

## Small Group Training also Available



# IMPACT

## SMALL GROUP PERSONAL TRAINING

IMPACTTraining is an innovative approach to functional small group training. Participants will focus on moving in a 3D environment, and will learn how to incorporate strength, power, balance, and core in a way that leads to unforgettable workouts and undeniable results, as well as better movement and functionality in daily life. Using a multitude of functional training equipment, IMPACTTraining classes are guaranteed to challenge all participants. Each class varies in focus style, but are suitable for all fitness levels.



### What is Gravity?

The GTS machines feature a rolling glide board that fully supports the spine, a dynamic unilateral-bilateral pulley system that encourages movement in all three planes, full joint range of motion and resistance from 5 to 59% body weight. With the GTS system, resistance remains constant through the full range of motion. Eight calibrated resistance levels make it easy to find a workout suitable to your fitness level.

For more information on small group training, contact us at [jbfitness@columbiaathletic.com](mailto:jbfitness@columbiaathletic.com).

## Trainer Certifications

Our Team of Personal Trainers are held to the highest standard of professionalism in the industry in order to bring you the best experience possible!

We require our Personal Trainers to hold a Nationally Accredited Certification and a college degree.

### Certifications we support:

- NASM [www.nasm.org](http://www.nasm.org)



- ACSM [www.acsm.org](http://www.acsm.org)



- NSCA [www.nscs.com](http://www.nscs.com)



- ACE [www.acefitness.org](http://www.acefitness.org)



- AFAA [www.afa.com](http://www.afa.com)



### Our Team specializes in:

- Weight Management and Weight loss
- Functional Training and Rehab
- Endurance Training
- Sport Specific Performance Enhancement...and so much more!

# Juanita Bay Personal Training

## How to get the most out of your workout



[www.columbiaathletic.com](http://www.columbiaathletic.com)

11450 98th Ave. NE • Kirkland, WA 98033  
[www.columbiaathletic.com](http://www.columbiaathletic.com)

## How Do I Choose A Personal Trainer?



Certification and education is the first thing to look for. A personal trainer should be certified. This gives you the assurance you are working with a trainer who has the knowledge to provide you with a safe and effective workout.

Look for a trainer who is able to assist you with your special needs. A personal trainer should always have you fill out a health history questionnaire to determine your needs or limitations. If you have a past medical condition/injury a personal trainer should design a session that takes this into account.

To get started on the most effective path to reach your fitness goals contact the fitness desk to set up an appointment with your favorite fitness specialist today!

### We promise:

- To employ only highly qualified Personal Trainers to serve your entire family's health and fitness needs.
- To provide motivation, knowledge, safety, and accountability to all members.
- To take pride in offering the most up-to-date training protocols and Goal Setting services.
- To be available and accommodate your busy schedule, seven days a week.
- To design a path to better health and fitness that is right for YOU!

The new, healthier you awaits! For questions, or to set up an appointment, contact us at 425.821.0882, or by email at [jbfitness@columbiaathletic.com](mailto:jbfitness@columbiaathletic.com).

## Our Team



**Bruce Bullard:** ACSM Health/Fitness Instructor, ACE-CPT Certified, Trigger Point  
[bruceb@columbiaathletic.com](mailto:bruceb@columbiaathletic.com)



**Michelle Ohlson:** NASM-CPT, CAFS, B.S. Exercise Science, USA Level I triathlon coach, Precision Nutrition Level II, Trigger Point, TRX  
[michelleo@columbiaathletic.com](mailto:michelleo@columbiaathletic.com)



**Bre Rubbo:** B.S. Exercise Science ACSM Health/Fitness Specialist  
[brer@columbiaathletic.com](mailto:brer@columbiaathletic.com)



**Erin Barr:** ACE Certified Personal Trainer; ACE Certified Group Fitness Instructor; Barre; Schwinn certified  
[Erinb@columbiaathletic.com](mailto:Erinb@columbiaathletic.com)



**Christopher Wilson:** AA Health Sciences; NASM-CPT; NASM-PES; NASM-Weight Loss Specialist  
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**Nickolas Korpi:** B.S. Exercise Science NSCA-CSCS, Trigger Point, Nutrition Level I  
[nickolask@columbiaathletic.com](mailto:nickolask@columbiaathletic.com)



**Ed Brandt:** ACE-PT Certified Personal Trainer, Functional Training Specialist, ACE, Weight Management Specialist, ACE, Golf Conditioning Specialist, GMP Fitness, Fitness Nutrition Specialist, ACE  
[edb@columbiaathletic.com](mailto:edb@columbiaathletic.com)



**Tracy Herrick:** ACE-PT Certified  
[tracyh@columbiaathletic.com](mailto:tracyh@columbiaathletic.com)



**Caroline Fuller:** BS Dietetics, ACE-PT  
[carolinef@columbiaathletic.com](mailto:carolinef@columbiaathletic.com)

## Personal Training Prices



### 1-hour:

\$85 + tax Member  
\$100 + tax Non-member

### Half-hour:

\$52 + tax Member  
\$69.34 + tax Non-member

**Jump Start Package:** 3 (1-hour) PT sessions for \$210 + tax

**Jump Start Package:** 4 (30 minute) PT sessions for \$180 + tax

### Nutrition & Jump Start Combo:

3 (1-hour) personal training sessions & 2 private consults with a nutritionist. .... \$425 + tax

**60 Minute Partner Training:** 1 (60 minute) Semi-private PT session for \$50 + tax/participant max