

Youth Fitness

IMPACT Teen (13 – 19 years old)

Instructor: Tyler

Small group classes are led by our youth strength coach, Tyler Eiguren, NASM – CPT in a fun, supportive, and safe environment. Using a combination of Speed, Agility, and Quickness (SAQ), core stability and strength training, students will develop the necessary stabilizing muscles to excel within their sports, maintain a healthier lifestyle and prepare them for future strength training programs. Choose IMPACT Teen to establish and reinforce proper and safe exercise techniques or use it to improve skills for sports and protect from injury.

Participants: Min. 2, Max. 5. Sign up through our online portal.

Days: Tuesdays & Thursdays

Time: 5 – 6pm

Ages: 13 – 19

Fees: \$15 + Tax Member (per class)
\$25 + Tax Non-member (per class)

IMPACT Strength (15 years old and up)

Instructor: Tyler

IMPACT Strength is open to adults or as a progression of our IMPACT Teen course, offering participants the next step in reaching their endurance, hypertrophy (muscle growth/development), or maximal strength goals. Tyler Eiguren, NASM - CPT will coach individuals on properly completing the core strength exercises including barbell bench press, deadlift, squat, overhead press, row, and variations of each exercise. Through a series of progressions over a 4-week period, our goal is to have you lifting safely and efficiently while reaching your overall strength goals.

Participants: Min. 2, Max. 4. Sign up through our online portal.

Dates: Series #1: October 4 – 28

Series #2: November 2 – December 2 (no class 11/23 & 11/25)

Series #3: December 7 – 16*

Days: Mondays & Wednesdays

Times: 6 – 7pm

Ages: 15 and up

Fees: \$160 + Tax Member/\$215 + Tax Non-member (per series)
*\$80 + Tax Member/\$107.5 + Tax Non-member (Prorated)

Iron Kids (10 – 15 years old)

Instructor: Kim

There is no better way to create healthy habits for your kids than by starting them early, showing them often, and teaching them right! Iron Kids is a program taught by Personal Trainer Kim Brasfield, in which your kids will learn the basics of anatomy, nutrition, a basic workout program, rules of the fitness floor, and safety in exercise. This course is a wonderful introduction to fitness essentials tailored to youth. Upon completion of the class, kids will be prepared to start exercising with a parent present. Offered by appointment only, please contact Kim Brasfield at kimb@cactrainers.com to enroll.

Dates & Time are by appointment, contact Kim for more info.

Ages: 10 – 15

Fees: \$20 + Tax Member (per class)

Advantage Sport (12 – 20 years old, in a sport)

Instructor: Nikki

Help your young athletes prepare for their upcoming seasons close to home with CAC - Pine Lake! We train athletes from ages 12 to 20, helping them through this essential period of development by building good fundamentals and technique. We provide periodized, crossfit-style workouts to develop strength, agility, speed, and coordination in the off-season, and maintain the athletes' gains through the competitive season. We strive to prevent overuse injuries by focusing on sport-specific pre-hab and conditioning to combat common issues in young athletes. Our strength and conditioning coaches have all of the tools to help your athlete get an advantage over the competition. Groups or teams will be scheduled by appointment. Please contact Nikki Brown, CSCS at nikkib@columbiaathletic.com for scheduling information (Minimum of 4 athletes per group).

Fees: \$15 + tax Member/\$25 + tax Non-member (per class)

For more information or for help with registration please email Tamara Teague Fitness Director at tamarat@columbiaathletic.com.

