

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

21- Day Jump Start Challenge: 60 minute sessions

3 Personal Training Sessions + 2 IMPACT Sessions.....	\$199
--	-------

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

Silver Lake Personal Training

"Your PARTNER in Fitness"



COLUMBIA[®]
athletic clubs

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

Receive:

- 15% off next Training Package
- CAC 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.

Meet the Trainers



Alexander O. Taluc - Fitness Coordinator

alexandert@columbiaathletic.com

Areas of Expertise:

Foundational Fitness, Strength Training, and Martial Arts

Motto: “Where your fitness goals meet my enthusiasm for life”



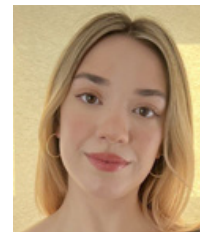
Kyle Krueger

kylerk@columbiaathletic.com

Area of expertise:

Muscle Building, Self-defence, and HIIT Circuit Workouts

Motto: “Adversity causes some to break and some to break records.”



Chloe Metschar

chloem@columbiaathletic.com

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

Motto: “Your only competition is who you were yesterday”



Sam Miller

samm@columbiaathletic.com

Area of expertise: Functional Athletics and Swimming Performance

Motto: “I strive to provide a healthy lifestyle fit for anyone!”



Felipe Cruz

felipec@columbiaathletic.com

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

Motto: Deep breaths aren’t for calming down, deep breaths are for rising up!