



FLAGSTAFF ATHLETIC CLUB

Upcoming Programs and New Group  
Fitness classes

# December 2024

## Lose 10 Spring Break Challenge

with Maddox Aston

**Saturdays,  
January 25th- March 8th  
FACW from 3:00pm-4:00pm**

Kickstart your year with a 6-week hybrid program led by Personal Trainer and Nutrition Coach Maddox Aston as he joins you in a weight loss journey. Designed to help you achieve real results, this program includes 1 weekly in-person session, plus 2 additional custom workouts tailored to your fitness level and goals. Participants will also receive individualized nutrition and cardio plan to suit their unique needs and goals. Take the guesswork out of your fitness journey and learn proven methods to reach your goals.

### Contact

[maddoxaston@gmail.com](mailto:maddoxaston@gmail.com)  
with any questions.



## Upcoming Holiday Hours

### Club Hours

**Tues Dec 24th**  
5:00am-4:00pm

**Wed Dec 25th**  
CLOSED

**Tues Dec 31st**  
5:00am-6:00pm

**Wed Jan 1st**  
7:00am-6:00pm

### Kids Club Hours

**Tues Dec 24th**  
8:00am-12:00pm

**Wed Dec 25th**  
CLOSED

**Tues Dec 31st**  
8:00am-12:00pm

**Wed Jan 1st**  
8:00am-12:00pm

## MTB Off-Season Strength

with Robb Faus

**Session I: Jan 15th-Feb 5th**  
Wednesdays

**Session II: Feb 10th-Mar 5th**  
Mondays

**FACE from 7:00pm-8:30pm**



It's that time of year when we are running out of options for outdoor gear and the trails are less hospitable. While jumping on your trainer at home or hitting a cycling class may work to some degree, winter strength training for mountain biking will get you ready and keep you motivated for the warmer weather. Designed by Personal Trainer and XC MTB cyclist Robb Faus to prepare you for the spring, this 4-week course will take you through a variety of sports specific training fundamentals to ensure that you're prepared and strong.

Contact Robb with any questions, at [rfaus@flagstaffathleticclub.com](mailto:rfaus@flagstaffathleticclub.com)

happy holidays



**FREE Core  
Sculpting Clinic**

with Maya Uribe

**Fridays FACE Main Room  
from 4:15pm-5:00pm  
December 20th  
January 17th  
February 21st**

Core is more than just a six-pack! Join Certified Personal Trainer Maya Uribe for this FREE Core Sculpting clinic every third Friday at FACE in the main Group Fitness room. Maya will guide you through training all the core muscles to gain stabilization, strength, and power. This will be a great workout and leave you feeling strong!

**FREE Foam Rolling Clinic**

with Maya Uribe

**Fridays at FACE  
from 3:00pm-3:45pm  
December 20th  
January 17th  
February 21st**

Relieve Pain, Improve Mobility, Boost Performance! You will receive hands-on practice with the foam rollers and learn many techniques to target specific muscle groups. This clinic is tailored to your individual needs, come prepared with a yoga mat and an idea of what muscle groups you want to target! This clinic takes place every third Friday at FACE in the main Group Fitness room.

**FREE Mastering Mobility  
and Mechanics Clinic**

with Dhruv Vaidya

**Saturdays at FACW  
from 1:00pm-2:00pm  
January 11th or February 1st**

Join NASM Personal Trainer and Corrective Exercise Specialist Dhruv Vaidya for this FREE clinic designed to enable long lasting mobility and joint health-

-Dhruv will cover the essentials to promote joint health, as well as stretching methods and exercises aimed at enhancing your overall range of motion. This clinic will take you down the road to achieving a healthier lifestyle and allow you to move with ease and confidence. Whether you're looking to improve your flexibility, prevent injuries, or simply stay active, this FREE clinic offers practical skills and knowledge to support your journey.



**Do you have a  
Health Care question?**

The Flagstaff Athletic Club partners with local practices to offer you the opportunity to get your Health Care questions answered! Each month Dr. Brad Croft (East Flagstaff Family Medical), and Registered Dietician Haley Smith 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.

**Brad Croft:**

**Monday, December 2nd  
5:00pm @ FACE**

**Monday, December 2nd  
6:15pm @ FACW**

**Haley Smith**

**Tuesday, December 10th  
5:30pm @ FACE**

**Wednesday, December 11th  
5:30pm @ FACW**

**CPR/Heart Saver-AED**

The American Heart Association Heart Saver CPR and AED course is designed for the responder who requires a credential for course completion, (this is not a Healthcare provider CPR/AED course). Items covered include recognition and emergency resuscitation techniques for heart attack, stroke and choking adults; recognition and mitigation of cardiopulmonary emergencies; treatment of choking in infants and children; instruction on AED use. There will be skill checklists and review questions to assist participants in meeting course requirements.

**6:00pm - 8:00pm | FACW**

**Tuesday, December 10th  
Matt Turner**

**Wednesday, December 18th  
Sean Connolly**

**Monday, December 30th  
Justin Staskey**

## Fall Session III 2024 GROUP SWIM LESSON INFO

**Red Level** – Designed for children with little to no water experience. This class will introduce safety around water and basic swimming skills. Skills introduced include blowing bubbles, breath control, the beginnings of proper stroke and kicking techniques for a variety of swimming styles, floating, pencil diving etc.

**Yellow Level** – Designed for children with some water experience. Children in this class should feel comfortable going underwater. This class will offer practice of the skills learned in Red Level and introduce new skills such as rolling over to float and rest while swimming, breathing to the side, treading water, and both surface and land dives.

**Green Level** – Designed for children who can swim on their own but need more practice to develop efficient strokes. Children in this class should be able to swim on their own. This class will practice freestyle, backstroke, breaststroke, elementary backstroke, treading water and dives, and will introduce the sidestroke.

**Baby & Me** - Designed for ages 6 months to 3 years old. This class will introduce the water and basic swimming skills to babies and parents to help develop good attitudes toward swimming! Introducing the water and having fun in the pool at a young age is beneficial to their success at the next level. This class will discuss how to keep your child comfortable in the water, basic swimming techniques, floating and submerging all while having fun!

### **Red Offerings:**

Mon/Wed--2 Weeks  
Dec 2nd - Dec 11th  
5:30pm

### **Baby & Me Offerings:**

Tue/Thu--2 Weeks  
Dec 3rd - Dec 12th  
5:00pm

**Red, Yellow, Green**  
**Ages: 3 - 10 yrs. old**

### **Yellow Offerings:**

Mon/Wed--2 Weeks  
Dec 2nd - Dec 11th  
6:00pm

### **Green Offerings:**

Tue/Thu--2 Weeks  
Dec 3rd - Dec 12th  
5:30pm

**Baby & Me**  
**Ages: 6 mos -3 yrs. old**



Group Swim Lesson registration forms may be completed and turned into [www.flagstaffathleticclub.com](http://www.flagstaffathleticclub.com) under the “Swim Lessons” tab.

## **GROUP FITNESS–New classes and time changes for current classes**

### **Jingle Barbells– Janelle & Jules**

Saturday, December 7th

9:30am

West Main Room

### **Naughty/Nice–Ely & Tommi**

Friday, December 20th

BodyCombat at 9:00am

BodyPump at 10:15am

West Main Room

### **RPM: The Best of 2024!– Angie R.**

Tuesday, December 3rd

FACW at 5:00pm

Hitting all the favorite RPM tracks from 2024!

### **Holiday Punch, Pump, Pilates– Janelle & Kerry**

Saturday, December 21st

8:30am–10:00am

BodyCombat–30

BodyPump–30

Pilates–30

West Main Room

### **The Best of BodyPump 2024!– Angie R. & Jules**

Friday, December 13th at 9:00am

Tuesday, December 17th at 9:00am

Friday, December 20th at 9:00am

FACE Main Group Room

\*Highlighting the best of BodyPump tracks from 2024!

## **SportStop at FACE**

The SportStop at FAC East has the space you need for your athletic activities. At the SportStop we have:

### **Baseball & Softball**

6 Iron Mike batting cages (4 baseball, 2 softball), 1 pitching cage with baseball and softball mounds.

### **Open Field Space**

Over 12,000 sq. ft. of open field space that can be used for a variety of sports, activities, and events. We have the space you bring the sport.

### **Indoor Soccer**

Adult and youth indoor soccer throughout the year on 2 modified indoor lined soccer fields with goals/nets. Fields are available for rent.

### **Sand Volleyball**

4 outdoor courts with lights. We offer adult leagues & special events throughout the summer. Courts are available for rent.

### **Indoor Pickleball**

8 indoor pickleball courts. Court rentals are available weekdays from 12:00pm–5:00pm. We have the space. You bring the sport.

*Sport Stop*  
*Modified Hours*

**Tues Dec 24th**  
9:00am-12:00pm

**Wed Dec 25th**  
CLOSED

**Tues Dec 31st**  
9:00am-5:00pm

**Wed Jan 1st**  
9:00am-12:00pm



**December Hours of Operation:**

**Monday - Friday**

**9:00AM - 9:00PM**

**Saturday 9:00AM - 5:00PM**

**Sunday 12:00PM - 5:00PM**

Please call 928-526-0137 for reservations.

Pickle Ball Drop-In

Beginning Nov. 1st  
through Mar 31st

Mon-Sat

9:00am-12:00pm

Court Rentals

Daily from  
12:00pm-5:00pm

\$15.00/hour/court

All FAC members receive a  
20% discount  
on anything pickleball.

**FIGHT NIGHT**  
**SPORTSTOP AT FAC**  
**Saturday, Dec 7th**  
**Doors Open at 2:00pm**  
**First Fight starts**  
**at 4:00pm**

Tickets can be purchased at the door or online at  
[www.monsterpromotionstickets.square.site](http://www.monsterpromotionstickets.square.site)



\*Discount on admission with  
a brand new toy donation.

**Questions? Email Daniel Martinez at [dmartinez@flagstaffathleticclub.com](mailto:dmartinez@flagstaffathleticclub.com)**



# December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW	3	4	5	6	7 FIGHT NIGHT SportStop at FAC  Doors open at 2:00pm, first fight starts at 4:00pm.  Toys for Tots drive Discount on admission with toy donation.
8 FREE Simple Exercise and Nutrition Clinic FACW @ 1:00pm	9	10 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW  Health Care Corner Registered Dietician Haley Smith 5:30pm @FACE	11 Health Care Corner Registered Dietician Haley Smith 5:30pm @FACW	12	13	14
15	16	17	18 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	19	20 Free Core Sculpting Clinic FACE @ 4:15pm  Free Foam Rolling Clinic FACE @ 3:00pm	21
22	23	24 MODIFIED HOURS 5:00am-4:00pm	25 CLOSED CHRISTMAS DAY	26	27	28
29	30 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	31 MODIFIED HOURS 5:00am-6:00pm	MODIFIED HOURS 7:00am-6:00pm	Pre-registration is required for all programs; Register on the FAC App, thru the FAC Member Portal, call or stop by any service desk. Program cancellation is required 48 hours prior to start of program.  FAC West: (928) 779-4593 FAC East: (928) 526-8652		