



1200 West Route 66 • Flagstaff, AZ 86001
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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

MARCH 2018

Modified

Group Fitness Schedule

March 17 - 25

Check all Group Fitness schedules during Spring Break Week

Easter Hours

Sunday, April 1, Noon - 8 pm

Modified Group Fitness
Schedule & Fitness Hours

Employee of the Month

ROCK has been teaching Les Mills classes since 2001. He joined FAC in 2014 and has been a huge part of the success of our Les Mills classes. He is trained in BODYPUMP, BODYFLOW, BODYCOMBAT and RPM and is currently teaching BODYPUMP and RPM.

Rock has a B.S. degree in Telecommunications Engineering and a B.S. degree in Physical Education Sports Management and a M.S. degree in Instructional System Design. He has black belts in Praying Mantis and Green Dragon styles of Chinese martial arts, as well as, being a nationally certified massage therapist and hypnotherapist.

As you can see, Rock is a multi-talented individual and an incredible asset to FAC!

Fusion of Spin and Barre Above

Join Rochelle Bronson and Angie Allen for what seems to be an unlikely pairing of class formats, but they are actually very complementary -- Indoor Cycling participants get an opportunity to really stretch and elongate those muscles and the Barre participants get cardio! It's a win win with Motown music to keep things fun! Mar 25, 3 - 5 pm, FAC East Multi-Purpose Room.

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!!

We are All Irish on March 17!

Join us on Sat, Mar 17 for two great workouts at 8:15 am, FAC West. Janelle and Vicky will be teaching the "Luck of the Irish" BODYCOMBAT in the Main Group Fitness Room or join Melinda for a St. Paddy's Day virtual outdoor ride through Ireland and Scotland in the Diamond Room. Bring your lucky charm with you! You may win a drawing for a gift from Collins Irish Pub.

Cardio Dance Jam!

Join Laurie Cortez and Carol Orrill for a 75 minute super fun and easy to follow aerobic dance class on Sat, Mar 31, 9:30 - 10:45 am in the Main Group Fitness Room at FAC East. You will get a great workout with amazing music and moves, followed by a nice stretch and cool down. This workout will not only be fun, but will torch some major calories!

Indoor Triathlon

Challenge yourself and sign up for one of our monthly triathlons! These fun events are geared toward novice, as well as experts! Participants are encouraged to sign up again and beat their previous times and will receive \$5 off second sign up! Mar Triathlon is Sat, Mar 31, noon - 2 pm. Please contact the aquatics Manager for questions or call 779-4593 to register.

Spring Break Camp 2018

Spring Break is fast approaching and FAC will be running our annual Spring Break Camp from Mar 19 - 23 for ages 4 - 12 at FAC East. Join our professional and CPR certified counselors for a scheduled week of crafts, swimming in our indoor pool, activities, games and so much more! Drop off as early as 7:30 am and pick up as late as 5:30 pm! Come all week or certain days. Pre-registration is required. Minimum numbers must be met in order to run camp. Registration forms are available at both clubs or online at www.flagstaffathleticclub.com.

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

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, Mar 6 - 27, 9 - 9:45 am, FAC West and Fri, Mar 2 - 23, 9 - 9:45 am, FAC East. All ability levels welcome!

Small Group Personal Training

Become the fittest you've ever been! Certified Personal trainer Robb Faus invites you to join him on Mon/Wed, Mar 5 - 28 (off Spring Break week), 6:30 - 7:30 am, FAC West 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.

Hit the Gym for a Hip Happy Hour

Join Rochelle Bronson for a great 30 minute cycling, 30 minute strength, 30 minute Pilates class on Fri, Mar 9, 5:15 - 6:45 pm, FAC East Multi-Purpose Room. It's a cool way to end your week and start partying for the weekend!

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 FAC members.

Health Care Corner

Family Practice - Brad Croft

Mon, Mar 5, 4:30 pm / FACE
Mon, Mar 5, 6 pm / FACW

Naturopath - Emily Davenport

Fri, Mar 9, 2 pm / FACE
Fri, Mar 16, 2 pm / FACW

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, Mar 6, 4:30 pm / FACW
Tue, Mar 6, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Fri, Mar 9, 11 am / FACE
Tue, Mar 13, 4 pm / FACW

AED & Heartsaver CPR

Tue, Mar 6, 6 pm / Matt Turner
Wed, Mar 14, 6 pm / Chris Thomas
Tue, Mar 27, 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, 8:30 - 10 am and Sat, 10 am - noon; Basketball - Mon - Fri, 12 - 2 pm; Volleyball - Sat, 1 - 4 pm.

For info, contact Robb Faus at rfaus@flagstaffathleticclub.com or 779-4593.

Colon Cancer - Who is at Risk?

Bradford Croft, DO East Flagstaff Family Medicine, LTD

Colorectal cancer (cancer of the colon and rectum) continues to be the second leading cancer causing death of both men and women in the U.S. It is, however, the third most common cancer diagnosed in our country. The only more common cancers in men are that of prostate and lung, and women are breast and lung. According to the CDC, 139,992 people were diagnosed with colorectal cancer in 2014, including 73,396 men and 66,596 women. Of those diagnosed, 51,652 died, which included 27,134 men and 24,517 women.

Colorectal cancer begins in early stages as growths or polyps that develop in the large bowel. The most common polyps are adenomatous. These are not initially cancer by nature, but are likely to turn into a cancer over time. There are also inflammatory, hyperplastic and villous polyps ranging from minimal to significant risk of evolving into colon cancer. As cancer evolves, one may eventually have complaints of blood in the bowel movement, persisting abdominal pains or cramps, or unexplained weight loss. Although these symptoms are not exclusive to colon cancer, immediate medical help should be sought if these complaints are present.

Although there are no absolute reasons that individuals develop colon cancer, there are risk factors to consider. As we age, our probabilities increase. According to the CDC, more than 90% of cancers occur in those over fifty. The general recommendations are that men and women begin routine screening soon after turning fifty. There is an increased incidence for those with underlying inflammatory bowel diseases such as ulcerative colitis and Crohn's disease. If you have family history (mother, father, sister or brother) with a diagnosis of colon cancer discovered before age 50, or if you have a genetic syndrome such as familial adenomatous polyposis or hereditary non-polyposis colorectal cancer, you may have an increased risk and require earlier screening.

As March is Colorectal Cancer Awareness Month, your family physician can help you evaluate your risk and screening options, and may provide preliminary testing in office. There are a number of simple screening tests. Many involve the evaluation of a stool specimen, such as the guaiac-based fecal occult blood test (gFOBT) which tests for the presence of blood, the fecal immunochemical test (FIT) that measures antibodies that indicate bleeding, and the FIT-DNA test, checking for altered DNA combined with the antibody test. Although a positive screening test is not an assurance of cancer, it is a marker for timely evaluation.

Colonoscopy is a procedure that checks for cancer in the rectum and entire colon. With the patient under sedation, a long, thin, flexible scope is used to painlessly visualize the bowel and remove polyps as well as biopsy areas of suspicion. This is also the procedure commonly used if any of the previous screening tests return as positive. Usually this screening test is only needed once every ten years as opposed to annually for gFOBT and FIT, and three years for FIT-DNA.

Additional techniques include capsule endoscopy (swallowing a camera in a pill) and virtual colonoscopy (a series CT radiology pictures combined to provide an image of the bowel). As relatively new procedures, they may not be covered by insurance or available in your area. Along with recommendations from our doctor, check with your insurance coverage to determine which tests may be choices for your screening evaluation.

Do What Comes Naturally

Don Berlyn, PT, Clinical Hypnotherapist

As a Physical Therapist since 1986 and at FAC since 1992, I have seen a lot of people with injuries caused by exercise. A lot of it is due to overuse and the cure for that is obvious. The classic too much of a good thing. That doesn't mean that the injured overdoer is going to take a break, but that's a different conversation. When it comes to strength exercises, the problem often comes from positions that are not natural. Exercise movements should match movements that your body does in the real world. Lifting or pulling heavy weights behind your head is not natural and is very hard on the shoulders. Another shoulder abuser is lifting weights out to the sides, abduction beyond about 45 degrees. In everyday use, you never would lift a heavy weight to the side; you would turn and lift it in front. A knee punishment is deep squats with heavy loads. Is that something you would do repeatedly any place but in a gym? There are many more bad exercises. The way to know a bad exercise is to ask...do my joints move like that in the real world?

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, Mar 10 - 31 (off Spring Break week), 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.

Fitness

Free Stretching Clinic

Many people believe that as long as they are active and “mono-train”, they can master their sport injury-free. Linear training creates short, dense muscles, brittle ligaments and frightened tendons. Any movement deviation from that training results in shear forces cutting along the path of least resistance---those shortened muscles.

The power is in your tendons. If they live in that safe-zone, they don't allow the muscle its' full extension and that muscle belly will tear. When your tendons are locked in “safe-zone”, your ligaments also become brittle and prone to serious injury.

Come join Personal Trainer Danyelle Jorgensen Thu, Mar 29, FAC West, 6 pm for this free stretching clinic and learn more! Space is limited to six, so register early!

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 II begins Thu, Apr 19. Registration for this league is now open.

Adult Reverse CoEd 4's Volleyball Leagues:

This 4-week mini-league's format is intended to “warm up” CoEd 4's teams for our upcoming sand season. This is a reverse CoEd league with nets at women's height.

- CoEd 'B' League begins Tue, Apr 17 through May 8.
- CoEd 'A' League begins Thu, April 19 through May 10.

Registration for this league is now open and closes Thu, Apr 12 or when full.

— SportStop Leagues —

Indoor Soccer:

- CoEd 5v5 Indoor Soccer Spring Session II begins Wed, Apr 18 and runs through Wed, May 30.

Registration for this league opens Mon, Mar 26, 5:30 pm at the SportStop and closes Thu, Apr 12 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.

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 four week session will be held on Sat, Mar, 3 - 24, 10 - 11 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.

Lifeguarding Class

FAC will offer a Lifeguarding class through the American Red Cross Mar 7 - 9, 6 - 10 pm and Mar 10-11, 8 am - 5 pm, FAC East. These are intensive trainings that lead to a 2 year certification. Participants must be at least 15 years old and be a strong swimmer. Attendance on all days is mandatory. Contact the Aquatics Manager for more information, 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. Swim team will be held on Mon nights through May. Mar dates are Mar 5 - 26, 4 - 5 pm, FAC West. Call the Aquatics Manager for info or 779-5141 to register.

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 . . .

- **Gymnastic Bodies** - Tue/Thu, 5:45 pm, beginning Thu, Mar 1, FAC East Multi-Purpose Room. Mon/Wed, 5:45 pm, beginning Mon, Mar 5, FAC East Main Group Fitness Room. (No class Mar 19 and 20.)
- **Small Group Personal Training** - Mon/Wed, Mar 5 - 28, 6:30 - 7:30 am, FAC West.
- **TRX Core** - Tue, Mar 6 - 27, FAC West and Fri, Mar 2 - 23, FAC East, 9 - 9:45 am.
- **Hip Happy Hour** - Fri, Mar 9, 5:15 - 6:45, FAC East Multi-Purpose Room.
- **We are all Irish** - Sat, Mar 17, 8:15 am, BODYCOMBAT, FAC Main Group Fitness Room and St. Paddy's Day virtual ride through Ireland and Scotland, FAC West Diamond Room.
- **Fusion of Spin and Barre Above** - Sun, Mar 25, 3 - 5 pm, FAC East Multi-Purpose Room.
- **Free Stretching Clinic** - Thu, Mar 29, 6 pm, FAC West.
- **Cardio Dance Jam!** - Sat, Mar 31, 9:30 - 10:45 am, FAC East Main Group Fitness Room.

More Fitness. . .

- **Indoor Triathlon** - Challenge yourself and sign up for one of our monthly triathlons Sat, Mar 31, noon - 2 pm, FAC West. These fun events are geared towards novice and experts! Contact the Aquatics Manager for questions or call 779-5141 to register.

Aquatics. . .

- **Adult Lap Swim** - Three week session will be held on Sat, Mar 3 - 24, 10 - 11 am. Contact the Aquatics Manager for questions or register at 779-4593.
- **Lifeguarding Class** - Lifeguard class through the American Red Cross Wed - Sun, Mar 7 - 11, 6 - 10 pm and 8 am - 5 pm on Sat and Sun. Participants must be at least 15 years old and a strong swimmer. Contact the Aquatics Manager for questions or 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. Swim team will be held on Mon, 4 - 5 pm, FAC West through May. Call Aquatics Manager at 440-5245, ext 3 or call 779-5141 to register!
- **Scuba Diving** - Sat and Sun, Mar 3 and 4, 9 am - 4 pm. Contact Summit Divers at 556-8780 for information or 779-5141 to register.
- **Independence Swim Test** - Independence Swim Tests can be taken Thursdays, 5:30 - 6:30 pm. Participants must register before completing this portion of their Independence Pass at 779-5141.

Youth Activities

- **Spring Break Camp 2018 is Coming!** - Mar 19 - 23 for kids ages 4 - 12. Registration forms available at both clubs or available online at www.flagstaffathleticclub.com.
- **Kids' Night Out, Fri, Mar 9** - Children ages 3 - 12 can join us for a fun-filled evening while parents enjoy a night out on Fri, Mar 9, 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, Mar 7.
- **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. Mar dates are Mar 1, 6, 15, 20, 29 and Sat, Mar 3. Pre-registration is required, 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 Fitness Professional 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. Mar dates are Mar 1, 6, 15, 20, 29 and Sat, Mar 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. **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 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 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *INDEPENDENCE SWIM TEST 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE | 2 *TRX CORE 9 AM / FACE KIDS NIGHT OUT 5 - 9 PM / FACE | 3 *ADULT LAP SWIM 10 AM / FACW PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE | |
| Small Group Personal Training Mon / Wed at 6:30 - 7:30 am Mar 5 - 28, FAC West | | | | | | | |
| | 4 *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 | 5 *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 HEARTSAVER - AED CPR 6 PM / FACW DR. REBER 6 PM / FACE | 6 *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 HEARTSAVER - AED CPR 6 PM / FACW DR. REBER 6 PM / FACE | 7 *GYMNASTICBODIES 5:45 PM / FACE LIFEGUARD CLASS 6 - 10 PM / FACE | 8 LIFEGUARD CLASS 6 - 10 PM / FACE | 9 ASK THE HYPNOTHERAPIST DON BERLYN 11 AM / FACE ASK THE NATUROPATH EMILY DAVENPORT 2 PM / FACE HIP HAPPY HOUR 5:15 PM / FACE LIFEGUARD CLASS 6 - 9 PM / FACE | 10 LIFEGUARD CLASS 8AM - 5 PM / FACE ADVANCED VOLLEYBALL TRAINING 1 PM / FACE |
| 11 LIFEGUARD CLASS 8AM - 5 PM / FACE | 12 | 13 ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACW | 14 HEARTSAVER - AED CPR 6 PM / FACW | 15 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE | 16 ASK THE NATUROPATH EMILY DAVENPORT 2 PM / FACW | 17 LUCK OF THE IRISH BODYCOMBAT 8:15 AM / FACW ST PADDY'S DAY RIDE 8:15 AM / FACW ADVANCED VOLLEYBALL TRAINING 1 PM / FACE | |
| 18 | 19 | 20 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE | 21 | 22 | 23 | 24 | |
| SPRING BREAK CAMP Ages 4 - 12, 7:30 am - 5:30 pm (Modified Group Fitness Schedule) | | | | | | | |
| 25 FUSION OF SPIN & BARRE ABOVE 3 PM / FACE | 26 | 27 HEARTSAVER - AED CPR 6 PM / FACW | 28 | 29 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE FREE STRETCHING CLINIC 6 PM / FACW | 30 | 31 CARDIO DANCE JAM 9:30 AM / FACE INDOOR TRIATHLON NOON / FACW ADVANCED VOLLEYBALL TRAINING 1 PM / FACE | |