



Trainer Certifications

Our Fitness Team is held to the highest standards to provide our members and clients the best experience possible. All of our Personal Trainers hold an exercise-related degree and/or a nationally accredited certification. We support the following major certifications:

- American College of Sports Medicine (ACSM)
- National Academy of Sports Medicine (NASM)
- National Strength and Conditioning Association (NSCA)
- American Council on Exercise (ACE)

Our Trainers have experience working with clients of all ages and abilities, and specialize in areas such as:

- Functional Movement and Training
- Injury Prevention and Rehabilitation
- Weight Loss and Weight Management
- Endurance and Sport-Specific Performance



Training Rates - New (starting June 1st)

1 on 1 Personal Training	Cost
1 Hour Single session	\$82 + tax
4 sessions	\$308 + tax
8 sessions	\$600 + tax
45 min. single session	\$71 + tax
4 sessions	\$268 + tax
8 sessions	\$520 + tax
30 min. single session	\$56 + tax
4 sessions	\$216 + tax
8 sessions	\$416 + tax
Partner Training	Cost
1 hour single session	\$55 per person + tax
4 sessions	\$208 per person + tax
8 sessions	\$400 per person + tax
30 min. partner session	\$40 per person + tax
4 sessions	\$152 per person + tax
8 sessions	\$288 per person + tax

**Non-member pricing available.
Contact Fitness Director Taylor Scarvie at
taylor@columbiaathletic.com
for more information.**



Are you ready to take your fitness routine to the next level? MyZone heart rate monitoring tech is available at Pine Lake! MyZone tracking will add new elements to your classes and change the way you work. For more information, contact Fitness Director Taylor Scarvie.

Pine Lake Personal Training How to get the most out of your workout!



COLUMBIA[®]
athletic clubs

Columbia Athletic Clubs – Pine Lake
2930 228 Avenue SE • Sammamish, WA 98075
www.columbiaathletic.com

How To 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!

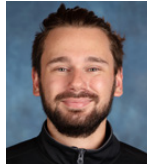
We promise:

- 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 Fitness
Director Taylor Scarvie at
taylors@columbiaathletic.com.**

Our Team



**TAYLOR SCARVIE -
FITNESS DIRECTOR**
taylors@columbiaathletic.com

Education and Certifications:

- B.S Exercise Science
- National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (NSCA-CSCS)



NIKKI BROWN
nikkib@columbiaathletic.com

Education and Certifications:

- B.S. Exercise Science
- American College of Sports Medicine, Certified Exercise Physiologist (ACSM- EP-C)
- National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (NSCA – CSCS)
- Schwinn Indoor Cycling Instructor



KIM BRASFIELD
kimb@columbiaathletic.com

Education and Certifications:

- B.S. Ed in Physical Education
- American College of Exercise, Certified Personal Trainer (ACE-CPT)
- LeMond RevMaster Certified Cycle Instructor
- TRX and Kettlebell Certified
- Trigger Point Certified



TYLER EIGUREN
tylere@columbiaathletic.com

Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- B.S. Aerospace Engineering
- M.S. Material Science & Engineering



NORA O'MELIA
noram@columbiaathletic.com

Education and Certifications:

- A.A.S. Fitness Specialist/Personal Trainer
- American College of Sports Medicine, Exercise Physiologist Certification (ACSM EP-C)
- TRX Suspension Training
- Senior Exercise Specialist
- B.A. Political Science



CHRISTINE MCKINSEY
christinem@columbiaathletic.com

Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- National Academy of Sports Medicine, Corrective Exercise Specialist (NASM-CES)
- Les Mills Certified Instructor: Body Flow, Core, Sh'Bam, Combat
- B.A. English



KATY STUART
katys@columbiaathletic.com

Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- American Council on Exercise, Group Fitness Instructor (ACE-GFI)
- Les Mills US Trainer, Assessor, Presenter
- Les Mills Advanced Instructor: BODYPUMP, BODYSTEP, BODYATTACK, CORE
- Les Mills Certified Instructor: BODYBALANCE
- Ph.D. Wildlife Science

