

HOCKEY SPECIFIC DRYLAND TRAINING

MEET THE FAC TRAINERS AND INTERN

ROBB FAUS— Fitness and Sports Director at FAC. Having been involved in Fitness Training for well over 25 years, I have come to the conclusion that this is a lifestyle that is possible for everybody. Philosophically, I promote developing sustainable and healthy dietary practices and resistance training to challenge my client's proprioception utilizing TRX, body weight, free weights and cables. I believe gradual progression for the beginner to establish life changes with the goal of instilling balance, coordination and strength. I have been at Flagstaff Athletic Club since 1999. I have raced mountain and road bikes since I was 14, nordic ski, backpack, enjoy an occasional triathlon and played soccer through college and beyond. My previous career was as a Firefighter/Paramedic in suburban Chicago. Since moving to Flagstaff in 1999, I have worked as a Certified Personal Trainer, USFS Wildland Firefighter and Wilderness Guide.



AUDREY LIVINGSTON— I think everyone deserves to feel strong and confident in their everyday lives, not just the gym. I have found fitness and exercise as an outlet for me to help better myself, both physically and mentally. I am an ACE certified personal trainer, and I believe everyone has room for improvement, and we should always strive to be the best version of ourselves. I think having and maintaining a healthy body is extremely important and can also feel very intimidating. My goal is to help individuals at any stage to reach their goals in the fitness world through a variety of training tailored to you. I played basketball and soccer in high school, and I continue to play soccer, run, hike, workout, and be outdoors as much as I can. I have degree in Exercise Science with a minor in Chemistry at NAU.

SYDNEY NEWHAM *since 2019* - My name is Sydney and I have a degree in Fitness Wellness from NAU. I have always been a sports and fitness advocate. I played soccer, competed in track and field, and ran cross in high school. I was also a gymnast for eight years. I enjoy hiking, rock climbing, slacklining, soccer, running, and anything that involves dogs. I enjoy helping people overcome barriers to achieve their fitness goals. I like to set realistic goals and meet people where they're at in their current ability. We all have to start somewhere before we can make measurable changes to our health and fitness.

MARSEILLE VEREEN— INTERN



I am from Sierra Vista, Arizona and a senior at NAU studying Fitness and Wellness with a minor in Biology. I am currently working towards being a Physical Therapist and Personal Trainer. I have a background in sports as I have been playing basketball for about 11 years along with football and volleyball for 2 years in high school."

