



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 GREAT

MAY 2018

Memorial Day Hours

Mon, May 28, 7 am - 6 pm

Modified Group Fitness Schedule

More Exciting Updates Are Coming to FAC!

In the interest of keeping FAC at its best, we need to close areas to renovate. Fortunately, your membership includes two locations. Our ongoing passion is to keep FAC the best place to work out, play, rehab and relax!

Sun, May 13 - 19, FAC East temporary closures: Sports Desk entrance, gymnasium, gymnasium locker rooms, cardio room and outdoor pool. Areas will reopen as they are finished.

FAC West temporary closures will begin in July. Stay tuned for updates!

Membership Options

Going on vacation this summer? FAC offers month to month "Freeze" options or an "inactive" option if you are out of town four consecutive months or more. Requests must be made in writing and can be completed electronically through email if you cannot stop in. Don't forget to ask about your IHRSA (International Health Racquet Sports Association) Passport which allows you to visit another IHRSA affiliated facility with at least half off of their regular guest fee! Going on vacation doesn't mean you must put your workouts on vacation too.

Outdoor Pool Opening

The FAC East heated outdoor pool will open Fri, May 25! Lifeguards will be on duty Fri, May 25 through Mon, May 28, 10 am to 5 pm. Beginning Fri, June 1, lifeguards will be on duty daily from 10 am to 5 pm. The slide and mushroom are only available during lifeguard hours and are available after 10 am.

Employee of the Month

Congratulations to this month's Employee of the Month, Ian Foster! Ian moved to Flagstaff from Ohio almost three years ago and has worked at FAC SportStop in a number of roles. Ian's life revolves around volleyball, training and studying to become a firefighter. Ian is always smiling, joking and otherwise optimistic about life. He keeps our sand volleyball courts in tip top shape, routinely picks up shifts to help other employees and always lends a helping hand whether that mean reffing or helping out with FAC's Kids' Camp during the summer. It is rare that an employee receives this honor twice, but Ian has demonstrated that he is more than worthy. Thank you for all that you do for FAC Ian!! You are truly one of our best.

FAC New Group Fitness Instructor Training

Are you motivated to spend the time to become an amazing Group Fitness Instructor? Do you want to share your knowledge and help others reach their goals? Are you prepared to be a team player?

If you are ready to take that first step, we are offering a structured program for training you to be the best you can be starting on Thu, May 10, 5 - 8 pm, FAC West Diamond Room. We require a lot of our Group Fitness Instructors and one of the first steps is to attend our three hour workshop. We will talk about the requirements to be hired at FAC, basics you need to have in order to be successful as an instructor, practice in movement, form and music, Q & A with some of our best instructors and mentors! To join us, contact AIR at 779-5141 to register.

The Great Cycle Challenge Coming in June!

You can keep track of your miles --- indoors and out --- starting June 1 and the registration is free! All this to help fight Kids' cancer AND we are going to kick off this challenge with an FAC ride you won't forget! On Sat, June 9, 9 am to 1 pm, come ride with us in the FAC East gym. We will have ALL 58 of our super Schwinn bikes from both clubs ready and waiting for you to ride 1 - 8 classes that day. Come and go as you like as long as bikes are available!

All your favorite instructors: Kelly, Rock, Tabitha, Robb, Ely, Melinda, Jenn C and Danyelle will lead you on this ride and we will have DJ, Justin Stump there to make sure our music is rockin'! For free registration and to find out how to get a jersey for \$20 and a free app to keep track of your cycling miles, go to www.greatcyclechallenge.com and sign up for Team Flagstaff Athletic Club Team!

Are You Making Progress with Your Fitness Goals?

Keep track of all your workouts to see if you are making progress in your fitness goals! Sometimes we just continue with our workout routine, not making any changes. Are we increasing the weight we use? How many times do we work out at FAC and outside the club? Are we varying our workout regime or doing the same thing over and over while getting the same results? Making you aware of all these factors can help you make changes in order to reach your goals. See how far you have come from the beginning of summer to the end. Join us June 1 - Aug 31 by downloading one of the many free apps to keep track of all your hard work and be the BIGGEST WINNER at the end of the summer.

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

Why Small Group Personal Training?

Do you have a group of friends that want to train together at FAC? Consider small group personal training! It is a cost-efficient option for getting quality, customized sessions with one of our Certified Personal Trainers! You will get guidance and motivation while being able to enjoy the experience with friends or family.

Small group personal training is designed to make training affordable, fun, and motivating! It is affordable because you are able to split the cost between people while receiving the highest quality instruction from our Certified Personal Trainers. It is fun because you get to experience it with your family and/or friends. Most importantly, it is motivating because it will hold you accountable since everyone will be there to progress, motivate and support one another. Contact Fitness and Sports Director Robb Faus or any of our Fitness Professionals for more information.

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Robb Faus invites you to join him for a bomber workout utilizing kettlebells, medicine balls and BOSU's that he has developed to take your fitness journey to the next level. Designed to implement strength, flexibility, speed, agility and quickness, the programming deliberately builds upon itself to give you the challenge and results you are looking for. All levels welcome. Mon/Wed, May 2 - 30, 6:30 - 7:30 am, FAC West. Join with a friend to receive a promotional rate. Enrollment is limited.

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, May 7, 4:30 pm / FACE
Mon, May 7, 6 pm / FACW

Naturopath - Emily Davenport

Fri, May 18, 2 pm / FACE
Fri, May 18, 3:30 pm / FACW
Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, May 8, 4:30 pm / FACW
Tue, May 8, 5:45 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Tue, May 15, 4:30 pm / FACE
Fri, May 22, 1:30 pm / FACW

AED & Heartsaver CPR

Tue, May 2, 6 pm / Matt Turner
Mon, May 9, 6 pm / Chris Thomas
Wed, May 30, 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.

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

What's the Buzz?

Bradford Croft, DO East Flagstaff Family Medicine, LTD

Many folks start their day with a cup of coffee. In fact, according to the Food and Drug Administration, about 80% of us consume caffeine on a daily basis. Most people are aware of the stimulating effects of caffeine, but a lot of us do not know the other impacts of caffeinated beverages.

Caffeine is the most commonly used psychoactive drug worldwide. Coffee, tea and sodas are typical sources of the caffeine we ingest, for many of us regularly. But foods, nutritional supplements and medications may also be sources. For healthy adults, a moderate intake of up to 300 mg per daily intake is considered "generally safe" by the FDA. The Dietary Guidelines of America recommends, however, women who are pregnant and those breast feeding consult their health care providers for advice on caffeine consumption. For children and adolescents, the American Academy of Pediatrics takes the stance that there is "no place for stimulant-containing energy drinks" for this population.

Federal guidelines require that the presence of caffeine in beverages or foods be listed as an ingredient. However, the amount of caffeine does not. To give you an idea as to how much caffeine is present, here are some common listings from www.medicinenet.com based on an **eight ounce** serving:

Brewed coffee: 102 - 200 mg; *Brewed decaf:* 3 - 12 mg; *Espresso (1 oz):* 30 - 90 mg; *Brewed black tea:* 40 - 70 mg; *Brewed green tea:* 40 - 120 mg; *Cold brew coffee:* 110 - 200 mg.

The following sodas contain the following amounts of caffeine based on a **twelve ounce** serving:

Pepsi One - 57mg; *Pepsi* - 39 mg; *Diet Pepsi* - 37 mg; *Coke Zero* - 36 mg; *Coca-Cola* - 34 mg; *Diet Coke* - 46 mg; *Mountain Dew* - 54 mg; *Dr. Pepper* - 41 mg; *IBC Root Beer* - 0 mg and *Orange Crush* - 0 mg. A *Monster Energy Drink* contains 80 mg caffeine in an **eight ounce** serving and has 27 mg of sugar.

Many non-prescription medications that treat drowsiness, headaches and migraines will commonly have caffeine, from 60 to 200 mg per dose. The most commonly anticipated effect of caffeine is to stimulate the brain. Within minutes, there is increased alertness and there may be a buffering of drowsiness and fatigue - our morning "wake-up". Other positives include a decreased suicide risk as well as, developing Alzheimer's and dementia for those who consume caffeine on a regular basis. In addition, is a reported decreased risk of oral and throat cancer.

According to the Mayo Clinic, some negative effects may occur after 400 mg of caffeine is consumed routinely (about four cups of coffee). If the brain is overstimulated, there may be side effects of restlessness, anxiety, headaches or insomnia. Urine output is increased, producing a diuretic effect. There may be an increase of symptoms from those already suffering from bladder problems. Gastrointestinal stimulation may produce heartburn and diarrhea, with nausea and vomiting developing at higher doses of ingestion. Calcium absorption into the bones is decreased, increasing the risk of developing osteoporosis and fracture. The cardiac effects of caffeine increase heart rate, blood pressure and contribute to skipping beats.

Over time, your body becomes more tolerant to your daily dose. Should you develop adverse effects from your caffeine consumption or just be concerned to the long term effects as listed, you should taper down gradually. Headaches are the most common presentation of caffeine withdrawal. There are websites available providing information about caffeine from the FDA and Mayo Clinic, among others. How much caffeine are you consuming?

Aquatics

Group Swim Lessons

Group swim lessons begin June 4! For ages 3 and up, group swim lessons will be held in two week sessions, either Mon/Wed or Tue/Thu and are offered in the mornings and afternoons all summer! Session I: Level 1 - 7:45 - 8:15 am; Level 2 - 8:20 - 8:40 am. Level 1 - 4 - 4:30 pm; Level 2 - 4:40 - 5:10 pm. Contact the aquatics manager for information or call 779-5141 to register.

Parent-Tot

This class offers tips on how to hold, what to practice and safety topics to help your child get acclimated to the water before they are old enough for group swim lessons. Parents are required to get in the water with their children. Classes are offered Tue/Thu, May 1 - 10, 10:15 - 10:45 am and Mond/Wed, May 14 - 23, 5:45 - 6:15 pm for children 6 months to 2 1/2 years old. For more information and to register, call 779-5141.

Family Fun Pool Parties

This summer, FAC will be holding three fun pool parties at FAC East outdoor pool. We will have hot dogs, condiments and drinks, as well as games and lifeguard on duty all night! Parents may drop kids off with the lifeguard if they can swim one lap of the pool without assistance. Parents are also welcome to stay and have fun! Join us June 29, 5 - 9 pm for some pool fun!

Independence Swim Test

During the month of May, all Independence Swim tests are held on Thu, 5:30 pm, FAC East indoor pool with Emily Gutaw, pre-registration is required. The Independence Swim test will be available in the FAC East outdoor pool after June 1. Any FAC lifeguard can perform the swim test and sign the packet. For more info or to register, call 779-5141.

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, May 1 - 29, 9 - 9:45 am, FAC West and Fri, May 4 - 25, 9 - 9:45 am, FAC East. All ability levels welcome!

Advance Volleyball Training

Led by Personal Trainer Noelle Martinjako, Advance Volleyball Training is a sports specific program designed to give volleyball players of all ages and abilities the competitive edge. 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 will be crucial to jumping higher and hitting harder. Vertical will be tested at the beginning and end of the program. Sat, May 12 - 26, 1 - 2 pm, FAC East.

Zumba Fiesta!

Join Carol Orrill and Suzie Mendez on Sat, May 5, Cinco de Mayo from 9:30 - 10:30 am, FAC East! Zumba® is a fusion of Latin and international music/dance themes that create a dynamic and exciting workout that is based on the principle that a workout should be "FUN AND EASY TO DO".

Latin STEP/BODYPUMP® in Spanish (and English)

Whether you speak Spanish fluently or only count (uno, dos, tres), join Angie Rockow, Kelly Guerrero, Molly Greenwald and Ely Terriquez to celebrate Cinco de Mayo, Sat, May 5 with STEP at 8:15 am and BODYPUMP® at 9:30 am, FAC West.

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 —

Sand Volleyball

- Men's and Women's 2's League begins Mon, May 14. This league runs for 7 weeks and includes a Tournament on June 25.
- CoEd 4's "B" League begins Tue, May 15. This league runs for 7 weeks and includes a Tournament on June 26.
- CoEd 2's "Open" League begins Wed, May 16. This league runs for 7 weeks and includes a Tournament on June 27.
- CoEd 4's "A" League begins Thu, May 17. This league runs for 7 weeks and includes a Tournament on June 28.

Registration for these leagues closes May 10 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.

Free Kettlebell Clinic

If you've ever been interested in adding kettlebells to your workout or just want some new ideas to supplement your program, now is your opportunity to meet with one of FAC's top Trainers. Jenny Knox will teach some great new workout ideas and demonstrate the value of kettlebells at this free clinic on Wed, May 30, 4:30 pm, FAC East Multi-Purpose Room.

Body Composition Test

Come in Wednesdays, 5 - 6 pm, FAC West to have your body composition measured by Certified Personal Trainer Zaira Macias. You will have seven skinfold sites measured and then come in to retest to calculate fat loss to help achieve your goals. Be prepared by wearing shorts and a sports top. Registration is required.

Best Form for Best Result

Join Janelle Strain and Vicky Rowell for great, helpful tips on how to position your body to get the best results you want to achieve. Learn how to protect your back, shoulders and knees from injury and the best time to increase your barbell weight for BODYPUMP®. Come and learn how to get the most from BODYCOMBAT® on Wed, May 9 at 7 pm and BODYPUMP® on Sat, May 19 at 10:45 am, FAC West Main Group Fitness Room.

TechnoGym Let's MOVE Challenge

Congratulations and special thanks to all who participated in this year's challenge! First place went to Joe "Deadman" Gemin who finished with a perfect score of 40,000! Second place was claimed by Heather Richardson, one of FAC's Group Fitness instructors. Third place went to Trumpetlink. Overall, FAC came in 30th place in the country. Well done to all who participated!

To register for a program, call AIR at 779-5141, Mon - Fri, 8 am - 4 pm or log on to "My Account"

www.flagstaffathleticclub.com. FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM THU BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

Programs

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

To register for a program, call AIR at 779-5141
Mon - Fri, 8 am - 4 pm
or log on to "My Account" at www.flagstaffathleticclub.com.

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Fitness. . .

- **Gymnastic Bodies** - Tue/Thu, 5 - 7 pm, beginning Tue, May 1, FAC East Multi-Purpose Room and Mon/Wed, 5:45 - 7 pm, beginning Wed, May 2, FAC East Main Group Fitness Room. No classes May 3 and 7.
- **Small Group Personal Training** - Mon/Wed, May 2 - 30, 6:30 - 7:30 am, FAC West.
- **TRX Core** - Tue, May 1 - 29, FAC West and Fri, May 4 - 25, FAC East, 9 - 9:45 am.
- **Longevity** - Beginning Mon, May 7, 7:45 - 8:45 am, FAC East Multi-Purpose Room. Join Danyelle Jorgensen for a combination of Yoga, Tai chi, Pilates and Chinese Long Life drills!
- **Happy Mother's Day** - Sun, May 13, 4 - 5 pm, FAC East Multi-Purpose Room. willPower Method® with Jennifer Kotalik!
- **Poolside POUND Barre** - Sat, May 26, 8 - 9:30 am, FAC East outdoor poolside with Danyelle Jorgensen and Angie Allen.
- **Aqua Blast Pool Party!** - Starts Mon, May 28, 9 - 10 am, FAC East outdoor pool deck. All 9 am Aqua classes will move to outdoor pool with Danyelle Jorgensen.

More Fitness. . .

- **FREE Kettlebell Clinic** - Wed, May 30, FAC East Multi-Purpose Room with Jenny Knox.

Aquatics. . .

- **Group Swim Lessons** - Registration is open and begins June 4. Two week sessions available on Mon/Wed or Tue/Thu. Session I: Level 1 held 7:45 - 8:15 am and 4 - 4:30 pm. Level 2 held 8:20 - 8:40 am and 4:40 - 5:10 pm. Call 779-5141 for more info and to register.
- **Parent-Tot Classes** - For parents and tots ages 6 months to 2 1/2 years old. Tue/Thu, May 1 - 10, 10:15 - 10:45 am and Mon/Wed, May 14 - 23, 5:45 - 6:15 pm, FAC West.
- **Cardboard Boat Race** - Teams of 2 - 4 will get the same amount of cardboard, 1 black garbage bag and an hour to build the best boat! Teams will then race across the pool, paddling their boat as fast as they can! This fun team building activity will be held Sat, June 30, 9 am, FAC East outdoor pool.
- **Family Fun Pool Party** - Fri, June 29, 5 - 9 pm, FAC East outdoor pool.
- **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

- **Kids' Night Out, Fri, May 4** - Children ages 3 - 12 join us for a fun-filled evening while parents enjoy a night out on Fri, May 4, 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, May 2.

Youth Activities

- **Summer Break Camp** - Register is now open for FAC Summer Camp for kids ages 4 - 12. Camp days run 7:30 am - 5:30 pm. Pick up a registration form at any FAC kiosk or download on FAC website.
- **Kids' Night Out, Fri, May 4** - Children ages 3 - 12 can join us for a fun-filled evening while parents enjoy a night out on Fri, May 4, 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, May 2.
- **Kids' Passport Exam** - Certification gives 6 - 11 year old FAC members the privilege of using FAC racquetball and basketball courts without direct adult supervision. Children must pass 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. Held alternate Tue/Thu, 5 - 5:30 pm and one Sat a month from 10 - 10:30 am, FAC East. May 1, 10, 15, 22, 31 and Sat, May 12. 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 and one Sat a month from 10:30 - 11 am, FAC East. May 1, 10, 15, 22, 31 and Sat, May 12. Register with AIR by calling 779-5141.

FAC MAY 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 *TRX CORE 9 AM / FACW *PARENT-TOT SWIM CLASS 10:15 AM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *GYMNASTICBODIES 5 PM / FACE	2 *GYMNASTICBODIES 5:45 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW	3 *PARENT-TOT SWIM CLASS 10:15 AM / FACW *GYMNASTICBODIES 5 PM / FACE *INDEPENDENCE SWIM TEST 5:30 PM / FACE	4 *TRX CORE 9 AM / FACW KIDS' NIGHT OUT 5 - 9 PM / FACE	5 CINCO DE MAYO LATIN STEP 8:15 AM / FACW BODYPUMP 9:30 AM / FACW ZUMBA FIESTA 9:30 AM / FACE
	6	7 ASK DR. CROFT 4:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE ASK DR. CROFT 6 PM / FACW	8 ASK THE PODIATRIST DR. REBER 4:30 PM / FACW AND 5:45 PM / FACE	9 HEARTSAVER - AED CPR 6 PM / FACW BODYCOMBAT TECHNIQUE 7 PM / FACW	10 GROUP FITNESS INSTRUCTOR TRAINING 5 - 8 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	11
13 WILLPOWER & GRACE 4 PM / FACE	14 *PARENT-TOT SWIM CLASS 5:45 PM / FACW	15 ASK THE HYPNOTHERAPIST DON BERLYN 4:30 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	16 *PARENT-TOT SWIM CLASS 5:45 PM / FACW	17	18 ASK THE NATUROPATH EMILY DAVENPORT 2 PM / FACE AND 3:30 PM / FACW	19 BODYPUMP 10:45 AM / FACW
20	21	22 ASK THE HYPNOTHERAPIST DON BERLYN 1:30 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	23	24	25 FACE OUTDOOR POOL OPENS 10 AM FREE KETTLEBELL CLINIC 4:30 PM / FACE	26 POOLSIDE POUND BARRE 8 AM / FACE OUTDOOR POOL
27	28 Memorial Day Hours 7 am - 6 pm AQUA BLAST POOL PARTY 9 AM / FACE OUTDOOR POOL	29	30 HEARTSAVER - AED CPR 6 PM / FACW	31 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	May Tanning Special 20% OFF 5 or more packages	