



FLAGSTAFF ATHLETIC CLUB

Upcoming Programs and New Group
Fitness classes

November 2024

FAC West has undergone some incredible changes this year, and we're excited to bring you up to speed on all the upgrades! The transformation is part of our ongoing commitment to providing you with the best fitness experience possible.

Remodel Recap:

- New, state-of-the-art equipment: Fresh machines, sleek designs, and improved functionality to power your workouts.
- Redesigned Locker Rooms and Lobby: New locker room layouts, lockers and refurbished lobby
- Revamped spaces: A streamlined layout that enhances your flow from one workout to the next, making it easier to crush your goals.

We've loved seeing so many of you already taking advantage of these upgrades! But the remodel isn't over yet—there's more in store.

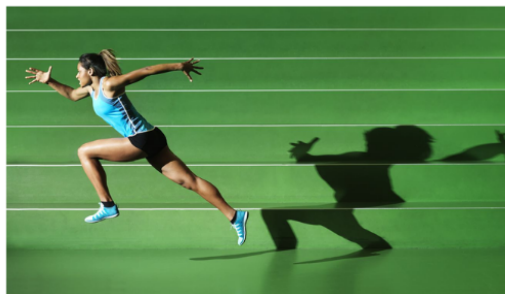
What's Still Coming:

- Barbells and bumper plates: Elevate your strength training with premium gear.
- More weight trees and plates: You'll never run out of options during your lifting sessions.
- A multi-station unit: Coming soon to the current weight room space, offering even more versatility for your workouts.
- Core bags: A dynamic tool for functional training that can be incorporated into strength and conditioning routines.
- Wall ball plate: Adding a new dimension to your core and full-body workouts.
- Outdoor turf area: Soon, the fenced and covered turf will be ready for use—perfect for outdoor circuits, agility drills, and more!

Thank you for your patience and enthusiasm as we complete these final stages of our remodel. Your experience is our top priority, and we can't wait for you to enjoy everything we have in store.

Stay strong and see you at the club!





Monday, November 18th
@FACW 7:00pm
With Maya Uribe

FREE SAQ Clinic (Speed, Agility, Quickness)

Whether you are in the off season or currently enrolled in a sport, this clinic will help you take your athleticism to the next level. During this one-hour clinic we will work on injury prevention, jumping and landing patterns, speed, agility, and quickness. Additionally, personalized coaching and feedback will be provided. This free clinic is open to athletes of all levels and focuses on developing essential skills that are crucial for excelling in various sports.



Torpedoes

Nov. 7th - Dec. 5
Every Thursday at 5pm
***Skipping Week of Thanksgiving**

for ages 6-14

4 week curriculum
devoted to teach
competitive swim
strokes with
High level coaching
from Patrick Hedquist

Modified Hours

Wed Nov 27th
5:00 am-6:00 pm

Thu Nov 28th
CLOSED

Fri Nov 29th
7:00 am-8:00 pm

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. Cards are delivered electronically via email by AHA within 1 to 2 weeks.

6:00pm - 8:00pm / FACW

Monday, November 4th
Justin Staskey

Wednesday, November 6th
Sean Connolly

Wednesday, November 13th
Matt Turner

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, November 4th
5:00pm @ FACE

Monday, November 4th
6:15pm @ FACW

Haley Smith

Tuesday, November 19th
5:30pm @ FACE

Wednesday, November 20th
5:30pm @ FACW



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
Nov. 4th-13th
5:30pm

Green Offerings:

Tue/Thu--2 Weeks
Nov. 5th-14th
5:30pm

Red, Yellow, Green

Ages: 3 – 10 yrs. old

Yellow Offerings:

Mon/Wed--2 Weeks
Nov. 4th-13th
6:00pm

Baby & Me Offerings:

Tue/Thu--2 Weeks
Nov. 5th-14th
5:00pm

Baby & Me

Ages: 6 mos – 3 yrs. old



Group Swim Lesson registration forms may be completed and turned into www.flagstaffathleticclub.com under the “Swim Lessons” tab.

GROUP FITNESS–New classes and time changes for current classes

Rising Flow Yoga–Carly
Tuesdays and Thursdays
7:15am
West Diamond Room

Torch the Turkey–Tommi & Ely
Friday, November 29th
Body Combat at 9:00am
Body Pump at 10:15am
West Main Room

Turkey Twerky–Janelle & Kerry
Saturday, November 23rd at 8:15am
30–mins Combat
30–mins Dance
West Main Room

Happy GLOWvember Bodyump–Angie R. & Jules
Friday, November 1st at 9:00am
Wear white or neon for a bright and fun Bodypump class to kick off November.

*Thighs Before Pies– Angie R.
Nov 22nd: Bodypump 9:00am FACE
Nov. 23rd RPM (Sean) 8:15am West Diamond Room
Nov. 24 Bodybalance 2:45pm East Main Room
Nov. 26 RPM 8:15am West Diamond Room

*Classes feature especially demanding leg tracks.
A drawing will be held at the end of every class, winner gets to take home a pie!

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 6–9pm, weekends from 12–5pm. We have the space. You bring the sport.

Sports

5v5 Basketball

Registration is open
5v5 Basketball Men's League Begins
Oct. 26th @5pm

Indoor Volleyball

Registration opens Oct. 14th
CoEd 6's B-league starts Oct. 29th @6pm
CoEd 6's A-league starts Oct 31st @6pm

Indoor Soccer

Registration opens Oct. 21st
League starts Oct. 30th @6pm



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.



November Hours of Operation:

Monday—Friday

9:00 AM - 9:00PM

Saturday 9:00AM - 5:00PM

Sunday 12:00PM - 5:00PM

Please call 928-526-0137 for reservations.

**Questions? Email Daniel Martinez at
dmartinez@flagstaffathleticclub.com**



November 2024

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>						1	2
3 FREE Simple Exercise and Nutrition Clinic FACW @ 1:00pm	4 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW	5	6 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	7	8	9	
10 FREE Exercise Programming Clinic FACW @ 1:00pm	11	12	13 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	14	15	16	
17	18 FREE SAQ Clinic (Speed, Agility, Quickness) FACW @ 7:00pm	19 Health Care Corner Registered Dietician Haley Smith 5:30pm @FACE	20 Health Care Corner Registered Dietician Haley Smith 5:30pm @FACW	21	22 Free Core Sculpting Clinic FACE @ 4:15pm	23	
24	25	26	27 MODIFIED HOURS 5am-6pm	28 CLOSED THANKSGIVING DAY	29 MODIFIED HOURS 7am-8pm	30	