

Small Group Training at CAC - Juanita Bay



IMPACTTraining

Intense | Multi-faceted | Performance-driven | Athletic | Cross Training

What is IMPACTTraining?

IMPACTTraining is an innovative approach to functional small group training. Participants will focus on moving in a 3D environment, and will learn how to incorporate strength, power, balance, and core in a way that leads to unforgettable workouts and undeniable results, as well as better movement and functionality in daily life. Using a multitude of functional training equipment, IMPACTTraining classes are guaranteed to challenge all participants. Each class varies in focus style, but are suitable for all fitness levels.

To register for the classes, sign up at the Front Desk or for more questions, contact Fitness Director Brandi Ohlsen via e-mail brandio@columbiaathletic.com.



IMPACT Metabolic Madness

Hit the body with a healthy dose of high-intensity training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

Days: Mondays, 6–7am (Brandi)
Tuesdays, 6–7am (Jess)
Thursdays, 12–1pm (Alicia)

Fee: \$20+ tax per workout



IMPACT Strength & Conditioning

Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D - the way your body was meant to move.

Days: Mondays, 12–1pm (Nick)
Tuesdays, 8–9am (Alicia)

Fee: \$20+ tax per workout



IMPACT Youth Sports Performance

Every athlete needs strength, balance, agility, core, power, and mobility. This series delivers just that for your 13 to 17 year old. See a difference on the field, court, or course next season. Space limits apply.

Day: Wednesdays, 4–5pm (Nick)

Fee: \$20+ tax per workout



What is Gravity?

The GTS machines feature a rolling glide board that fully supports the spine, a dynamic unilateral-bilateral pulley system that encourages movement in all three planes, full joint range of motion and resistance from 5 to 59% body weight. With the GTS system, resistance remains constant through the full range of motion. Eight calibrated resistance levels make it easy to find a workout suitable to your fitness level.

30 Minute GRAVITY Blast with Erin

Get an effective and time-efficient workout using our GRAVITY GTS machines. Each week will be something challenging and new to the participants. The great news is it is only 30 minutes. But don't let the short time frame fool you. These classes are high energy and still give you a full body workout. Space is limited to 4 participants.

Days: Thursdays, 9:30–10am

Fee: \$15 + tax per workout

GRAVITY Full-Body Blaster with Erin

In this hour we cover the entire body from head to toe. The great part of the GRAVITY program you are you are able to take it at your pace and work in a 3-D space (great way to build stability in the joints). You are the guide on how hard you want to work. Space is limited to 4 participants.

Days: Saturdays, 9:15–10:15am

Fee: \$25 + tax per workout

All IMPACT small group training and GRAVITY classes have a 24-hr cancellation policy. There are no pro-rates and/or refunds for unused series classes. Please sign up for all classes at the front desk.



www.columbiaathletic.com