



FLAGSTAFF ATHLETIC CLUB

Upcoming Programs and New Group
Fitness classes

January 2025

OPEN HOUSE Free Guest Day January 25th

Scheduled events to come.

Lose 10 Challenge

with Maddox Aston

Sundays

January 26th- March 9th

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 two 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. This program is for all levels, join the Lose 10 Challenge and transform your health and body!

Contact

maddoxaston@gmail.com

with any questions.



FAC Members: We Appreciate You!

Get a free Grilled Market Salad on us

Wednesday

Jan 15

Btwn 5p-7p

**Must show
your FAC ID
@ register**

*Chick-fil-A
Flagstaff
locations only.
*One salad per
membership card
*Must order inside



Chick-fil-A
FLAGSTAFF

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



Happy New Year



**FREE Core
Sculpting Clinic**

with Maya Uribe

**Fridays, FACE Main Room
from 4:15pm-5:00pm
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
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, January 6th
5:00pm @ FACE**

**Monday, January 6th
6:15pm @ FACW**

Haley Smith

**Tuesday, January 7th
5:30pm @ FACE**

**Wednesday, January 8th
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

**Wednesday, January 8th
Matt Turner**

**Wednesday, January 22nd
Matt Turner**

**Tuesday, January 28th
Sean Connolly**

Winter Session I 2025 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 5:30pm

Mon/Wed--2 Weeks
Jan 6th-Jan 15th
Jan 20th-Jan 29th

Yellow Offerings 6:00pm

Mon/Wed--2 Weeks
Jan 6th-Jan 15th
Jan 20th-Jan 29th

Baby & Me Offerings:

Mon--4 weeks
Jan 6th-Jan 27th 5:00pm
Sat--4 weeks
Jan 11th-Feb 1st 11:00am

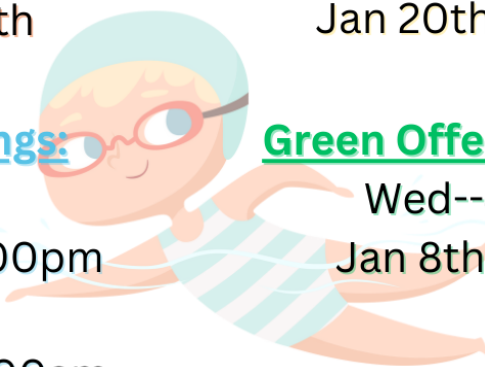
Green Offerings 5:30pm

Wed--4 Weeks
Jan 8th-Jan 29th

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

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

Register on-line at www.flagstaffathleticclub.com/aquatics



GROUP FITNESS–New classes and time changes for current classes

Align & Flow Yoga- with Carly

Starting January 5th
Sundays at 11:00am
West Main Room

Pilates(45-mins)- with Carly

Starting January 5th
Sundays at 12:15pm
West Main Room

Barre(45-mins)- Carly

Starting January 6th
Mondays at 4:15pm
West Main Room

Pilates- with Carly

Starting January 2nd
Tuesdays/Thursdays from 2:45pm-3:30pm
West Main Room

Align & Flow Yoga- with Carly

Starting January 2nd
Tuesdays/Thursdays at 1:30pm
West Main Room

*An all-levels alignment-based vinyasa class with cueing focused on breath, form, and fluidity.

Evening Yoga- with Tatiana

Starting January 7th
5:30pm at FACW
Tuesday: Main Room
Thursday: Diamond Room

Lunchtime Yoga- with Tatiana

Starting January 6th
1:00pm at FACW
Mondays: Main Room
Wednesdays: Diamond Room

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 31st
9:00am-5:00pm

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

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.



January 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.



Indoor Soccer League

Registration opens Jan 3rd
League begins Jan 15th

Registration forms are available
at flagstaffathleticclub.com

Questions? Email Daniel Martinez at dmartinez@flagstaffathleticclub.com

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p> <p>FAC West: (928) 779-4593 FAC East: (928) 526-8652</p>			<p>1</p> <p><i>HAPPY New Year</i></p> <p>MODIFIED HOURS 7:00am-6:00pm</p>	2	3	4
<p>5</p> <p>FREE Simple Exercise and Nutrition Clinic FACW @ 1:00pm</p>	<p>6</p> <p>Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW</p>	<p>7</p> <p>Health Care Corner Registered Dietician Haley Smith 5:30pm @FACE</p>	<p>8</p> <p>Health Care Corner Registered Dietician Haley Smith 5:30pm @FACW</p> <p>CPR/ Heart Saver-AED 6:00pm-8:00pm FACW</p>	9	10	<p>11</p> <p>Free Mastering Mobility and Mechanics Clinic FACW @ 1:00pm</p>
12	13	14	<p>15</p> <p>MTB Off-Season Strength Session 1 Jan 15th-Feb 5th 7:00pm-8:30pm FACE</p>	16	<p>17</p> <p>Free Foam Rolling Clinic FACE @ 3:00pm</p> <p>Free Core Sculpting Clinic FACE @ 4:15pm</p>	18
19	20	21	<p>22</p> <p>CPR/ Heart Saver-AED 6:00pm-8:00pm FACW</p>	23	24	<p>25</p> <p>OPEN HOUSE Free Guest Day</p>
<p>26</p> <p>Lose 10 Challenge w/Maddox Jan 26th-Mar 9th FACW @ 3:00pm</p>	27	<p>28</p> <p>CPR/ Heart Saver-AED 6:00pm-8:00pm FACW</p>	29	30	31	