



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

SEPTEMBER 2017

GREAT



Holiday Hours

LABOR DAY

Mon, September 4th

7 am - 8 pm

Modified Group Fitness classes

Please check schedules

FAC East Indoor Pool

The FAC East indoor pool will be CLOSED for maintenance and updating through Fri, Sept 8. The pool area will receive a fresh coat of paint, upgrades to the deck, restroom and changing areas, draining and painting of the pool and more! Please enjoy the FAC East outdoor pool or FAC West indoor pool during this closure. The project will be completed as quickly as possible and your patience is appreciated. The Wed/Fri, 10-11 am aqua class will be held at the FAC West indoor pool during the FAC East indoor pool closure. The two lap lanes at FAC West will remain open for lap swimming during the class time. Our goal is to accommodate all swimmers during this time.

FAC East Parking Lot

Portions of the FAC East parking lot will be closed in Sept for new asphalt. We will have specific areas designated for parking during this time. Thank you for your patience while we make the necessary repairs to the parking lot.

FAC East Outdoor Pool

The outdoor pool will be heated and lifeguards will be on duty from 10 am to 5 pm on the weekends, including Labor Day through Sun, Sept 17. The outdoor pool remains open year round. It is heated May through Sept, hosts the annual Special Olympics Polar plunge and makes a great ice bath during the colder months!

New Group Fitness Instructor Training

Join us Sat, Oct 7, 9 am - noon at FAC East Multi-purpose Room for the start to a new and exciting group fitness career!

Have you ever asked yourself, "I wonder what I would need to do to become a group fitness instructor"? We will be sharing with you the secrets and tools that you need to stand in front of the class and help people reach their fitness goals. We will talk about the requirements as well as the three key ingredients to make this transition into leading classes a success. There will be a two hour music/choreography practical training included.

Contact 779-5141 or stop by any desk to register. For additional information, contact Ruana Robertson at RRobertson@Flagstaffathleticclub.com.

Kids in Motion with the Flagstaff Athletic Club

Each year during the month of Oct, the Flagstaff Athletic Club through the Kids in Motion program, invites kids and their families to get in motion! Throughout the month, FAC's Personal Trainers and Youth Activities staff visit each FUSD public elementary school. We meet with as many classes as we can for a brief discussion on the benefits of an active life-style and healthy eating. After that, we show students how fun fitness can be by getting everyone involved in various exciting cardio pumping activities. Students are encouraged to get fit with their families. For one week, any FUSD Public Elementary School student can bring their family to FAC with a pass and earn points and money for their schools' P.E. program. At the end of Oct, the Flagstaff Athletic Club is proud to donate to the FUSD Elementary Schools Physical Education programs.

Swimmar with Liz Hobbs!

Do you know how to swim, but want to improve your technique, skill and/or breathing or open water swim times? This Swimmar will get you to the next level! Join your amazing coach, Liz Hobbs, in the FAC East outdoor pool Sun, Sept 17, 4 - 5 pm to learn the small tips that will leave you with huge results! Register by 4 pm Thu, Sept 14. Contact Nate Pallat at 779-4593 with any questions.

Cardio Theater Voting

During the first two weeks of Sept we will be asking for your vote to determine the channels our members will enjoy on our Cardio Theater system in our FAC East and FAC West cardio rooms. You will vote for four television channels, two radio stations and two XM stations. We will also ask for your vote for the XM station in both weight rooms. The winning choices will be in effect from Oct through Mar.

Employee of the Month

Makayla Watson is our Sept 2017 Employee of the Month. Makayla works in our Kids' Club and front desks here at FAC. Makayla is from Flagstaff. Aside from work, she loves the great outdoors, hunting, fishing, dirt bike riding and camping. She plans to become an ultrasound technician and later, a pediatric nurse. She has a passion for working with kids and helping others, which will undoubtedly guide her as she has an amazing work ethic, an amazing attitude full of love and kindness. She has been with the FAC team for four years! You can always be sure to see Makayla's smiling face here at FAC! Thank you for all you do here at FAC!

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

Sunrise Synergy

Start your day with a great workout with FAC's certified Personal Trainers! This program implements a combination of weights, medicine balls, kettle bells, TRX, battle ropes and calisthenics and is sure to wake you up and get you moving for the day. This program is offered Mon/Wed/Fri, Sept 1 - 29, 6 am, FAC East. Enrollment is limited. Call Fitness and Sports Director Robb Faus with questions at 779-4593.

TRX Workshop

Are you interested in implementing TRX into your workout? If you are unsure how or just need some new ideas, join personal Trainer Robb Faus on Sat, Sept 23, 9 am - noon, FAC East to learn a variety of exercises that will supplement your fitness plan. This three hour workshop will cover upper body, lower body, core and plyometric applications that will be sure to challenge any fitness level. All participants will receive an instructional manual and a one hour follow-up Personal Training session to ensure that all questions are answered. Class space is limited.

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 service for the members of FAC.

Health Care Corner

Family Practice - Brad Croft

Mon, Sept 4, 4:30 pm / FACE
Mon, Sept 4, 6 pm / FACW

Naturopath - Emily Davenport

Tue, Sept 12, 10 am / FACW
Tue, Sept 19, 10 am / FACE

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, Sept 5, 4:30 pm / FACW
Tue, Sept 5, 6 pm / FACE

Registered Dietician-Gayle Baingo

TBA/FACW
TBA/FACE

Physical Therapist/Hypnotherapist- Don Berlyn

Tue, Sept 19, 4 pm / FACE
Wed, Sept 20, 5 pm / FACW

AED & Heartsaver CPR

Tue, Sept 5, 6 pm / Chris Thomas
Wed, Sept 20, 6 pm / Kevin Wiles
Tue, Sept 26, 6 pm / Matt Turner

All CPR Classes FAC West

FAC Drop In Schedule

Adult (16+) "drop in" gym times are provided for the fun and fitness of FAC members and guests. Members may "drop in" for free and guests may "drop in" for a guest fee and enjoy reserved space in our gymnasium for the following sports and times: **Pickleball - Tue/Thu/Fri, 8:30 - 10 am; Basketball - Mon - Fri, 12 - 2 pm; Volleyball - Sat, 1 - 3 pm; Sand Volleyball (fee) - Fri 4 - 8 pm; Badminton - Sat, 5 - 7 pm.**

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

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

Fitness

Small Group Personal Training

Become the fittest you've ever been! Personal Trainers Dustin Lord and Austin Lane invite you to join them Mon - Thu, Sept 5 - 28, 6 - 7 pm for a bomber workout system that they have developed to take your fitness journey to the next level. Designed to implement strength, flexibility, speed, agility and quickness, their 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. All participants receive half off their first month. Enrollment is limited.

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, Sept 5 - 26, 9 - 9:45 am, FAC West and Fri, Sept 1 - 29, 9 - 9:45 am, FAC East to experience this challenging and rewarding format. Register at any FAC service desk or call 779-5141.

Women on Weights

Now is the time to start developing a healthy lifestyle that will put you on the path to good health and fitness for the rest of your life! Join Exercise Physiologist and FAC Group Fitness instructor, Julie Salmon for an amazing four weeks that will include discussion, support, basic nutritional guidelines and WORKOUT. Warning: this could have side effects of weight loss, a positive self-image, becoming a gym rat, increased confidence, a healthier lifestyle for you and your family! Program begins Mon/Wed, Oct 9 - Nov 1, 8:30 - 10 am, FAC East Multi-purpose Room. Call 779-5141 or stop at any desk to register.

So You Want to Hike Rim to Rim?

Ready to check this one off your list? Join certified Personal Trainer and seasoned Grand Canyon expert, Terri Attridge as she will prepare you to knock off the R2R in the Grand Canyon. This eight week program will be held Tue/Thu, Sept 26 - Nov 21, 6 - 7:30 am and 5 - 6:30 pm - same topic morning and evening, but you are welcome to attend both classes. Classes will include both physical fitness and classroom components to ensure you are well versed in canyon exploration and is geared toward a practical understanding of backpacking and canyon hiking. Designed to get you strong and smart for hiking in the inner canyon, program classes will include such topics as: how to properly fit a backpack, how to weight your pack for a variety of terrain, what to put in your pack for a multi-day trip below the rim, how to hike with a pack on, dangers in hiking and basic first aid, food and water, getting a permit, reading a map, hiking with poles and without, hiking with a group, everybody poops and many other topics. Some classes will take place outdoors. Even if you are not looking for a R2R adventure, this program has plenty to offer for the hike/adventurer looking for durability and knowledge of training for the many outdoor offerings in Northern Arizona.

Call 779-5141 to register and for more information call Robb Faus.

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 440-5245, ext 4! For specific swim lesson questions, contact Nate Pallat at 779-4593.

Snorkeling at FAC East

Certified instructors with Summit Divers are offering an in depth snorkeling class on Sat, Sept 16, 9 - 11 am, FAC East indoor pool! If you missed out on the July class, mark your calendars! 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 able to swim 50 feet and comfortable in the water. Call 779-5141 to register.

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 Sat and Sun, Oct 14 - 15, 9 am - 4 pm. There will be in water and classroom instruction. All strong swimmers 10 years and older are encouraged to register at any service desk or by calling 779-5141 today! Contact Nate Pallat at 779-4593 with questions.

Torpedoes Youth Swim Team

Torpedoes Youth Swim Team will be held on Fri, Sept 8 - 29, 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), are between the ages of 6 - 14, then we are looking for you! Call Nate Pallat with questions at 779-4593 or call 779-5141 to register.

Fitness

Pre-Season Volleyball Training

Led by Personal Trainer Noelle Martinjako, Pre-Season Volleyball Training is designed to prepare players for the upcoming season and give them the competitive edge. If you are looking to increase your vertical jump and hitting power, this is for you!! The main emphasis will include 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. Tue, Sept 12 - 26, 4 - 5 pm, FAC East.

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 Fall Session I begins Thu, Sept 7.
- Registration for this league is now open and will close when full.

Adult CoEd Volleyball Leagues:

- CoEd 'B' League Fall Session 2 begins Tue, Oct 24 and runs through Dec 12.
- CoEd 'A' League Fall Session 2 begins Thu, Oct 26 and runs through Dec 14.

Registration for these leagues opens Oct 2 and closes Oct 19 or when full.

— SportStop Leagues —

Indoor Soccer:

- CoEd 5v5 Indoor Soccer Fall Session 2 begins Wed, Oct 25 and runs through Dec 13.

Registration for this league opens Mon, Oct 2 at 5:30 pm at the SportStop and closes Oct 19 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.

Weight and Cardio Room Etiquette

- Closed toed shoes are required in the free weight, machine weight and cardio areas of the Club.
- Refrain from using ANY profanity in the cardio and weight rooms.
- Refrain from cell phone conversations in the cardio and weight rooms.
- Wipe down equipment with disinfecting spray after you use the equipment.
- Limit use of cardio equipment to 30 min when someone is waiting.
- Leave gym bags in the locker room.
- Liquid chalk is the only acceptable form of grip aid. Dry chalk is prohibited.
- Children under 12 are not allowed in the mezzanine areas even with adult supervision and a cardio pass.
- Children ages 8 - 12 are allowed in the cardio room only with a Cardio Pass and direct supervision.
- Please refrain from moving weight machines or stations in the weight room. Free weight benches and accessory benches are acceptable to move but must be returned to their proper area when you are finished.
- Children must be at least 12 years old to use the weight room with direct supervision or Independence Pass certified.

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 - Thu, Sept 5 - 28, 6 - 7 pm, FAC East.
- **Sunrise Synergy** - Mon/Wed/Fri, Sept 1 - 29, 6 - 7 am, FAC East.
- **TRX Core** - Tue, Sept 5 - 26, FAC West and Fri, Sept 1 - 29, FAC East.
- **TRX Workshop** - Sat, Sept 23, 9 am - noon, FAC East.
- **GYMNASTICBODIES** - Mon/Wed, Sept 4 - 27, 5:45 pm, FAC East Main Group Fitness Room and Tue/Thu, Sept 5 - 28, 5:45 pm, FAC East Multi-purpose Room.
- **Pre-Season Volleyball Training** - Tue, Sept 12 - 26, 4 - 5 pm, FAC East.
- **Women on Weights** - Mon/Wed, Oct 9 - Nov 1, 8:30 - 10 am, FAC East Multi-purpose Room.

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 928-440-5245, ext 4! For specific swim lesson questions, please contact Nate Pallat at 928-779-4593.
- **Torpedoes Youth Swim Team** - Torpedoes Youth Swim Team will be held on Fri, Sept 8 - 29, 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 779-4593 with questions or call 779-5141 to register.
- **Swimmar with Liz Hobbs** - Sun, Sept 17, 4 - 5 pm, FAC East outdoor pool. Contact Nate Pallat at 779-4593 with any questions.
- **Scuba Diving** - Sat and Sun, Oct 14 -15, 9 am - 4 pm, FAC East. Call 779-4593 with questions or call 779-5141 to register.
- **Snorkeling** - Certified instructors with Summit Divers will offer an in depth snorkeling class Sat, Sept 16, 9 - 11 am, FAC East indoor pool. Use of equipment included. Participants should be at least six years of age and able to swim 50 feet and comfortable in the water. Contact Nate Pallat at 779-4593.
- **Independence Swim Test** - Swim tests will be conducted on weekends, 10 am - 5 pm, FAC East outdoor pool.

Youth Activities

- **Kids' Night Out, Sept 8** - Parents, enjoy an afternoon and evening out while your children ages 3 - 12 join us on Fri, Sept 8, 5 - 9 pm, FAC East. There will be games and activities, arts and crafts, pizza, swimming, bounce house and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, Sept 6.
- **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. Sept dates are Sept 5, 14, 19, 28 and Sat, Sept 9. 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. Sept dates are Sept 5, 14, 19, 28 and Sat, Sept 9. The swim portion can be set up Sept - May by contacting the aquatics manager. Register with AIR by calling 779-4593. The appointments at FAC East and FAC West with a Personal Trainer.

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 SEPTEMBER 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 *SUNRISE SYNRGY 6 AM / FACE *TRX CORE 9 AM / FACE | 2 FAC East Indoor Pool Closed |
| | Small Group Personal Training Mon - Thu at 6 - 7 pm Sept 5 - 28, FAC East | | | | | |
| 3 | 4 FAC LABOR DAY HOURS 7 AM - 8 PM MODIFIED GROUP FITNESS SCHEDULE 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 SMALL GROUP PERSONAL TRAINING 6 PM / FACE ASK THE PODIATRIST DR. REBER 6 PM / FACE HEARTSAVER - AED CPR 6 PM / FACW | 6 *SUNRISE SYNRGY 6 AM / FACE *GYMNASTICBODIES 5:45 PM / FACE | 7 *GYMNASTICBODIES 5:45 PM / FACE *ADULT COED RACQUETBALL LEAGUE | 8 *SUNRISE SYNRGY 6 AM / FACE KIDS NIGHT OUT 5 - 9 PM / FACE *TORPEDOES YOUTH SWIM TEAM 5 PM / FACW | 9 PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE |
| ————— FAC East Indoor Pool Closed ————— | | | | | | |
| 10 | 11 *SUNRISE SYNRGY 6 AM / FACE | 12 ASK THE NATUROPATH EMILY DAVENPORT 10 AM / FACE *PRE-SEASON VOLLEYBALL TRAINING 4 PM / FACE | 13 | 14 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE | 15 | 16 SNORKELING CLASS 9 - 11 AM / FACE |
| 17 SWIMINAR WITH LIZ HOBBS 4 - 5 PM / FACE OUTDOOR POOL | 18 | 19 ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACE ASK THE NATUROPATH EMILY DAVENPORT 10 AM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE | 20 ASK THE HYPNOTHERAPIST DON BERLYN 5 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW | 21 | 22 | 23 *TRX WORKSHOP 9 AM - NOON / FACE |
| 24 | 25 | 26 HEARTSAVER - AED CPR 6 PM / FACW | 27 | 28 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE | 29 | 30 |