

What to know

PROS OF IMPACT CLASSES:

- **Personalized Attention:** Enjoy focused guidance from trainers in a small group setting, ensuring tailored workouts that cater to your fitness goals.
- **Community Support:** Experience the motivation of a supportive group atmosphere, where fellow participants encourage each other to stay committed.
- **Variety and Expertise:** Benefit from diverse workouts led by trainers with unique specialties, keeping your routine fresh and exciting.

CONS OF IMPACT CLASSES

- **Overenthusiastic Trainers:** Be ready for trainers who cheer so loudly, you might think you've entered a fitness pep rally!
- **Group Dance Moves:** Watch out for spontaneous dance breaks mid-workout—who knew squats could lead to a conga line?
- **Confusing Workout Lingo:** Prepare for a fun challenge as you decipher terms like “burpee” and “kettlebell”—it's a fitness language all its own!

What to Bring

- **Water Bottle:** Keep hydrated with your favorite reusable water bottle to stay refreshed during workouts.
- **Workout Clothes:** Wear comfortable, moisture-wicking clothes that allow you to move freely and confidently.
- **Towel:** Bring a small towel to wipe away sweat and keep you feeling fresh throughout your sessions.

Contact Us

For information more about training services at CAC, or to discuss “custom” program options, please contact Alex at alexandert@columbiaathletic.com, or call him at 425.745.1617 Ext. 453.



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What is IMPACT Training?



IMPACT Small Group Personal Training is designed to elevate your fitness journey through personalized attention and community support. Each session is expertly crafted and led by our certified trainers, ensuring that every participant receives tailored guidance that meets their unique fitness goals. With a focus on both individual progress and group dynamics, IMPACT fosters a motivating environment where members can thrive together.

Our IMPACT classes run in 8-week cycles, offered four times a year to align with the seasons. Each trainer specializes in a specific class, bringing their unique expertise and passion to the training experience. This structure not only allows participants to build a consistent routine but also provides the opportunity to develop strong relationships with their trainers and fellow participants. Each week, you'll engage in dynamic workouts that challenge your strength, endurance, and flexibility while promoting overall well-being.

Join us for an IMPACT session and discover how small group training can lead to big results. Whether you're looking to boost your fitness levels, learn new techniques, or simply enjoy a supportive community, our IMPACT classes are here to empower you on your journey.

Class Descriptions

IMPACT FUNCTIONAL FITNESS

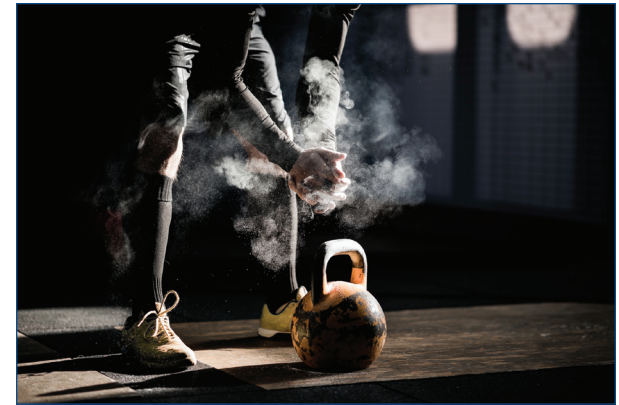
Join Alex for a dynamic blend of functional fitness and weightlifting designed to enhance your strength and mobility. With a focus on real-world movements, you'll learn techniques that improve everyday performance while building muscle and endurance. Alex's classes are perfect for anyone looking to elevate their training and achieve practical fitness goals.

IMPACT BARBELLS + CONDITIONING

Brittany's sessions are all about empowering you to achieve sustainable weight loss through engaging workouts and effective techniques. With a foundation in high-intensity training, she emphasizes functional movements that boost your metabolism and build strength. Expect a supportive atmosphere where you can push your limits and celebrate your progress.

IMPACT NECK TECH

Dive into Sam's class for a refreshing approach to fitness that combines aquatics and functional training. These sessions utilize the unique benefits of water to enhance strength, flexibility, and endurance, making workouts accessible for all fitness levels. Whether you're a seasoned athlete or new to exercise, you'll find a welcoming space to improve your overall fitness.



IMPACT POWER SCULPT

Get inspired in Chloe's weightlifting-focused class, where motivation meets technique. With a passion for empowering others, she teaches you how to lift safely and effectively while pushing your limits. Chloe's supportive and energetic environment will encourage you to build confidence and achieve your strength goals.

IMPACT STRIKE + STRENGTH FUSION

Experience a high-energy workout in Kyler's martial arts and weightlifting class, where discipline meets strength training. Each session combines technique from martial arts with effective weightlifting exercises, helping you build power and agility. Kyler's classes are perfect for those looking to enhance their fitness while learning self-defense skills in a fun, challenging environment.

