



FLAGSTAFF ATHLETIC CLUB

Upcoming Programs and New Group
Fitness classes

October 2024



Wednesdays at 6:30pm
Saturdays at 11:00am
FACW from Oct 9th- Nov 16th

Whether you're a novice, intermediate, or advanced lifter, FAC's new Barbell Strength Club can produce the results you've been looking for. Join Personal Trainer and competitive power lifter Zach Joson for this 6-week program designed to improve your squats, bench, and deadlift, as well as overall strength and fitness.

This program includes meeting for an hour twice a week in our new weight room and FAC Barbell Club t-shirts!



Free Simple Exercise and Nutrition Clinic

with Maddox Aston

Oct. 6th and Nov. 3rd
@ FACE 1:00-2:00pm

Embark on your fitness journey with Certified Personal Trainer and Nutrition Coach Maddox Aston.

Experience the effectiveness of body weight exercises, gain nutritional insights for creating a personalized nutritional pattern and learn simple weightlifting techniques all in one comprehensive clinic. These free clinics are sure to set you on the path to a healthier lifestyle

Grand Opening CELEBRATION

We are thrilled to share the fantastic news that the much-anticipated FAC West remodel is on track to be completed by October 12th at 7am. This extensive upgrade has been carefully planned to bring you not only state-of-the-art fitness equipment but also revitalized locker rooms, lobby area and improvements to the pool that promise to elevate your workout experience in every way. From cutting-edge machines to a refreshed, modern aesthetic, this remodel is designed with your fitness journey in mind.

To celebrate this significant milestone, we will be hosting a Grand Opening Event shortly after the completion of the remodel, and we invite all of our members and the community to join in the excitement! This special event will include a wide range of activities and exclusive offerings. We'll be giving away exciting prizes and giveaways throughout the day, so be sure to stop by for a chance to win. In addition to the giveaways, we're pleased to offer exclusive discounts on our services. Whether you're looking to treat yourself to a relaxing massage or step up your fitness routine with personalized guidance, you'll find incredible savings on both massage packages and personal training sessions during the event.

That's not all—during the Grand Opening, we'll be rolling out a special membership promotion for new members. This limited-time offer is the perfect opportunity to commit to your fitness goals in our freshly remodeled space at a great value!

Stay tuned for more details about this exciting event, and be sure to mark your calendars. We can't wait to celebrate the opening of the new weight room and recovery area with all of you!



P!NK WEEK!

Angie R. will showcase a selection of songs by P!NK, which are always a hit with the crowd. Members are encouraged to wear *pink* in support of Breast Cancer Awareness Month. Featured during Body Pump at FACE, October 1st and 4th, and RPM at FACW October 2nd and 5th.



FREE Core Sculpting Clinic

with Maya Uribe

Friday, October 25th
@ FACE 4:15pm

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



Making lap lane reservations is easy with the FAC app! You can make a lane reservation up to 3 days in advance and choose your preferred lane!

Mastering Fitness

with Maddox Aston

Saturday and Sunday

Oct 26th - Nov 16th

FACW from 10:30 - 11:30am



Join Personal Trainer and Nutrition Coach Maddox Aston twice a week during a 4-week journey designed to maximize your gym efforts. Have you been struggling to see the results you want in the gym? This program will guide you through techniques and diet, workout programming, and lifting strategies based on the latest research. This will be a progression-based program so all levels are welcome and encourage to join!

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

Tuesday, October 1st
Sean Connolly

Tuesday, October 8th
Matt Turner

Tuesday, October 29th
Justin Staskey

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, October 7th
5:00pm @ FACE

Monday, October 7th
6:15pm @ FACW

Haley Smith

Tuesday, October 1st
5:30pm @ FACE

Wednesday, October 2nd
5:30pm @ FACW



Fall Session II 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
 Sept. 30-Oct 9 | 6:00pm
 Oct. 14-23 | 6:00pm

GREEN Offerings:

Mon/Wed--2 Weeks
 Sept. 30-Oct 9 | 5:30pm
 Oct. 14-23 | 5:30pm

Red, Yellow, Green

Ages: 3 - 10 yrs. old

Yellow Offerings:

Mon/Wed--2 Weeks
 Sept. 30-Oct 9 | 6:00pm
 Oct. 14-23 | 6:00pm

Baby & Me Offerings:

Wed--4 Weeks
 Oct. 2-23 | 5:30pm

Baby & Me

Ages: 6 mos -3 yrs. old



Group Swim Lesson registration forms may be picked up at any kiosk or downloaded at www.flagstaffathleticclub.com under the “Swim Lessons” tab.

GROUP FITNESS–New classes and time changes for current classes

Cycling–Robb

Starting October 7th
Mondays at 12pm
West Diamond Room

HIIT–Ali

Starting October 1st
Tuesdays at 5:15pm
West Main Room

VINYASA FLOW 1–Carly

Starting October 1st
Tuesdays and Thursdays
West Diamond Room

Body Pump: 10 years at FAC and still Going Strong!

Join Angie R. for Bodypump 91, the first Body Pump release that started it all at FAC! October 15th and 18th at 9:00am
East Main Room

Les Mills Launch Week

New Releases in all classes starting October 21st

Cycling–Sean

Starting October 2nd
Wednesdays at 5:30am
West Diamond Room

Cycling–Robb

Starting October 3rd
Thursdays at 10:15am
West Diamond Room

SOULFUSION–Angie A.

October 20th at 2:45pm
East Main 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 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

Court Rentals

M/T/Th/F

6:00pm-9:00pm

Weekends from

12:00pm-5:00pm

\$15.00/hour/court

All FAC members receive a

20% discount

on anything pickleball.



October Hours of Operation:

Monday, Wednesday, Friday

9:00 AM - 9:00PM

Tuesday, Thursday

12:00PM - 9:00PM

Saturday 9:00AM - 5:00PM

Sunday 12:00AM - 5:00PM

Please call 928-526-0137 for reservations.

Sunday Funday

All-day access to batting cages, pickleball courts, and sand volleyball courts.

Every Sunday from

12:00pm-5:00pm

Adults Kids under 12 Families

\$12

\$7

\$30

Pickle Ball Drop-In

Beginning Oct. 7th

M/W/F/Sat

9:00am-12pm

Questions? Email Daniel Martinez at dmartinez@flagstaffathleticclub.com



October 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>		<p>1 Health Care Corner Registered Dietician Haley Smith 5:30pm @FACW</p> <p>CPR/ Heart Saver-AED 6:00pm-8:00pm FACW</p>	<p>2 Health Care Corner Registered Dietician Haley Smith 5:30pm @FACE</p>	<p>3</p>	<p>4 Functional Movement Training FACE @ 6:00pm From Oct. 4th- Nov. 8th</p>	<p>5</p>
<p>6 Sunday Funday SportStop @ FACE 12:00pm-5:00pm</p> <p>FREE Simple Exercise and Nutrition Clinic FACE @ 1:00pm</p>	<p>7 Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW</p> <p>Functional Fitness FACE @ 12:30pm</p>	<p>8 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW</p>	<p>9 Barbell Club Wednesdays FACW @ 6:30am Oct. 9th-Nov. 16th</p>	<p>10</p>	<p>11</p>	<p>12 Barbell Club Saturdays FACW @ 11:00am Oct. 9th-Nov. 16th</p> <p>Grand Opening Celebration FACW @ 7am</p>
<p>13 Sunday Funday SportStop @ FACE 12:00pm-5:00pm</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>20 Sunday Funday SportStop @ FACE 12:00pm-5:00pm</p> <p>FREE Exercise Programming Clinic FACW @ 1:00pm</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25 Free Core Sculpting Clinic FACE @ 4:15pm</p>	<p>26 Mastering Fitness Sat/Sun FACW @ 10:30am Oct. 26-Nov. 16th</p>
<p>27 Sunday Funday SportStop @ FACE 12:00pm-5:00pm</p>	<p>28</p>	<p>29 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW</p>	<p>30</p>	<p>31</p>		