



SUMMER CAMPS ENROLLMENT IS OPEN!

Summer is just around the corner, and we would love to have your kid join us! We offer Full-day camp (ages 4 – 12) as well as Mini-camp (ages 3 – 5) for all 10 weeks of summer, however some full day camps are already full, so grab your spot in available camps today!

Camp descriptions and prices are available on our website or in our summer guide. Registration requests are online at www.columbiaathletic.com. Please email our Programs Director with any questions or to get on the waitlist: lizp@columbiaathletic.com.

Group Ex Highlights



Welcome Back, Linda!

We welcome back our snow bird Linda on May 12th! Linda is taking over the Monday 8:15am Full Body Fit class and is looking forward to making it her own!

Memorial Day Weekend Studio Closure

Over the course of the long weekend, we will be having our floors refinished in the main Group Exercise studio – the studio will be closed and classes will be cancelled starting Friday May 23rd through Monday (Memorial Day) May 26th, reopening Tuesday May 27th morning with regular classes! During this time, cycle classes in the Cycle Studio and water classes in the pools will run as scheduled Friday-Sunday, with no classes on Monday Memorial Day. Thank you for your patience!

Group ex continued page 4.

Memorial Day Club Hours: Monday, May 26th

Club Hours 5am – 3pm
Pool Closes at 2:30pm

No Kids Club
No Group Exercise Classes

Fitness Highlights

IMPACT

SMALL GROUP PERSONAL TRAINING

IMPACT Pop-ups

As you may have heard, the Group Ex studio will be closed over the memorial day weekend to allow for floor refinishing. While we'd love to see you in cycle and water over those few days, we'd also love to extend an invite to one or more of our Pop-Up and regularly schedule IMPACT Classes in the IMPACT training studio! These small-group, trainer led classes are strength and functional training based, with a big emphasis on HIIT style workouts. Nick, Chris, Caroline, Tracy and Bre would love to see you for any one of the following classes, normally \$12/class you can try them for free during the Group Ex studio closure! Note that space in IMPACT classes is limited, so sign up for any of these classes at the Front Desk.

Friday, May 23

POP-UP IMPACT TRX & Stretch w/Bre,
8:15 – 9:15am

POP-UP IMPACT Cardio & Strength w/ Bre
9:30 – 10:30am

Saturday, May 24

POP-UP IMPACT Cardio & Strength w/ Tracy
8:15 – 9:15am

Sunday, May 25

IMPACT Strength & Conditioning w/ Chris
2 – 3pm

Monday, May 26

POP-UP IMPACT Full Body Fit w/ Caroline
8:15 – 9:15am

POP-UP IMPACT TRX & Stretch w/ Caroline
9:30 – 10:30am

Tuesday, May 27

IMPACT Strength & Conditioning w/ Nick
6:30 – 7:30pm

Fitness continued next page.

JUANITA BAY STAFF

GENERAL MANAGER

Cody Glad
codyg@columbiaathletic.com

OPERATIONS AND GROUP EX DIRECTOR

Bre Rubbo
brer@columbiaathletic.com

MEMBERSHIP DIRECTOR

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FITNESS DEPARTMENT

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AQUATICS DIRECTOR

Drew Whorley
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MAINTENANCE DIRECTOR

Jeff Lindgren
jeffl@columbiaathletic.com

Club Hours

Monday – Friday

5am – 10:30pm

Saturday & Sunday

6am – 8pm

**Pool and spa will close
1/2 hour before the club closes.*

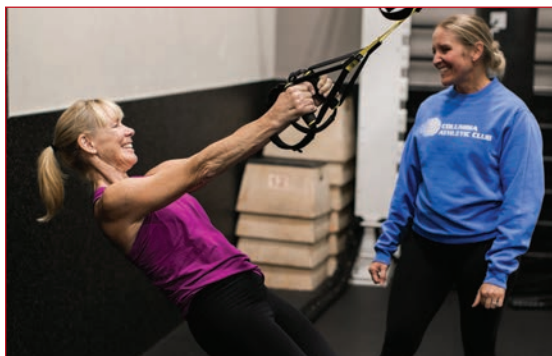
11450 98th Avenue NE
Kirkland, WA 98033
Phone: 425.821.0882
Fax: 425.821.4614



www.columbiaathletic.com

FITNESS continued

Personal Training Consultations Available



Hey members, have questions about our equipment? Looking to revisit your fitness routine? Book a consultation with one of our fitness professionals today!

Fitness consultations are available throughout the week, and include an opportunity to discuss fitness background and goals in the Club, as well as physical limitations or impingements that may exist. Training staff will also take measurements, body fat and body weight, and help draft a baseline for you as you begin a new journey towards health. Lastly, a Fitness Consultation can provide insight and direction on beginning or developing a fitness routine, including an overview of equipment, range of motion of specific equipment and exercise, and more.



Bruce Bullard: ACSM Health/Fitness Instructor, ACE-CPT Certified, Trigger Point
bruceb@columbiaathletic.com



Michelle Ohlson: NASM-CPT, CAFS, B.S. Exercise Science, USA Level I triathlon coach, Precision Nutrition Level II, Trigger Point, TRX
michelleo@columbiaathletic.com



Bre Rubbo: B.S. Exercise Science ACSM Health/Fitness Specialist
brer@columbiaathletic.com



Erin Barr: ACE Certified Personal Trainer; ACE Certified Group Fitness Instructor; Barre; Schwinn certified
erinb@columbiaathletic.com



Christopher Wilson:

AA Health Sciences; NASM-CPT; NASM-PES; NASM-Weight Loss Specialist
christopherw@columbiaathletic.com



Nickolas Korpi:

B.S. Exercise Science
NSCA-CSCS, Trigger Point, Nutrition Level I
nickolask@columbiaathletic.com



Ed Brandt:

ACE-PT Certified Personal Trainer, Functional Training Specialist, ACE, Weight Management Specialist, ACE, Golf Conditioning Specialist, GMP Fitness, Fitness Nutrition Specialist, ACE
edb@columbiaathletic.com



Caroline Fuller:

BS Dietetics, ACE-PT Certified Personal Trainer
carolinef@columbiaathletic.com



Tracy Herrick

ACE-PT Certified Personal Trainer
tracyh@columbiaathletic.com

Personal Training Prices

1-hour:

\$85 + tax Member
\$100 + tax Non-mem.

Half-hour:

\$52 + tax Member
\$69.34 + tax Non-mem.

Jump Start Package: 3 (1-hour) PT sessions for \$210 + tax

Jump Start Package: 4 (30 minute) PT sessions for \$180 + tax

Nutrition & Jump Start Combo:

3 (1-hour) personal training sessions & 2 private consults with a nutritionist. \$425 + tax

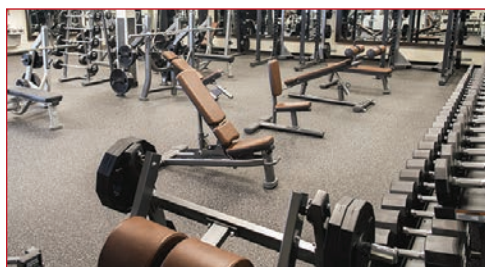
60 Minute Partner Training:

1 (60 minute) Semi-private PT session for \$50 + tax/participant max

To book your consult or to learn more about training options, contact the Fitness Department via email at jbfitness@columbiaathletic.com.



FITNESS continued



Fitness – How to Workout in the Gym: It's Cool to be Kind

A friendly reminder it is important to be courteous and kind when working out in the Club. Certain equipment is in high demand so your mindfulness in sharing the space with other members is appreciated. We always think the best approach is basic, respectful communication, but here are some other tips to make our Club a more thoughtful community:

- Wait until the member is finished with their current set before asking to work in. A simple "hi, do you mind if I work in with you?" should do the trick!
- If you are taking longer breaks between sets (or let's be real, checking your phone), consider moving off of a machine or piece of equipment to free up the space allowing others to use.
- Wiping down machines and equipment after sets, making it sanitary for the next member.
- Be friendly with those working out near you – you may make a new friend!

PROGRAMS

Swim 'N' Gym

Join us for our last month of Swim 'N' Gym for this school year! In the gym for lots of tag games, jump rope, relay races, and more! We'll start in the gym for games and fun before transition to swimming and more fun in the family pool for 45 minutes. Please have kids come with swimsuits on already under their clothing. Registration for this program is currently open for May Swim 'N' Gym. Please register by calling the front desk at 425.821.0882.

This program is currently closed to non-members. Complimentary with Family Membership

Days: Tuesdays and Thursdays

Time: 4–5:30 pm

Ages: 4–12 (must be fully potty trained)

AQUATICS

Open Family Swim

We love seeing Club families swim with us, but ask that all participants take note of the small pool schedule before coming to the Club. In an effort to best serve members, programming is consolidated throughout the week into Tuesday and Thursday evenings. In light of this, no open swim is available Tuesday and Thursday from 4 to 7pm. With few exceptions, open family is available at all other times of the week. We're grateful for our members mindfulness before planning a trip to the Club, and look forward to swimming with you soon!



Waterbabies

For those under the age of three, CAC offers a parent-tot program through a company called Waterbabies. Classes are once a week for 30 minutes and are organized by both age and skill level. Students, ages 4 months through 3 years, attend class with a parent or another adult in the water.

Waterbabies' instructors guide parents and children through a series of songs and games, teaching parents the techniques to successfully submerge, float and practice safety skills with their little swimmers! Parents will introduce their child to the joys and pleasures of the water while bonding, building confidence and boosting self-esteem.

For more information or to register go to: www.waterbabiesusa.com.

Lesson and Program Policies

- Please note swim lesson cancellations not made within 72 hours will be charged a \$25 fee as instructors will be unable to adjust their schedule to accommodate the missed lesson.
- No credits will be available for missed Wahoos sessions as program is enrolled/billed on a monthly schedule.
- For extended swim lesson absences, holding of a timeslot is only available

for a max of 6 sessions. Please know the \$25 fee will be applied for each missed session during a planned absence, session time cannot be held beyond a 6 session timeframe.

- Parents are asked to remain on deck for swim lessons. However, for Wahoos classes, parents are asked to not wait on the deck, except for the first session for their swimmer or if otherwise scheduled with the Aquatics Department.

Now Hiring at CAC!

We are actively looking for lifeguards ahead of the summer months, and would love to discuss getting you or someone you know poolside as a staff member of CAC! If you have a current lifeguard certificate, please contact Aquatics Director Drew Whorley at drew@columbiaathletic.com today!

GROUP EX



Bike Month

May is bike month and we hope you'll take the opportunity to pop into one of our regularly scheduled cycle classes to celebrate with us! We offer classes 7 days a week, morning and evening – something for every rider! If you want to ride in class with purpose, consider training for Cascade Bike Club's Flying Wheels ride and end bike month with a bang on May 31st! For more information or to get signed up, visit <https://cascade.org/rides-events/flying-wheels-summer-century-2025>.

Cycle 101: An Introduction

Are you itching to hop on our bikes, but are unsure of where to start? Let our awesome cycle instructor, Eva, guide you through bike set up, basic positions and a tiny sample ride just to get you sweating! Come prepared with a water bottle, a towel and a ready-to-work attitude. Class is complementary to and open only for members, no registration required.

Date: Tuesday May 13th

Time: 9:45am

Group ex continued next page.

GROUP EX continued



Yin Yoga + Monthly Sound Healing Session

Join Rita for our regular Sunday evening Yin class! Yin Yoga is a style of yoga that focuses on the connective tissues. In this style yoga, poses are held for extended periods of time. With continued practice, Yin Yoga can help increase flexibility.

Directly following Yin Yoga, we will offer our monthly session of sound healing with Heather. Heather brings the brain into a theta brainwave state utilizing a multitude of vibrations from crystal singing bowls, Tibetan bowls, chimes, and voice to engage our parasympathetic healing systems. Sound healing has been shown to help with stress reduction, fatigue, joint/muscle/pain relief, sleep issues, attention issues, emotional imbalances and more.

Please dress comfortably and feel free to bring your own yoga mat, blanket and/or pillow. Class/session is complementary to and open only for members, no registration required. Please feel free to attend one or both classes/sessions.

Date: Sunday, May 18

Times: Yin Yoga at 4:30pm,
Sound Healing Session at 6pm

MEMBERSHIP



Community Involvement at CAC

Part of our mission of inspiring healthier lives involves being active in our communities, sponsoring local sporting events, educational events, and

community programs. Inspiring others is contagious! Next time you see our booth at an event, come say hi and take a picture with us! Here is a look at our current partners for 2025!

- Bothell Family Cooperative Preschool Auction
- Carl Sandburg Elementary - Spring Play
- Essentials First Nonprofit - Free services and toiletries for the less fortunate
- Evergreen Health Gala Auction
- Kirkland Downtown Association - Kids Summer Concert/Friends of Winterfest 2025
- Kirkland Kiwanis Foundation - 7 Hills Cycling Event
- Kirkland Middle School - Spring Play
- Kirkland National Little League – All-Star Level Sponsorship and Fan Fest Fundraiser
- Lake Washington High School Theatre - Spring Musical
- Listen and Talk Language Program Auction Gala
- Peter Kirk Elementary - Valentine's Day School Dance
- Peter Kirk Elementary - School Carnival



Extended Care Before & After Summer Camp at CAC!

Parents, keep in mind Kids Club the option of Extended Care through our Kids Club! Extended Care is just \$10/hour (an additional \$5/hour for a sibling) and can be accessed as early at 8am and pick up can be as late as 8pm! Extended Care does still require a reservation by calling the front desk or stopping by Kids Club during normal operating hours.

Kids Club Hours

Monday – Sunday:

8am – 12pm

Monday – Thursday: 4 – 8pm

Make your workouts count while your kiddos have a fun, safe time with our awesome staff! Please take moment to review Kids Club guidelines and parameters:

- Reservations are required!
- We welcome children 3 months to 8 years old.
- To ensure quality care, we allow 8 children per KC attendant. A maximum of one infant 3 to 12 months is allowed per KC attendant at any one time. Thus, availability for infants is limited and dropping in will not be permissible.
- If there are no reservations or children present, KC may open late or close early.
- Parents must remain in the Club while their children are in KC unless using our Extended Care option.
- We ask that you keep sick children home. CAC reserves the right to refuse service to children exhibiting signs of illness.
- There is a 90-minute time limit in KC unless using our Extended Care option.

Visit Fees

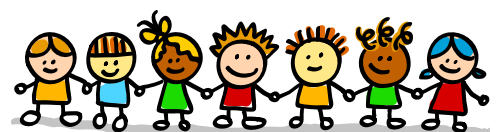
If not on an Unlimited plan, a charge of \$7.50 per visit will be billed to your membership account. If you have two children in KC, a charge of \$7.50 for the first child and \$3.75 (half price) for the second child will be charged to your membership account.

Unlimited Plans

Our Unlimited Kids Club plan is perfect for members who use the club regularly. Unlimited Kids Club allows you to drop off your child for one low monthly rate:

If All Children are on a Family Membership:

1 Child: \$35/Month **2 Children:** \$55/Month **3 or more children:** \$70/Month



JUANITA BAY BIG POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:00 AM	Adult Lap Swim 5am-8:55am 4 Lanes	Adult Lap Swim 5am-7:55am 4 Lanes	Adult Lap Swim 5am-8:55am 4 Lanes	Adult Lap Swim 5am-7:55am 4 Lanes	Adult Lap Swim 5am-8:55am 4 Lanes	Adult Lap Swim 6am-7am	Adult Lap Swim 6am-7:30pm 2-3 Lanes		
6:00 AM								Cardio H2O 8am-9am	Cardio H2O 9am-10am
7:00 AM		Aqua Zumba 9am-10am	Adult Lap Swim 9am-3pm 2-3 Lanes	Adult Lap Swim 9am-11am 2-3 Lanes	Wahoo's Swim Team 9am-12pm 3 Lanes	Adult Lap Swim 7:30am-12pm 1 Lane			
8:00 AM								Adult Lap Swim 10am-10pm 3 Lanes	MS Swim/Wahoo's Swim Team 3pm-7pm 4 Lanes (starts 10/08/2024)
9:00 AM	Adult Lap Swim 7pm-10pm 1-3 Lanes	Adult Lap Swim 7pm-10pm 3 Lanes	Adult Lap Swim 7pm-10pm 1-3 Lanes						
10:00 AM									
11:00 AM									
12:00 PM									
1:00 PM									
2:00 PM									
3:00 PM									
4:00 PM									
5:00 PM									
6:00 PM									
7:00 PM									
8:00 PM									
9:00 PM									
Pool and Aquatic Center close 30 minutes before Club closure.									

Adult Lap Swim = Lap Swim or swim workouts. No swim lessons in these lanes. If lane not in use, it is available for open swim. For questions regarding aquatic programming, please email Aquatic Director Drew Whorley at drew@columbiaathletic.com.



JUANITA BAY SMALL POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:00 AM	Therapy Pool Access 5am-9am	Therapy Pool Access 5am-8am	Therapy Pool Access 5am-9am	Therapy Pool Access 5am-8am	Therapy Pool Access 5am-9am	Therapy Pool Access 6am-9am	Therapy Pool Access 6am-9am					
6:00 AM								Cardio H2O 8am-9am	Hydro Health: Gentle Moves 8am-9am			
7:00 AM		Therapy Pool Access 9am-10am		Therapy Pool Access 9am-10am								
8:00 AM								Aqua Zumba 9am-10am	Therapy Pool Access 9am-10am	Cardio H2O 9am-10am	Therapy Pool Access 9am-10am	Hydro Health 9am-10am
9:00 AM	Family Swim 10am-11am 1/2 of Pool	Swim Lessons 10am-11am 1/2 of Pool	Family Swim 10am-11am 1/2 of Pool	Swim Lessons 10am-11am 1/2 of Pool	Family Swim 10am-11am 1/2 of Pool							
10:00 AM						Programming Partnership 11am-12pm	Swim Lessons 12pm-4pm 1/2 of Pool					
11:00 AM	Swim Lessons 10am-8pm 1/2 of Pool	Swim Lessons 12pm-4pm 1/2 of Pool	Family Swim 12pm-8pm 1/2 of Pool	Swim Lessons 12pm-7pm	Swim Lessons 10am-2pm 1/2 of Pool							
12:00 PM						Family Swim 12pm-8pm 1/2 of Pool	Family Swim 12pm-8pm 1/2 of Pool	Swim Lessons 12pm-7pm	Swim Lessons 10am-2pm 1/2 of Pool	Swim Lessons 8am-7pm 1/3 of Pool		
1:00 PM											Family Swim 12pm-8pm 1/2 of Pool	Family Swim 12pm-8pm 1/2 of Pool
2:00 PM						Family Swim 8pm-10pm	Swim Lessons 4pm-7pm	Swim Lessons 10am-8pm 1/2 of Pool	Swim Lessons 12pm-7pm	Swim Lessons 10am-2pm 1/2 of Pool		
3:00 PM	Family Swim 8pm-10pm	Swim Lessons 4pm-7pm	Swim Lessons 10am-8pm 1/2 of Pool	Swim Lessons 12pm-7pm	Swim Lessons 10am-2pm 1/2 of Pool						Swim Lessons 8am-7pm 1/3 of Pool	
4:00 PM												Family Swim 8pm-10pm
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**Pool and Aquatic Center close
30 minutes before Club closure.**

For questions regarding aquatic programming, please email Aquatic Director Drew Whorley at drew@columbiaathletic.com.



Columbia Athletic Clubs - Juanita Bay • 11450 98th Ave NE • Kirkland, WA 98033 • 425. 821.0882

Updated 11/24

JUANITA BAY GROUP EXERCISE CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			Cycle Express 6:00-6:45 Bre		Cycle Express 6:00-6:45 Genevieve		
7:00 AM						Express Splash 7:00-7:45 Tracy	
8:00 AM	Full Body Fit 8:15-9:15 Linda	Cardio H2O 8:00-9:00 Felipe HIIT Cycle + Core 8:15-9:15 Bre	Zumba Toning 8:15-9:15 Tracy	Hydro Health: Gentle Moves 8:00-9:00 Felipe Gentle Flow Yoga 8:15-9:15 Gaerda	Strength to Flow 8:15-9:15 Bre	Zumba 8:15-9:15 Tracy	Group Power 8:15-9:15 JoAnne
9:00 AM	Aqua Zumba 9:00-10:00 Tracy Cycle Express 9:45-10:30 Erin HIGH Fitness 9:30-10:30 Caroline	Gentle Flow Yoga 8:15-9:15 Gaerda Perfect 10 9:30-10:30 Christin	Cardio H2O 9:00-10:00 Felipe Barre Fusion 9:30-10:30 Caroline Cycle Express 9:45-10:30 Eva	Zumba Toning 9:30-10:30 Tracy HIIT Cycle + Arms 9:45-10:45 Bre	Hydro Health 9:00-10:00 Lauren HIGH Fitness 9:30-10:30 Christin Cycle Express 9:45-10:30 Erin	Cycle Express 9:00-9:45 Eva Body Shop 9:30-10:30 Christin	Cycling 9:00-10:00 Bruce
10:00 AM							
11:00 AM	Zumba Gold 10:45-11:45 Tracy	Young at Heart 10:45-11:45 Tracy	Gentle Flow Yoga 10:45-11:45 Lauren	Chair Yoga 10:45-11:45 Jennifer	Fusion Flow 10:45-11:45 Lauren	Yoga Flow 10:45-11:45 Yvonne/Serena	
12:00 PM				Aqua Zumba 11:00-12:00 Tracy			
02:00 PM							
04:00 PM					IMPACT Teen 4:00-6:00 Coach Sam (\$ fee based program)		Yin Yoga 4:30-5:45 Rita/Serena
5:00 PM	Group Power 5:30-6:30 JoAnne	Zumba 5:30-6:30 Mara	Group Power 5:30-6:30 Mary	Mat Pilates 5:30-6:30 Staci			
06:00 PM	Cycling 6:00-7:00 Bruce	Yoga Flow 6:45-8:00 Rita	Cycling 6:00-7:00 Bruce	Yoga Flow 6:45-8:00 Serena			
07:00 PM	Yin Yang 6:45-8:00 Serena		Yin Yoga 6:45-8:00 Yvonne				



JUANITA BAY GYM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM	Pickle Ball 8:00-11:00am (Court Closed)		Pickle Ball 8:00-11:00am (Court Closed)		Pickle Ball 8:00-11:00am (Court Closed)		
9:00 AM		Pickle Ball + 3.0 Higher 8:30-10:00am (Court Closed)					
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM						Pickle Ball 2:00-4:00pm (Court Closed)	
3:00 PM							
4:00 PM		Swim n Gym 4:00-5:30pm		Swim n Gym 4:00-5:30pm			
5:00 PM							
6:00 PM							
7:00 PM					Pickle Ball 7:00-9:00pm (Court Closed)		
8:00 PM							
9:00 PM							



JUANITA BAY SMALL GROUP TRAINING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM			GRAVITY Defined 10:30-11:15 Erin Barr \$15				
11:00 AM	GRAVITY Defined 11:45-12:30 Erin Barr \$15				GRAVITY Defined 11:45-12:30 Erin Barr \$15		
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM					IMPACTTeen Ages 11-18		
5:00 PM					Sam 4pm-6pm IMPACT and GX Studio		IMPACT Strength and Conditioning Chris 5-6pm, \$12
6:00 PM		IMPACT Strength and Conditioning Nick 6:30-7:30, \$12					
7:00 PM							
8:00 PM							





Make an IMPACT and end Your Weekend with Purpose!

IMPACT

STRENGTH & CONDITIONING

Join PT Chris Wilson on Sundays in the IMPACT studio, and recharge your weekend with Strength and Conditioning small group training!

These HIIT style workouts will include elements of strength, cardio, mobility and functional movements, and will run from 1 to 2pm every Sunday. Enroll at the Front Desk or online through the member self-service portal, and make an IMPACT on your weekend and your overall fitness routine!

Date: Sundays, starting April 6

Time: 5–6pm

Ages: 13 & up

Fees: \$12 + tax Member per class
\$15 + tax Non-member per class



425.821.0882 • www.columbiaathletic.com

Make an **IMPACT** in your Teen's Fitness!



IMPACT **TEEN FITNESS**

Practice consists of intermediate strength and conditioning, and takes place in the Group Ex studio and Gymnasium, although other areas of the Club will be included based on the program emphasis. Coach Sam, an NASM certified Personal Trainer & Strength Coach, will introduce students to a number of different modalities and exercises designed to increase performance and overall athleticism. Students will also be introduced to basic physical therapy & recovery training to help prevent injuries. Participants are required to bring athletic clothing and shoes.

While IMPACT Teen will be scheduled and billed on a 6-week schedule, participants can join the current session at any time. Cost for the program is \$120 + tax a session for Members and \$150 + tax a session for Non-members. IMPACT Teen will run year-round, with unenrollment available at any time after the end of the existing sessions.

To enroll, or for any questions please feel free to speak with Coach Sam or email samm@columbiaathletic.com.

Friday Group 1 time: 4 – 5pm

Friday Group 2 time: 5 – 6pm

Friday Group 3 time: 6 – 7pm



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Make an **IMPACT** this May!

IMPACT

SMALL GROUP PERSONAL TRAINING

Join us this Spring in the IMPACTtraining Studio for a series of pop-up and regularly scheduled small group training classes! These classes will be complimentary to all members, and the pop-up schedule mirrors Group Ex classes that will be on a 5 day hiatus as we refinish the Group Ex studio floor. This is the perfect opportunity to kick-start your routine in the Club, and try something new ahead of the summer months.

Class size is limited, so sign up for your spot today at the Front Desk and make IMPACT on your memorial day weekend!

IMPACT Memorial Day Weekend Pop-Up schedule:

Friday, May 23

POP-UP IMPACT TRX & Stretch w/Bre, 8:15–9:15am

POP-UP IMPACT Cardio & Strength w/Bre, 9:30–10:30am

Saturday, May 24

POP-UP IMPACT Cardio & Strength w/Tracy, 8:15–9:15am

Sunday, May 25

IMPACT Strength & Conditioning w/Chris 5–6pm
(regularly scheduled class)

Monday, May 26

POP-UP IMPACT Full Body Fit w/Bre, 8:15–9:15pm

POP-UP IMPACT TRX & Stretch w/Erin, 9:30–10:30am

Tuesday, May 27

IMPACT Strength & Conditioning w/Nick, 6:30–7:30pm
(regularly scheduled class)



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