Meet the Trainers

Personal Trainers are available Monday through Friday, 5am to 8pm and various hours on the weekends. Scan the QR code below to learn about your "Partner in Fitness".

Make an IMPACT

IMPACT sessions are limited to 8 participants and require a reservation. To learn more scan the QR code.

S.C.O.R.E. more

S.C.O.R.E programming can be done 1:1 OR in a group environment during the summer. To learn more scan the QR code.

Be in the Know

Scan the QR code to learn more about CAC's Personal Training Policies.

Contact us

For more information about training services at CAC, or to discuss "custom" training options, please contact brians@columbiaathletic.com or call 425.745.1617 Ext. 453.

COLUMBIA® athletic clubs

Columbia Athletic Clubs - Silver Lake
505 128th Street SE • Everett, WA 98208

Silver Lake Personal Training

"Your PARTNER in Fitness"

COLUMBIA® athletic clubs

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www.columbiaathletic.com

About CAC Personal Training

If you are seeking a dedicated "partner in fitness" and a workout customized to your unique physical characteristics, then our personal training program(s) are for you. CAC certified trainers are professional, punctual, creative, friendly, and know how to safely navigate you through our 4-step process:

Step #1: Strategy Session

Our Strategy Session is a complimentary, trainer led session used to learn more about your unique physical characteristics, health history, and baseline fitness/athleticism. This information is utilized to create a 21-day fitness plan just for you.

Step #2: 21-Day "Jump-Start" Challenge

The 21-Day challenge is designed to give participants consistent exposure to CAC's personal training program(s). Throughout the program, your CAC trainer will be your "partner in fitness" by providing effective workouts, motivation, accountability, tracking and education.

Jump-Start Challenge

Complete:

- 2X IMPACT Training Sessions
- 3X 1:1 Training Sessions
- 4X Group Exercise Classes

Receive:

- 15% off Training Services (1X)
- 21 Day Challenge T-Shirt

Priced at: $199.99

Step # 3: Choose Your Training Solution

CAC offers a variety of trainer led programs guaranteed to show results in a shorter amount of time. From individual sessions and monthly training memberships to summer programs, CAC has a solution that works for YOU!

Solution # 1: Personal Training

Provides an experience TRULY customized to your unique physical characteristics

Solution # 2: Small Group Personal Training

IMPACT training ensures the personal attention and programming of 1-on-1 training with the fun, energy, and motivation of a fitness community.

Solution # 3: Youth/Athlete Training

S.C.O.R.E. training is designed to improve athletes "on-field" performance while decreasing the occurrence of injuries.

Step # 4: Ready…Set…Sweat!

Congratulations on taking control of your health, fitness, and performance. While the journey is just beginning, feel confident in your decision to work with a personal trainer as the quickest, most effective way to meet and exceed your goals.

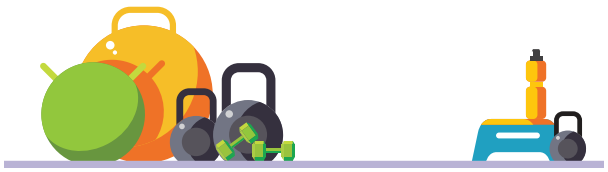
Professional Services

Personal Training 1:1 Session Rates (60-min.):	
1 – 6 Sessions	$75/session
12 Sessions	$860
18 Sessions	$1260

Personal Training Membership (60-min.)*:	
PT 4 Up to 4 training sessions/billing cycle	$420/month
PT 8 Up to 8 training sessions/billing cycle	$685/month
PT 12 Up to 12 training sessions/billing cycle	$920/month

IMPACT Training Session Rates (60-min.)**:	
1 – 6 Sessions	$25/session
12 Sessions	$275
18 Sessions	$375

IMPACT Training Membership (60-min.)**	
IMPACT 4 Up to 4 IMPACT sessions/billing cycle	$222/month
IMPACT 8 Up to 8 IMPACT sessions/billing cycle	$294/month
IMPACT 12 Up to 12X IMPACT sessions/billing cycle	$358/month

*All PT Memberships include 1- IMPACT Session/month

**All IMPACT Memberships include 1- Strategy Session/month All training services subject to WA State Sales Tax.