

PINE LAKE IMPACT TRAINING/SGT SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM							
7:00 AM			Sunrise Stretch 7:00-7:30 Nora				
8:00 AM				IMPACT Women & Weights 8:30-9:15 Nora		Walking Club Starts at 8am Nora <i>Meet in the lobby (free)</i>	
9:00 AM		IMPACT Intensity 9:30-10:30 Tamara	IMPACT Metabolic Madness 9:30-10:15 Nikki	IMPACT Intensity 9:30-10:30 Tamara	IMPACT Metabolic Madness 9:30-10:15 Nikki		
10:00 AM	IMPACT Fusion 10:00-10:45 Joy		IMPACT Mobility & Strength 10:00-10:45 Joy		IMPACT Fusion 10:00-10:45 Joy		
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	IMPACT Teen 4:00-5:00 Jacob				IMPACT Teen 4:00-5:00 Jacob		
5:00 PM							
6:00 PM							
7:00 PM				IMPACT Zones 7:00-7:30 Karrie			
8:00 PM							
9:00 PM							



PINE LAKE IMPACT TRAINING/SGT CLASS DESCRIPTIONS

IMPACT Training Classes



IMPACT Fusion with Joy
Fusing together the best of functional fitness training, Pilates, Barre and yoga, IMPACT Fusion focuses on those hot spots – core, glutes, thighs, and arms. All

fitness levels are welcome to this dynamic, constantly-changing workout. You'll leave feeling leaner and more toned all over!

Days: Monday & Fridays

Time: 10 – 10:45am



IMPACT Intensity with Tamara

This one hour long class will exhaust your core, build lean and mobile strength and give you that Hiit you need to keep your heart strong and melt the

fat away. This small group class will allow you to challenge your body in a safe environment with on the fly modifications to address any injuries, designed to meet you at your perfect level. All abilities are welcome.

Days: Tuesday and Thursday

Time: 9:30 – 10:30am



IMPACT Metabolic Madness with Nikki

Start your Wednesdays off on the right foot with this effective, functional, total body group training! By adding lean muscle to the body, you can speed up your metabolism and burn more calories while working out and at rest. Use a variety of weight training equipment and cardio intervals increase your fitness level and change the shape of your body. No muscle gets neglected!

Days: Wednesdays & Fridays

Time: 9:30 – 10:15am



IMPACT Sunrise Stretch with Nora

Improve flexibility and coordination, relieve stress and enhance athletic performance with this gentle stretching class. This 30 minute

stretching session is led by a Certified Personal Trainer and is a great way to increase mobility and correct imbalances. Perfect for after the morning cycle class.

Days: Wednesdays

Time: 7 – 7:30am

Fees: \$10 + tax Member

\$15 + Tax Non-member



Impact Teen with Jacob

Our Impact Teen program is a series for teens ages 13 to 19. Small Group Classes are led by our youth strength coach, Jacob Young CPT, FMS in

a fun, supportive, and safe environment. The focus is on proper weightlifting technique and combines engaging, scalable workouts using body-weight, dumbbells and kettlebells in constantly varied movements. Choose Impact Teen to establish and reinforce proper and safe exercise techniques or use it to improve skills for sports and protect from injury. Class limits apply. Pricing is monthly based on 1 day per week or both days.

Day: Monday & Friday

Time: 4 – 5pm on the fitness floor

Fees: \$60 + tax Member

\$80 + tax Non- Member

for 1x class a week (per month)

\$120 + tax Member

\$160 + tax Non- member

for 2x class a week (per month)



IMPACT Women and Weights with Nora

Strength training is incredibly beneficial for women. Build lean mass, improve overall strength, build bone mass to help prevent osteoporosis

and osteopenia along with a host of other benefits. Learn from one of the best in this non intimidating women and weights IMPACT class using bars, dumbbells, cables and the Hammer Strength machines.

Day: Thursdays

Time: 8:30-9:15am



IMPACT Women's Mobility & Strength with Joy

Mobility is not about how flexible you are, but about how well your body moves with everyday activities. Each class will include a

variety of movements throughout the strength continuum, training your body and challenging your core in 360 degrees. Get stronger & move your body better using a variety of equipment and training modalities.

Day: Wednesdays

Time: 10 – 10:45am



IMPACT Zones with Karrie

Blast away calories and get your heart pumping! This 30 minute class is designed to hit every muscle while training your heart among the appropriate zones for

each individual using Myzone technology. Zones is beneficial for all fitness levels and fitness goals including weight loss, improving endurance, and increasing strength.

Day: Thursdays

Time: 7 – 7:30pm

Place: Group Exercise Studio

Fees: \$10 + tax Member

\$15 + tax Non-member

Unless otherwise noted, all IMPACT Training classes are \$15 + tax per class for Members, \$25 + tax per class for Non-members.

Other Small Group Training Classes



We train athletes from ages 12 to 20, helping them through this essential period of development by building good fundamentals and technique. We provide periodized, effective workouts to develop strength, agility, speed, and coordination in the off-season; maintain the athletes' gains through the competitive season. We strive to prevent overuse injuries by focusing on sport-specific pre-hab and conditioning to combat common issues in young athletes. Our strength and conditioning coaches have all of the tools to help your athlete get an advantage over the competition – for a fraction of the price that other facilities charge. Enroll in Advantage Sport today and maximize your potential!

Days: Groups or teams will be scheduled by appointment.

Fees: \$10 + tax Member

\$15 + tax Non-member

Non-members may also purchase 10-packs of Advantage Sport workouts for \$125 + tax.

Please contact our Fitness Director, Tamara, at tamarat@columbiaathletic.com for scheduling information (Minimum of 4 athletes per group).

Walking Club

Join trainer Nora O'Melia for a brisk outdoor walk on Saturday mornings. We meet in the lobby of the club and head outside for an hour-long walk. We vary the route each week, but cover 2.5 to 3 miles each week. If you can walk a 20 minute mile (3.0 on the treadmill) you will be comfortable in this class. The walk is a free event, but please pre register with Nora at noram@cactrainers.com.

