

## Program Fees

CAC offers a variety of options guaranteed to show results in a shorter amount of time. From individual sessions to monthly IMPACT memberships, CAC has a solution that works for YOU!

### IMPACT Training Session Rates (60-min.)\*

1 – 6 Sessions .....	\$25/session
12 Sessions .....	\$275
18 Sessions .....	\$375

### IMPACT Training Membership (60-min.)\*

IMPACT 4.....	\$222/month
Up to 4 IMPACT sessions/billing cycle	
IMPACT 8.....	\$294/month
Up to 8 IMPACT sessions/billing cycle	
IMPACT 12.....	\$358/month
Up to 12X IMPACT sessions/billing cycle	

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

## Be in the Know



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

## Contact Us

For information more about training services at CAC, or to discuss "custom" program options, please contact [brians@columbiaathletic.com](mailto:brians@columbiaathletic.com) or call 425.745.1617 Ext. 453.



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## What is IMPACT Training?

IMPACT, our small group personal training program was developed by personal trainers to improve overall strength, conditioning, and performance.

IMPACT consists of 3 training “modules” that focus on the most important aspects of fitness to ensure well-balanced results:

### IMPACT FUNCTIONAL CONDITIONING

**Functional Conditioning:** “Do more for longer”

This module focuses on developing a client’s work capacity by improving muscular endurance and cardiovascular function. Participants will work through high volume-long duration training blocks that can be scaled to meet your current conditioning levels.

### IMPACT FUNCTIONAL STRENGTH

**Functional Strength:** “Become indestructible”

Our strength module is designed to improve strength, power, and durability. Participants will train large compound movements using moderate to heavy resistance. Most training blocks will incorporate active recovery techniques to ensure proper exercise proficiency and progressive overload of the muscles.

### IMPACT FUNCTIONAL PERFORMANCE

**Functional Performance:** “Move like a Ninja”

This movement focused module is designed to make you a leaner, more agile and mobile human being. Participants will work through a combination of ‘athletic’ movements designed to have direct carry over to your competitive, recreational, and/or daily activities.

## How is IMPACT Training Different?

**Small group personal training:** Each IMPACT session is limited to 8 participants providing the personal attention found in 1-on-1 training with the fun, energy, and motivation of a fitness community. We will make and record all program adjustments to ensure the intensity level and exercise selection is appropriate for you and that goals are safely met.

**Program Design:** All 3 IMPACT modules remain the same over a 4-week period to ensure increased exercise proficiency and ‘mastery’ of movements. However, weekly adjustments are made to training load, reps, time/tempo and rounds for improved physical adaptations and to reduce the chance of overtraining and/or plateaus. Consistency is Key!



**Resistance Training:** IMPACT relies on resistance training tools such as barbells, dumbbells, kettlebells, landmine trainers, and suspension trainers. Regular resistance training has been shown to reduce the occurrence of injuries, improve bone density and body composition.

**Interval Training:** IMPACT incorporates timed work to rest ratios of various lengths to condition both your muscular and cardiovascular system. Often these intervals will utilize weight training equipment as well as cardio equipment. Interval training has been shown to improve body composition and reduce the risk of heart and respiratory disease.

## What can I expect as an IMPACT participant?



- Professional, punctual, creative, and friendly trainers to safely navigate you to success
- Custom modifications to address YOUR unique physical characteristics and fitness level
- A personal training log to record weights, reps, sets, rounds, and Personal Records (PR's)
- Video “library” of all 3-monthly modules so you can train with IMPACT while you are away
- Fun, accountability, motivation and education with 7 of your “FRIENDS”
- Faster results in a shorter amount of time for a fraction of the cost versus training alone

