CDC has numerous resources of education and assistance, here is a website that may serve as a basic guideline to assist you: <https://www.supertracker.usda.gov/default.aspx>.

There are some guidelines for physical activity that can provide direction to your exercise. Two and a half hours of moderate intensity exercise (150 total minutes) every week such as brisk walking help meet a cardiac goal. Muscle strengthening on two or more days a week is also beneficial. As time goes on, you may be able to increase the time and exertion that further burn those residual calories. Children can help maintain their weight by being physically active sixty minutes a day. Consult your primary care provider before embarking on an exercise program.

Two additional references courtesy of the CDC include: "A Healthier You" at <https://health.gov/dietaryguidelines/dga2005/healthieryou/html/chapter5.html> and "Maintaining a Healthy Weight on the Go" at https://www.nhlbi.nih.gov/files/docs/public/heart/AIM_Pocket_Guide_tagged.pdf.

Torpedoes Youth Swim Team

Torpedoes Youth Swim Team will be held on Tue/Thu, 5 - 6 pm, FAC West pool starting Mar 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.

Lap Swim Clinic

A special class will be held on Sat, FAC West, 10 - 11 am, March 25. This class will focus on the fundamentals of proper form and is designed for all ability levels to participate. If space is available, drop-ins are welcome! Stop at any service desk or call 779-5141 to register! Contact Nate Pallat at 779-4593 with any questions.

Open Climb

Join Dustin Lord, FAC's certified climb instructor to climb the wall. Registration is required and free to members. Call 779-5141 by 4 pm Wed, Mar 22. Pre-registration is required. Mar Open Climb is Sat, Mar 25, 12 - 1 pm. For climbing wall certification, contact Michelle Johnson at 779-4593.

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.

Tanning

Get ready for Spring Break with FAC's great tanning specials. Enjoy \$2 off a single tan and \$5 off an unlimited tanning package for the month of March!

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

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, Mar 7 - 28, 9 - 9:45 am, FAC West and Fri, Mar 3 - 31 (no class 3/17), 9 - 9:45 am, FAC East to experience this challenging and rewarding format.

Serious Cycling

Serious Cycling will be offered every Wed in Mar (except Mar 15) from 5:30 - 7:30 pm in the Multipurpose Room at FAC East starting Mar 1. Join Robb Faus 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 asap by calling 79-5141 or stop by any service desk at either club.

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 Mini League begins Tue, Apr 18 - May 9.
- CoED 'A' League Mini League begins Thu, Apr 20 - May 11.

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

Adult Racquetball Leagues

- All level combo league Spring Session II begins Thu, Apr 20.
- Registration for this league opens Mon, Mar 27.

SportStop Leagues

- *Indoor Soccer*: Spring session II 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. Non-members welcome.

Synrgy 360 - Spring 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

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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.

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. . .

- **Syngry 360 Small Group Personal Training** - Mon - Thu, 6 am, noon and 3:45 pm; Fri, 6 am and noon.
- **Serious Cycling** - Wed, Mar 1 (no class 3/15), 5:30 - 7 pm, FAC East Multipurpose Room.
- **Gymnasticbodies** - Mon/Wed, starting Mar 1, 5:45 pm, Main Group Fitness Room and Tue/Thu, starting Mar 2, 5:45 pm, Multipurpose Room, FAC East. AIR registration at 779-5141.
- **TRX Core** - Tue, Mar 7 - 28, FAC West and Fri, Mar 3 - 31 (no class 3/17), FAC East, 9 - 9:45 am. (Fee)
- **Athletic Flow Yoga** - New class added to schedule every Wed and Fri, 10:15 am, FAC West Diamond Room.
- **Mindful Yoga** - Tue/Thu, starting Mar 2, 6 am, FAC West Diamond Room.
- **Mindfulness & Meditation** - Wed, starting Mar 1, 1:30 pm, FAC West Diamond Room.
- **Yoga One** - Fri, starting Mar 3, noon, FAC East Main Group Fitness Room.
- **All Levels Yoga** - Sat, starting Mar 4, 10:45 am, FAC East Main Group Fitness Room.

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 Mar 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 (no test on 3/14), 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.
- **Lifeguard Training** - The lifeguard training class, in association with the American Red Cross and FAC, is designed to teach all of the skills required to become a certified Red Cross lifeguard. Taught by experienced lifeguard instructor Matt Maurer, this class will be approximately 32 hours and is physically demanding. Excellent swimming skills are required. Certifications include two years lifeguard certification, First Aid and two years CPR and AED for the professional rescuer. Two courses will be offered, the first will be April 5 - 9 and the second April 10 - 14. To register, call 779-5141.

Youth Activities

- **Kids' Night Out, Mar 3** - Parents, enjoy an afternoon and evening out while your children ages 3 - 12 join us on Fri, Mar 3, 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 779-4593 by 4 pm Wed, Mar 1.
- **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. Mar dates are Thu, Mar 9 and 23; Sat, Mar 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. Mar dates are Mar 7 and 21; Sat, Mar 4.

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FAC MARCH CALENDAR OF ACTIVITIES

To register for a program, call AIR at 779-5141 Mon - Fri, 8 am - 4 pm or
 log on to "My Account" at www.flagstaffathleticclub.com
 *Activity continues on that day throughout the session

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 *ATHLETIC FLOW YOGA 10:15 AM / FACW SERIOUS CYCLING 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	2 *BUTTS & GUTS 5:15 AM / FACE *MINDFUL YOGA 6 AM / FACW *GYMNASTICBODIES 5:45 PM / FACE	3 TRX CORE 9 AM / FACW *ATHLETIC FLOW YOGA 10:15 AM / FACW *YOGA ONE NOON / FACE KIDS' NIGHT OUT 5 PM / FACE	4 KIDS' PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE *ALL LEVELS YOGA 10:45 AM / FACE *YOGA ONE NOON / FACE
5	6 *POWER KIDS 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE	7 *MINDFUL YOGA 6 AM / FACW *TRX CORE 9 AM / FACW INDEPENDENCE SWIM TEST 4 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE *TORPEDOES YOUTH SWIM TEAM 5 PM / FACW ASK THE NATUROPATH EMILY DAVENPORT 5:30 PM / FACW *GYMNASTICBODIES 5:45 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	8 *MINDFUL YOGA 1:30 PM / FACW SERIOUS CYCLING 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE	9 KIDS' PASSPORT EXAM 5 PM / FACE	10 TRX CORE 9 AM / FACW	11
12	13	14	15	16	17	18
SPRING BREAK CAMP Ages 4 - 12, 7:30 am - 5:30 pm						
		ASK THE NATUROPATH EMILY DAVENPORT 5:30 PM / FACE ASK THE PODIATRIST KELLY REBER 6 PM / FACE	ASK THE PODIATRIST KELLY REBER 4:30 PM / FACW ASK THE PODIATRIST KELLY REBER 6 PM / FACE			
19	20 ASK DR. CROFT 4:30 PM / FACE ASK DR. CROFT 6 PM / FACW	21 INDEPENDENCE SWIM TEST 4 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5 PM / FACE	22 SERIOUS CYCLING 5:30 PM / FACE	23 KIDS' PASSPORT EXAM 5 PM / FACE	24 TRX CORE 9 AM / FACW	25 LAP SWIM CLINIC 10 AM / FACW
26	27	28 INDEPENDENCE SWIM TEST 4 PM / FACE	29	30	31 TRX CORE 9 AM / FACW	