

## Training Rates

### 1:1 Personal Training: 60 minute Sessions :

Single Session .....	\$75
4 Session Package .....	\$288
8 Session Package .....	\$560

### 1:1 Personal Training: 45 Minute Sessions

1 session .....	\$65
4 pack.....	\$248
8 pack.....	\$480

### 1:1 Personal Training: 30 Minute Sessions

1 session .....	\$55
4 pack.....	\$208
8 pack.....	\$400

\*All training services subject to WA State Sales Tax.



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".

## Be in the Know



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

## Contact us

For more information on training services at CAC, or to discuss "custom" options including partner training and/or shorter duration sessions, please contact us alexandert@columbiaathletic.com or call 425.745.1617 Ext. 453.



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

# Silver Lake Personal Training

"Your PARTNER in Fitness"



**COLUMBIA**<sup>®</sup>  
athletic clubs

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[www.columbiaathletic.com](http://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: New Member Strategy Session

*Your goals. Your story. Your starting point.*

You’ll sit down for a one-on-one conversation to understand your fitness history, injuries, schedule, and performance or lifestyle goals. This session can include a basic movement assessment to see how your body moves so we can build a smart, safe plan that actually works for you.

### Step 2: Custom Training Plan

*No guesswork. Just a clear path forward.*

Based on your Strategy Session and choosing to train with one of our experts, you’ll receive a personalized training program tailored to your goals—whether that’s strength, fat loss, performance, or moving pain-free. We’ll select exercises that match your current ability while progressing you over time. Every plan includes full guidance on warm-ups, cool-downs, and recovery.

### Step 3: Progress & Adjust

*Stay motivated. Stay accountable. Keep evolving.*

We train together, track your performance, and adapt the plan based on your progress. You’ll learn how to train with purpose and avoid plateaus, all while staying injury-free. This is where real transformation happens—with expert coaching, feedback, and steady progress.

## Step 4: 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.**

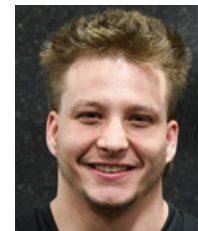
## Meet the Trainers



**Alexander O. Taluc - Fitness Coordinator**

alexandert@columbiaathletic.com

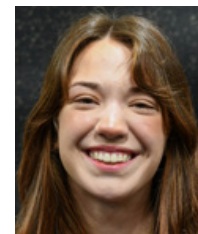
**Areas of Expertise:** Foundational Fitness, Strength Training, and Martial Arts



**Kyle Krueger**

kylerk@columbiaathletic.com

**Areas of Expertise:** Muscle Building, Self-defence, and HIIT Circuit Workouts



**Chloe Metschar**

chloem@columbiaathletic.com

**Areas of Expertise:** Welcoming Environment, Cardiovascular Endurance, and Science-based Exercise Advice



**Sam Miller**

samm@columbiaathletic.com

**Areas of Expertise:** Functional Athletics and Swimming Performance



**Felipe Cruz**

felipecc@columbiaathletic.com

**Areas of Expertise:** Aquatics, Functional and Strength Training, Fluent in Spanish



**Tracey Edwards**

tracye@columbiaathletic.com

**Areas of Expertise:** Strength Training, Nutrition Coaching, and Recovery Science