

Other Small Group Training Classes



**ADVANTAGE
SPORT**
PLAY ■ TRAIN ■ RECOVER

Help your young athletes prepare for their upcoming seasons close to home with CAC - Pine Lake!

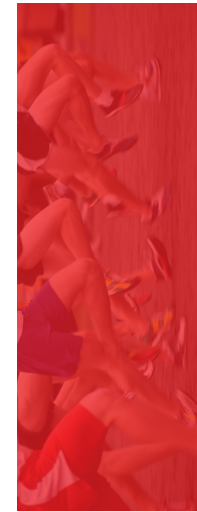
We train athletes from ages 12 to 20, helping them through this essential period of development by building good fundamentals and technique. We provide periodized, crossfit-style workouts to develop strength, agility, speed, and coordination in the off-season, and maintain the athletes' gains through 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!

Groups or teams will be scheduled by appointment. Please contact our Fitness Director, Tamara, at tamarat@columbiaathletic.com for scheduling information (Minimum of 4 athletes per group).

Fees: \$10 + tax Member/\$15 + tax Non-member
Non-members may also purchase 10-packs of Advantage Sport workouts for \$125 + tax.

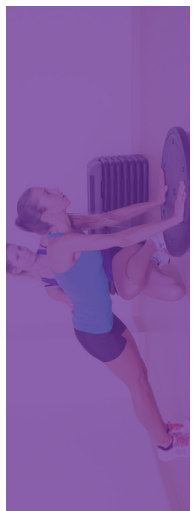
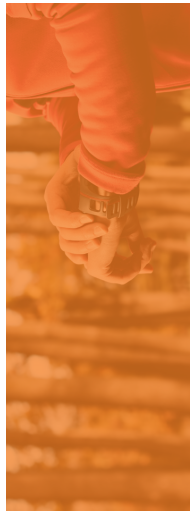
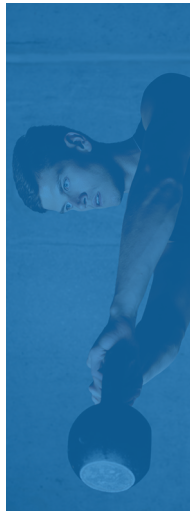


Columbia Athletic Clubs - Pine Lake
2930 228th Ave. NE • Sammamish, WA 98075
www.columbiaathletic.com



IMPACTtraining

Intense | Multi-faceted | Performance-driven | Athletic | Cross Training



Make an IMPACT in your Workout Routine!



IMPACTTraining is your chance to get involved with the latest trends in Personal Training, for a fraction of the cost!

IMPACTTraining delivers motivation, accountability, and intensity with fun workouts designed for YOU. Work with a Personal Trainer in a friendly group setting, save money, and see RESULTS.

Unless otherwise noted, all Adult IMPACTTraining Classes are \$15 + tax Member, \$25 + tax Non-member.

Our schedule changes with seasonal demands. Please refer to our website for the most current list of classes and schedule.

All IMPACT and other Small Group Training classes require pre-registration. Contact our Fitness Director, Tamara, at tamarat@columbiaathletic.com, or class instructor directly to get enrolled.



IMPACT Fusion

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/Wednesday/Fridays, 10 – 10:45am



IMPACT Metabolic Madness

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!

Day: Wednesdays & Fridays, 9:30am



IMPACT Women

Stay motivated and reach your fitness goals with women just like you! IMPACT Women workouts are designed to strengthen, tone, and energize you – and provide that much-needed girl time!

Day: Thursdays, 6pm



IMPACT Work It Circuit

Work it for a total body workout! Each challenging session includes a warm-up and a cool-down, strength training circuits, and cardio intervals in a fun, group atmosphere!

Day: Thursdays, 8:30am



IMPACT Youth Strength Conditioning with Jacob

Your athletes will learn to improve strength, speed, endurance, flexibility and skills relating to their sport.

The majority of the class

development, increasing overall strength, and improving soft-tissue quality. They will also learn how to properly warm-up and cool-down before and after athletic events. Contact Tamara at tamarat@columbiaathletic.com for days and time.

Ages: 12 & Up



Mini Impact Classes. Perfect For A Quick But Effective Workout!

Monday Night Boot Camp

SGT Kickstart the New Year with a 30 minute bootcamp class using a variety of equipment.

Day: Mondays, 6pm (30 min.)

Fees: \$10 + tax Member/\$15 + tax Non-member

Instructor: Joy K

TRX Cardio Body Burn

Use TRX, kettlebells, medicine balls, agility ladder, box steps, bars, and more to do a full body cardio/weight training workout.

Day: Tuesdays, 9:30am (30 min.)

Fees: \$10 + tax Member/\$15 + tax Non-member

Instructor: Joy K

ABC Training (Arms, Butt, & Core)

10 minutes of various arm exercises, 10 minutes focusing on glutes, & 10 minutes focusing on the muscles of your core.

Days: Tuesdays, 10am (30 min.)

Fees: \$10 + tax Member/\$15 + tax Non-member

Instructor: Joy K

20/20 Circuit Challenge

Try to complete a 20/20 exercise circuit workout format with no breaks in between exercises in 20 minutes followed by 10 minutes of mobility training.

Days: Thursdays, 8am (30 min.)

Fees: \$10 + tax Member/\$15 + tax Non-member

Instructor: Joy K

