

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 MOVE & PERFORM

Take your tennis game to the next level in this high-energy strength and conditioning class built specifically for tennis athletes. Alex blends speed, agility, strength, and endurance training with mobility work to sharpen your footwork, improve reaction time, and build on-court power. Whether you're competing or just want to move better, this class will help you develop the athletic edge to perform your best.

IMPACT MORNING MOBILITY

Restore, lengthen, and move with ease in this mobility-focused class. Sam leads you through dynamic stretches, joint health drills, and flexibility exercises designed to improve range of motion, reduce stiffness, and support recovery. Perfect for athletes, gym-goers, or anyone wanting to feel and move better, this class will leave you feeling balanced, loose, and energized.

IMPACT LAND SHARKS

Build strength on land to perform better in the water. Sam combines aquatic-inspired movements with functional strength training to improve power, endurance, and mobility for swimmers and water enthusiasts. Whether you're looking to cross-train for aquatic sports or just want a unique, joint-friendly workout, this class will help you move stronger both in and out of the pool.

IMPACT KINETIC STRENGTH

Unlock your body's full potential in this functional fitness class designed to build strength that moves with you. Alex guides you through a mix of strength, stability, and power exercises that translate directly to everyday performance and athletic movement. Expect dynamic, total-body training that enhances coordination, balance, and resilience for whatever challenges you face.

IMPACT TRX TRAINING

Experience a full-body workout using just your bodyweight and the TRX suspension system. Tracey will challenge your strength, stability, and endurance with functional exercises that engage your core and build lean, balanced muscle. With endless variations, this class is perfect for all fitness levels and will leave you stronger, more stable, and ready for anything.

IMPACT IRON GUARD TRAINING

Step into the intensity of kickboxing—without the contact. Sam leads you through powerful strikes, combinations, and conditioning drills that build strength, endurance, and confidence. With a focus on technique, power, and full-body fitness, this class is a high-energy way to torch calories, relieve stress, and feel unstoppable.

