



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

NOVEMBER 2017

GREAT



Holiday Hours

— Wed, Nov 22 —
5 am - 6 pm

— Thu, Nov 23 —
CLOSED - Happy Thanksgiving!

— Fri, Nov 24 —
7 am - 6 pm

**Modified Group Fitness
Schedule & Fitness Hours**

Employee of the Month

Congratulations to Janelle Strain, our November Employee of the Month! Janelle moved to Flagstaff in 2014 from New Mexico with her husband, Sean and their three children, Osean, Zoe and Torin. She has a degree in Accounting and Early Childhood Education. She joined the Flagstaff Athletic Club, not willingly, but was encouraged by her husband to try it. . .and her journey into a fit life-style began.

Janelle started taking Roxanne Hrinko's Just Weight class and because Roxanne connected with and encouraged Janelle, she kept coming. Then Janelle tried BODYPUMP and BODYCOMBAT and was encouraged by Tara Caparelli to get certified and teach. She now has become an enthusiastic group fitness instructor, as well as participant. She loves FAC's atmosphere and just recently started working in the office as the AIR Program Registrar. She is very knowledgeable about our programs and promotes them in her office position, in her classroom and out and about Flagstaff.

Thanks for being such a great role model and a super team player. FAC congratulates Janelle as our November Employee of the Month!

Winter Break Camp

With winter break quickly approaching, it's time to think about FAC's Winter Break Camp! Your child will take part in fun activities, ranging from swimming in our warm saltwater pool, to playing in the snow! This camp is for children ages 4 - 12. Week one, Dec 18 - 22 and week two, Dec 26 - 29. Drop off as early as 7:30 am and pick up as late as 5:30 pm. Campers can register for the whole week or choose the flexible options and tell FAC what days the camper will join us. Pre-registration is required by Wed, Dec 13. Registration forms available online or at either club. Call Michelle Johnson or AIR for more information at 779-5141.

Ten Benefits of the Barre

It may look like ballet, but it's not. Barre fitness classes are simply ballet-inspired movements incorporated in a great workout. Barre classes mix elements of Pilates, dance, yoga and functional training choreographed to motivating music. There are good reasons why more and more people are trying out barre workouts, and you should give it a shot too.

Join Angie Allen to try a Barre workout on Sun at 3 pm, FAC East and Tue/Thu, 4:30 pm, FAC West beginning Thu, Nov 2. Here are ten reasons to try a barre workout: 1) It's hard on muscles, kind on joints; 2) No experience required; 3) A workout from head to toe; 4) Works muscles to failure; 5) There are modifications for every age and level; 6) Increases flexibility; 7) Never boring, always fun; 8) Loss of weight and inches; 9) Increases range of motion and endurance for all activities and sports; (10) Rapid results!

Zumba Turkey Blast!

Join Sergio, Luis and Carol for an hour and a half of a really fun, dynamic fat burning class with three great Zumba instructors, great music and great moves. The class is Sat, Nov 25, 9:30 am, FAC East in the Main Group Fitness room.

Small Group Personal Training

Become the fittest you've ever been! Certified Personal Trainer Brian Semonian invites you to join him 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 deliberately builds upon itself to give you the challenge and results you are looking for. All levels welcome. Mon/Wed, Nov 1 - 29, 6 am, FAC East.

Parent-Tot Swim Classes

This class is designed to work with parents showing them how to work safely and effectively with their infant and/or toddler, ages 6 months to 3 years. This class teaches basic water skills along with beginning activities for water development and preparation for future swim lessons. Sessions will be held Mon/Wed (except Nov 22), 5:45 - 6:15 pm, FAC East indoor pool starting Nov 1 - 29. Contact 779-5141 or stop by any desk to register.

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	<i>No Therapist</i>
Saturday	Janus Hudson 853-9039	Rachel Williams 616-402-1702
Sunday	Janus Hudson 853-9039	Krissy Marocco 380-2011

No Show Policy: *Massage therapists require 24 hours notice to cancel your massage appointment. There is a \$40 fee for the first incidence and \$65 fee for a repeat occurrence. Policy enforcement is at the discretion of the therapist.*

Fitness

Small Group Personal Training

Become the fittest you've ever been! Personal Trainer Brian Semonian invites you to join him Mon and Wed, Nov 1 - 29, 6 - 7 am, FAC East for a bomber workout system that he has developed to take your fitness journey to the next level. Designed to implement strength, flexibility, speed, agility and quickness, his programming is deliberately built upon itself to give you the challenge and results you are looking for. All levels welcome. Join with a friend to receive a promotional rate. Enrollment is limited, register today.

Hard Core Abs

Summer may be over, but that shouldn't mean your progress towards that "summer bod" should stop. Tone your abs, develop a strong core, or get that six pack you had in college with this rigorous ab training program led by FAC Personal Trainer AJ Zagarella. Come experience 45 minutes of high intensity, gut busting, abdominal training offered on Mon, Nov 6 - 27, 6 - 6:45 am, FAC East and Thu, Nov 2 - 30, 6 - 6:45 am, FAC West. All fitness levels welcome!

Do You Have a Health Care Question?

Each month Dr. Brad Croft (*East Flagstaff Family Medical*), Dr. Kelly Reber (*Northern Arizona Podiatry*), Dr. Emily Davenport (*Flagstaff Clinic of Naturopathic Medicine*), and Don Berlyn, Physical Therapist/Hypnotherapist, give an hour of their time at each club to answer your questions about your health. This is a free service for the members of FAC.

Health Care Corner

Family Practice - Brad Croft

Mon, Nov 6, 4:30 pm / FACE

Mon, Nov 6, 6 pm / FACW

Naturopath - Emily Davenport

Wed, Nov 15, 10:30 am / FACW

Wed, Nov 29, 10:30 am / FACE

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, Nov 7, 4:30 pm / FACW

Tue, Nov 7, 6 pm / FACE

Physical Therapist/Hypnotherapist - Don Berlyn

Tue, Nov 7, 4 pm / FACW

Thu, Nov 9, 4:30 pm / FACE

AED & Heartsaver CPR

Wed, Nov 8, 6 pm / Chris Thomas

Wed, Nov 15, 6 pm / Matt Turner

Tue, Nov 21, 6 pm / Kevin Wiles

All CPR Classes FAC West

FAC Drop In Schedule

Adult (16+) "drop in" gym times are provided for the fun and fitness of FAC members and guests. Members may "drop in" for free and guests may "drop in" for a guest fee and enjoy reserved space in our gymnasium for the following sports and times:

Pickleball - Tue/Thu/Fri, 8:30 - 10 am; Basketball - Mon - Fri, 12 - 2 pm; Volleyball - Sat, 1 - 4 pm.

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

To register for a program, call AIR at 779-5141, Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com. FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM THU BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

Firefighter Fit

Bradford Croft, DO, East Flagstaff Family Medicine

The most common medical condition that contributes to sudden death is cardiovascular disease, to the tune of over six hundred thousand individuals per year in the United States. Those individuals who have concurrent diseases of high blood pressure, high cholesterol and diabetes have increased risk of heart disease. Others with unhealthy habits such as smoking, poor diet, physical inactivity, excessive alcohol use and being overweight also are at increased risk for adverse events.

Consider the health risk of our emergency responders - the firefighters, police and other emergency personnel who routinely put themselves in harm's way. This population has up to a 300% increased risk of heart related death over all others. A large contributor to this risk is the repeated physical exposure and chronic emotional stress associated with this profession, accumulating over their careers and even into retirement.

To help identify, mitigate and minimize these risks, our firefighters undergo an annual evaluation of fitness and health conditions designed to identify these concerns and work to promote a healthy workforce. Four health parameters that are reported are blood pressure, blood sugar, fitness levels and body mass. These problems are monitored yearly and treatment or other intervention is directed if adverse trends occur.

A recent article from the National Fallen Firefighters Foundation discusses yet another risk of cardiovascular disease and sudden death. The presence of heart enlargement (cardiomegaly and left ventricular hypertrophy) can develop ongoing and long-standing changes of the heart that are not routinely evaluated in most individuals unless symptomatic.

Obesity which is a risk factor in itself, has been shown in this study to be directly related to the development of cardiac enlargement. As there are additional issues such as body size, fitness levels and imaging techniques, it is difficult at this time to specifically define the measurements that indicate when cardiac risks increase at this time. But as this science continues to evolve and be defined and as measurement techniques become standardized and normalized, there may soon be another tool to predict risk of mortality. As well, we will become more proficient in determining when cardiac enlargement is a healthy finding from a fit heart as opposed to a pathologic indicator of disease and obesity.

As emergency responders are leading the risks of cardiac mortality, they are also leading the science of prevention. The lesson we are learning is to expand the concern universally among the rest of the population. We need to understand the relationship of obesity as a significant concern in heart disease, identify risk and embrace the value of weight loss and fitness as universal tools to lessen our risks and improve our outcomes over all.

If you are interested in reading more, this article "Cardiac Enlargement in U.S. Firefighters - Everyone Goes Home" can be found at:
<http://www.everyonegoeshome.com/wp-content/uploads/sites/2/2017/07/cardiac-wp-2017-FINAL.pdf>.

Sports

FREE Baseball Pitching & Hitting Mechanics Assessment

Certified Personal Trainer and former pro scout, Brian Semonian will meet with you for 30 minutes to assess and offer feedback on your baseball mechanics at the SportStop, our indoor sports facility at FAC East. This session is free and by appointment only. Contact Brian at 718-419-1715 to arrange your private session.

Aquatics

Private and Semi Private Swim Lessons

While group swimming lessons have ended until next summer, private and semi-private lessons continue year round. Sign up with one of our certified Red Cross Certified Water Safety instructors by calling and leaving your info at 440-5245, ext 4! For specific swim lesson questions, contact Emily Gutaw at 779-4593.

Scuba Diving at FAC

If you are looking for an adventure, this is it! Did you know that 78% of the earth's surface is under water? Learn to SCUBA dive right here at FAC East! The class will be held Sat and Sun, Nov 11 and 12, 9 am - 4 pm. There will be in water and classroom instruction. All strong swimmers ten years and older are encouraged to register at any service desk or by calling 79-5141 today! Contact Emily Gutaw at 779-4593 with any questions.

Snorkeling at FAC East

Certified instructors with Summit Divers are offering another in-depth snorkeling class on Sat, Nov 18, 9 - 11 am at the FAC East indoor pool. Use of the equipment is included. Topics such as maintenance, dives, clears, fin kicks, snorkel and vest use and buddy rules will be covered. Participants should be at least six years of age and must be able to swim 50 feet and comfortable in the water. Contact Emily Gutaw at 779-4593 with any questions.

Independence Swim Test

You may now register for independence swim tests! Swim tests will be conducted every Thu from 5:30 - 6:30 pm at FAC East. Be sure to register by calling 779-5141 or at any service desk to secure a spot!

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 never before while challenging your balance in multiple planes. Join Personal Trainer Robb Faus on Tue, Nov 7 - 28, 9 - 9:45 am, FAC West and Fri, Nov 3 - 17, 9 - 9:45 am, FAC East to experience this challenging and rewarding format. All ability levels welcome!

New Year's Fitness & Nutrition Blast

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

Kids Programs

Kids Night Out

Children can join us for fun while parents are out! We will have a bounce house and obstacle course, crafting, games and more! This fun-filled event will be held at FAC East on Fri, Nov 3, 5 - 9 pm. To register, call 779-5141 by 4 pm on the Wed prior to the event. Pre-registration is required.

Kids Passport

Kids Passport Certifications is held every Tue and Thu of each month from 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. 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. It is necessary to obtain and complete a packet before scheduling an appointment. 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 direct adult supervision. The first step in the certification process is to pick up an independence packet at any kiosk area. Complete the packet, schedule and complete appointments with fitness staff, register for the swim portion, and register for the final exam. In order to enroll in this class, the packet must be complete with all appropriate signatures on the signature page.

These certifications are held every Tue and Thu, 5:30 - 6 pm and one Sat a month, 10:30 - 11 am.

Register with AIR by calling 779-4593.

FAC & SportStop Leagues

For information and to register call our AIR desk at 779-5141. All FAC leagues are open to the general public. Our members enjoy a discount on league fees. Sign up for a league today.

FAC Adult Leagues

Adult CoEd Racquetball League:

- All level combo league Winter Session begins Thu, Jan 4.

Registration for this league is now open and will close when full.

Adult CoEd Volleyball Leagues:

- CoEd 'B' League Winter Session begins Tue, Jan 2 and runs through Feb 13.
- CoEd 'A' League Winter Session begins Thu, Jan 4 and runs through Feb 15.

Registration for these leagues opens Dec 4 and closes Dec 28 or when full.

SportStop Leagues

Indoor Soccer:

- CoEd 5v5 Indoor Soccer Winter Session begins Wed, Jan 3 and runs through Feb 14.

Registration for this league opens Mon, Dec 4 at 5:30 pm at the SportStop and closes Dec 28 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.

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. . .

- **Small Group Personal Training** - Mon/Wed, Nov 1 - 29, 6 - 7 am, FAC East.
- **GYMNASTICBODIES** - Mon/Wed, Nov 1 - 29 (no class Mon, Nov 22), 5:45 pm, FAC East Main Group Fitness Room and Tue/Thu, Nov 2 - 30 (no class Thu, Nov 23), 5:45 pm, FAC East Multi-purpose Room.
- **Yoga Basics** - Fri, Nov 3, 8 am, FAC East Main Group Fitness Room with Carol Orrill.
- **Barre Fitness** - Sun, Nov 5 - 26, 3 pm, 4:30 pm, FAC East and Tue/Thu, Nov 2 - 30 (no class Nov 23), 4:30 pm, FAC West.
- **Hard Core Abs** - Mon, Nov 6 - 27, 6 - 6:45 am, FAC East and Thu, Nov 2 - 30 (no class Nov 23), 6 - 6:45 am, FAC West.
- **TRX Core** - Tue, Nov 7 - 28, FAC West and Fri, Nov 2 - 17 (no class Nov 24), FAC East, 9 - 9:45 am.
- **Zumba Turkey Blast** - Sat, Nov 25, 9:30 am, FAC East, Main Group Fitness Room.

Aquatics. . .

- **Private and Semi Private Swim Lessons** - While group swim lessons have ended until next summer, private and semi-private lessons continue year round. Sign up with one of our certified Red Cross Certified Water Safety Instructors by calling 928-440-5245, ext 4! For specific swim lesson questions, please contact Emily Gutaw at 928-779-4593.
- **Torpedoes Youth Swim Team** - Torpedoes Youth Swim Team will be held on Fri, 5 - 6 pm, FAC west indoor 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 779-5141 to register or for more info.
- **Snorkeling** - Sat, Nov 18, 9 - 11 am, FAC East indoor pool. For all strong swimmers 6 years and older. Call 779-5141 to register or for more info.
- **Scuba Diving** - Sat and Sun, Nov 11 - 12, 9 am - 4 pm, FAC East. Call 779-5141 to register or for more info.
- **Parent-Tot Swim** - Mon/Wed, Nov 1 - 29 (no class Nov 22), 5:45 - 6:15 pm, FAC East indoor pool. Class is for infants and/or toddlers ages 6 months to three years. Call 779-5141 to register or for more info.
- **Independence Swim Test** - Swim tests will be conducted Thu, 5:30 - 6:30 pm, FAC East indoor pool. Registration is required. To register, call 779-5141 or at any service desk.

Youth Activities

- **Kids' Night Out, Fri, Nov 3** - Children can join us for a fun-filled evening while parents enjoy a night out on Fri, Nov 3, 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, Nov 1.
- **Kids' Passport Exam** - The Kids Passport certification is held alternate Tue/Thu, 5 - 5:30 pm and one Sat a month from 10 - 10:30 am. Certification gives 6 - 11 year old FAC members the privilege of using FAC racquetball and basketball courts without direct adult supervision. Children must pass both a written and oral exam. Information and certification packets are available at each desk and the Kids' Club. Packet must be completed before scheduling an appointment. Nov dates are Nov 2, 7, 16, 28 and Sat, Nov 4. Pre-registration is required. To register call 779-5141.
- **Independence Certification Program** - This certification is for FAC members ages 12 - 15 who would like to use the club without an adult. Pick up an independence packet at any kiosk area. Complete the packet, schedule and complete an appointment with a Personal Trainer at FAC East, register for the swim portion, complete an appointment with a Personal Trainer at FAC West then register for this portion, which is the final exam. The packet must be completed with all appropriate signatures. Held alternate Tue/Thu, 5:30 - 6 pm, FAC East and one Sat a month from 10:30 - 11 am. Nov dates are Nov 2, 7, 16, 28 and Sat, Nov 4. 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 NOVEMBER 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 *GYMNASTICBODIES 5:45 PM / FACE *PARENT-TOT SWIM CLASSES 5:45 PM / FACE	2 *HARDCORE ABS 6 AM / FACE *TRX CORE 9 AM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE	3 *YOGABASICS 8 AM / FACE *TRX CORE 9 AM / FACE KIDS NIGHT OUT 5 - 9 PM / FACE	4 PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE
Small Group Personal Training Mon / Wed at 6 - 7 am Nov 1 - 29, FAC East						
5 *BARRE FITNESS 3 PM / FACE	6 *HARDCORE ABS 6 AM / FACE ASK DR. CROFT 4:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE ASK DR. CROFT 6 PM / FACW *PARENT-TOT SWIM CLASSES 5:45 PM / FACE	7 *TRX CORE 9 AM / FACW *INDEPENDENCE SWIM TEST 4 PM / FACE ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACW ASK THE PODIATRIST DR. REBER 4:30 PM / FACW *BARRE FITNESS 4:30 PM / FACW PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE ASK THE PODIATRIST DR. REBER 6 PM / FACE	8 HEARTSAVER - AED CPR 6 PM / FACW	9 ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACE *BARRE FITNESS 4:30 PM / FACW	10	11 SCUBA DIVING CLASS 9 AM - 4 PM / FACE
12 SCUBA DIVING CLASS 9 AM - 4 PM / FACE	13	14	15 ASK THE NATUROPATH EMILY DAVENPORT 10:30 AM / FACW HEARTSAVER - AED CPR 6 PM / FACW	16 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	17	18 SNORKELING CLASS 9 - 11 AM / FACE
19	20	21 HEARTSAVER - AED CPR 6 PM / FACW	22 Club Hours 5 am - 6 pm	23 Happy Thanksgiving! Clubs Closed	24 Club Hours 7 am - 6 pm	25 ZUMBA TURKEY BLAST 9:30 AM / FACE
26	27	28 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE	29 ASK THE NATUROPATH EMILY DAVENPORT 10:30 AM / FACE	30		