

## Les Mills Outdoor Launch - Celebrating 30 Years - It's our Big Summer Party!



**Saturday, July 12, 9:30am – 12pm, Club parking lot**

Come check out the new Les Mills releases and enjoy yummy food and drinks with friends. Feel free to attend all or some of the classes. It's a great opportunity to try out new formats and get in your weekend cardio, strength, and flexibility training! All regularly scheduled classes in the Group Ex Studio are cancelled on this day and will resume the following week, July 19th.

### Class Schedule:\*

9:30 – 10:15am	BODYPUMP
10:15 – 10:30am	BODYSTEP
10:30 – 10:45am	CORE
10:45 – 11am	BODYATTACK
11 – 11:15am	DANCE
11:15 – 11:45am	BODYBALANCE

**\*Yoga classes will run as scheduled on Saturday, July 12.**

**POOL Party**  
July 12, 7 – 9pm

**NEW! Summer Splash: Teen Glow-in-the-Dark Pool Party**

Get ready for a glow-in-the-dark pool party exclusively for our teen swimmers! The fun kicks off at 7pm and features food, music, and plenty of excitement. Members can invite unlimited non-member guests, while Non-members are allowed one guest each. Please note, swimmers must pass a swim test at the event or wear a life jacket to participate.

**Ages:** 13+  
**Fees:** \$36 + tax M/\$46 + tax NM  
(Max. capacity of 30)

**Registration Open now!**



## Summer Camps Enrollment is open!

Camp descriptions and prices are available on our website or in our summer guide. See page 9 for details. Registration requests are online at [www.columbiaathletic.com](http://www.columbiaathletic.com). Please email our Programs Director with any questions at [camilab@columbiaathletic.com](mailto:camilab@columbiaathletic.com).

## Aquatics Highlights

### Summer Stroke Clinics

Looking for additional stroke refinement post-swim team season? Join our weekly series of stroke clinics throughout August, ensuring your skills stay sharp for year-round swimming. The first week will concentrate on freestyle, followed by backstroke in the second week, breaststroke in the third week, and butterfly in the final week. Registration is flexible, allowing you to sign up for multiple weeks or select only the ones that pique your interest.

**Days:** Monday – Thursday

**Ages:** No age requirement, just skill requirement

**Fees:** \$100 + tax Member  
\$140 + tax Non-member (per week)  
(Max. Capacity of 10)

**Registration for stroke clinics opens July 7th at 10am.**

WEEK	DATE	TIME
Week 1- Freestyle	August 4 – 7	4:30 – 5:30pm
Week 2- Backstroke	August 11 – 14	4:30 – 5:30pm
Week 3- Breaststroke	August 18 – 21	4:30 – 5:30pm
Week 4- Butterfly	August 25 – 28	4:30 – 5:30pm

Swimmer Must Be Familiar With All Strokes: Freestyle, Backstroke, Breaststroke, Butterfly. Swimmer Must Be Able To Swim 25 Yards Without Stopping.

Aquatics continued on page 6.

## 4th of July Club Hours

**Happy 4th of July from CAC! Friday, July 4th**

Club Hours 5am – 3pm

Pool Closes at 2:30pm

### 4th of July Modified Class Schedule

8:30am Cycle with Mike

9:30am Vinyasa Flow Yoga with Shannon

All other regularly scheduled classes canceled.

**Please note: July 5th 7am Cycle class is also cancelled.**

## PINE LAKE STAFF

### GENERAL MANAGER

Sue Dowling x323  
sued@columbiaathletic.com

### OPERATIONS/PROGRAMS DIRECTOR

Camila Bonfim x336  
camilab@columbiaathletic.com

### MEMBERSHIP DIRECTOR

Austin Towns x324  
austint@columbiaathletic.com

### GROUP EX DIRECTOR

Katy Stuart x337  
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### TENNIS DIRECTOR

Dusko Andreic x326  
dusko@columbiaathletic.com

### FITNESS DIRECTOR

Taylor Scarvie X333  
taylors@columbiaathletic.com

### AQUATICS DIRECTOR

Bella Black x361  
bellab@columbiaathletic.com

## Activities Desk Hours

Mon. – Fri., 9am – 1pm,  
Mon. – Thurs., 4 – 7pm

## Club Hours

Mon. – Fri., 5am – 10:30pm  
Sat./Sun. 6:30am – 10:30pm

Hours and schedules may be  
modified as needed.

2930 228th Avenue SE  
Sammamish, WA 98075  
Phone: 425.313.0123  
Fax: 425.313.0870



www.columbiaathletic.com

## GROUP EX<sub>continued</sub>

### Summer Class Schedule Changes

Starting in July the following classes will be going on break until the fall:

- Monday 5:30pm Hot Hatha Yoga with Jume
- Tuesday and Thursday 12pm Cycle with Kim
- Tuesday 5:30pm Cycle & Stretch with Joy
- Wednesday 6:40pm ZUMBA with Sara

This is in addition to classes that went on break in June:

- Wednesday 9am CORE with Christine
- Wednesday 10:30am Meditation with Shannon
- Thursday 6am BODYBALANCE with Whitney
- Friday 9:30am Hot Power Yoga with Shannon

### Cardio H2O Schedule:

For the month of July, Cardio H2O will be on Tuesdays at 7:00am with Katia and Fridays at 8am with Dot and Natalie. The current schedule: Tuesday, Wednesday, Thursday at 8am will resume August 4. There will be Friday 8am class on August 1; no class on Friday July 4. Thanks for sharing the pool during the busy summer months!

For the most up-to-date schedule check the website: <https://www.columbiaathletic.com/departments/pl-group-exercise/> (be sure to refresh this page if it's been awhile since you've last logged in!), printed on the doors of each studio, or the member portal. The date the schedule was updated is listed in the bottom right hand corner. In general, we make adjustments to the schedule monthly. We do not anticipate any additional schedule changes until September. Direct any schedule feedback or questions to Katy: [katys@columbiaathletic.com](mailto:katys@columbiaathletic.com).

### Friday Dance Workshops with Susan

Our wonderful dance instructor Susan Sidman will be offering Ballroom Dance workshops all summer long.

These fun classes appropriate for all levels of experience are a great way to celebrate the end of the week! No partner required. Come join us!

**Dates:** July 11, 18, 25

August 1, 8, 15, 22, 29

September 5

**Time:** 6:30 – 7:30pm

**Fees:** \$10 + tax Member

\$20 + tax Non-member

## Yoga Class Best Practices:

- Be on time. Silence phones. This helps class members focus.
- Remove shoes. This keeps the room clean.
- Practice saucha. Wear clean clothes and practice good hygiene, avoiding heavy perfumes and colognes. In heated classes, this really makes a difference in maintaining a comfortable environment for all.
- Stay for savasana. Reap all the benefits of your practice and give your mind and body a well-deserved rest.

## FITNESS



### Exercise Progression of the month: Barbell Back Squat Progression: From First Rep to the Rack

**Purpose:** Build mobility, confidence, and strength under the bar — one level at a time.

Only move to the next step when you can meet the listed form and strength standards.

#### STEP 1: BODYWEIGHT BOX SQUAT

##### Goal:

- 3 sets of 15 reps
- Controlled pace, hitting full range (hips to box, chest tall)

##### Progress when:

- You can squat to a box at or below parallel
- No collapsing knees or rounding back
- Confident control in descent and ascent

#### STEP 2: GOBLET SQUAT (Dumbbell or Kettlebell)

- Start with: 10-15 lb dumbbell
- 3 sets of 10-12 reps
- Maintain upright torso and depth
- Elbows stay inside knees at bottom

##### Progress when:

- You can do 3 sets of 12 reps at 35-45 lbs
- You breathe and brace properly
- No breakdown in knee tracking or balance

Fitness continued next page.

### STEP 3: BARBELL BACK SQUAT (Training Bar or Empty Bar)

- Use a 15–20 lb training bar (or a 45 lb barbell if ready)
- 3 sets of 8–10 reps
- Bar sits comfortably on upper traps
- Full depth with stable hips and neutral spine
- **Progress when:**
  - You can squat the empty 45 lb barbell for 3x10
  - Under control, no “butt wink” or forward collapse
  - Confident bar path and consistent depth

### STEP 4: LOADED BACK SQUAT PROGRESSION

- Add weight slowly (5–10 lbs at a time)
- Perform sets of 5 reps
- Focus on bracing, bar speed, and symmetry
- **Progress when:**
  - You can perform 3 sets of 5 at 1x your bodyweight
  - With consistent depth, control, and no form breakdown
  - Maintain technique under fatigue

#### Trainer Tips:

- Always warm up with mobility (hips, ankles, thoracic spine)
- Use a mirror or coach to check form
- Record yourself to spot movement patterns
- Rest 60–90 sec between sets for steps 1–3; 2–3 min once barbell loading begins

## Gym Rule Reminders

Our staff at Columbia Athletic Club wants to make sure everyone’s experience is top notch so here is a reminder of some simple rules to ensure everyone is staying safe and happy at the club.

#### 1. Membership and Access:

- All members must check in at the front desk before using the facility.
- Members must register their guests at the front desk.
- ONE guest is allowed per membership per entry. The same guest is allowed twice per month.

- Only CAC Personal Trainers allowed to train while on premises. No outside Coaches or Trainers allowed without prior permission.

#### 2. Code of Conduct:

- Respect fellow members and staff at all times.
- Use appropriate language and behavior in all areas of the club.
- No harassment, intimidation, or bullying will be tolerated.

#### 3. Attire and Hygiene:

- Wear proper athletic attire and athletic shoes. (No Crocs, Birks, Slides, or open toed shoes on the fitness floor at any time).
- Maintain good personal hygiene.

#### 4. Equipment Use:

- Wipe down equipment after use with provided disinfectant wipes or spray.
- Avoid lingering on equipment between sets. Allow others to work in.
- Return weights and basketballs to their designated racks after use.

#### 5. Safety:

- Use equipment as intended and follow posted instructions.
- Use collars when using any of the free bars.
- If you are unsure about how to use a machine, seek assistance from the training staff.
- Seek out a spotter when lifting excessive weights.
- Report any equipment malfunctions or hazards to staff.

#### 6. Personal Belongings:

- Store personal items in designated areas.
- Columbia Athletic Clubs is not responsible for lost or stolen belongings.

#### 7. Group Classes:

- Respect class schedules and arrive on time.
- Silence your phones when in classes.
- Inform instructors of any injuries or limitations before the class begins.

#### 8. Noise Level:

- Keep noise levels to a minimum. Use headphones for music.
- Refrain from dropping weights on the floor.
- No Phone calls on the fitness floor. Please go to a secluded area outside of the fitness floor.

#### 9. Child Supervision:

- Children under the age of 13 must be supervised at all times.
- Children under the age of 8 are NOT allowed to use gym equipment under any circumstances.

#### 10. Photography and Videography:

- Obtain permission before taking photos or videos of others. - Respect the privacy of fellow members.
- Absolutely no Pictures or Videos in the Locker Rooms.

#### 11. Nutrition Area:

- Consume food and drinks only in designated areas. - Clean up after yourself.

#### 12. Emergency Procedures:

- Familiarize yourself with emergency exits and procedures. - In case of injury, contact staff immediately.

#### 13. Membership Termination:

Violation of gym rules may result in consequences which may include membership suspension or termination without a refund.

## IMPACT

### SMALL GROUP PERSONAL TRAINING

Welcome to IMPACT fitness at CAC-Pine Lake, where every class leaves an impression on your mind and body. There is an IMPACT class for people of all levels, and our goal is to unleash your full potential. Here is what you get when you choose IMPACT.

**INNOVATIVE WORKOUTS:** We combine the basic fundamentals of strength training with cutting edge principles. These classes are designed to push you hard and make you feel great.

**SMALL CLASS SIZES:** there are no more than 8 people per class. This allows a more personalized experience.

**MOTIVATING INSTRUCTORS:** Our trainers are not only fitness experts; they are here to keep you motivated and disciplined the entire workout.

**INTENT BASED PROGRAMMING:** We understand fitness is not a one size fits all. That’s why we offer personalized exercises and modifications depending on the individual’s fitness level and goals



## FITNESS continued

# IMPACT

## METABOLIC MADNESS

**Instructors:** Nikki & Katy

Rev up your metabolism with this effective, functional, total body group training! By adding lean muscle to the body, you can speed up your metabolism effectively burning more calories while working out and at rest. Instructors use a variety of weight training equipment and cardio intervals to increase your fitness level and change the shape of your body. No muscle gets neglected!

**Days:** Mondays, 10 – 10:45am, Katy  
Wed. & Fri., 9:30am – 10:15am, Nikki

**Fees:** \$15 + tax Member  
\$25 + tax Non-member

# IMPACT

## DECOMPRESS & STRETCH

**Instructor:** Nora

Join trainer Nora O' Melia for this 30 minute restorative class. This class is designed to decrease stress and muscular tension through a variety of relaxing poses and breathing exercises. We may use blocks and bolsters for support. It can be a great complement to your other types of exercise, improving flexibility and range of motion in your joints. Leave your busy life behind for 30 minutes, take some "me time" in a peaceful, calm environment, and emerge feeling restored and refreshed!

**Days:** Wednesdays, 11 – 11:30am

**Fees:** Free for Members  
\$12.50 + tax Non-member per class

# IMPACT

## STRENGTH TRAINING

**Instructor:** Tyler

Get ready to look great and feel strong this fall. IMPACT Strength offers 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. Adults, and teens

ages 15 to 17 with instructor permission  
Participants: Min. 2, Max 6. Sign up through our online portal.

**Times:** Tuesday & Thursdays, 6–7pm  
& Saturdays, 3–4pm

**Fees:** \$20 + tax Member per class  
\$25 + tax Non-member per class

# IMPACT

## TEEN FITNESS

### NEW CLASS ADDED

**Instructors:** Taylor & Collin

Small group classes are led by our Fitness Director, Taylor Scarvie, NSCA CSCS, 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 Youth 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. 8. Sign up through our online portal.

**Days:** Tues. & Thurs., 5–6pm, Taylor  
Sat., 10–11am, Collin

**Ages:** 11–16

**Fees:** \$20 + tax Member per class  
\$25 + tax Non-member per class

# IMPACT

## TENNIS CONDITIONING

This Small group class is led by our two Strength and Conditioning Certified trainers Nikki and Taylor. This class will focus on a combination of overall strength, speed/agility, and prehab in order to perform at your best while you are on the court. Nikki and Taylor will not only help you feel physically stronger and quicker, but help you stay as healthy as possible so you are able to play for longer.

Participants: Min: 2, Max: 8. Must sign up through the online portal.

**Days:** Thursdays, 7–8am

**Fees:** \$20 + tax Member per class  
\$25 + tax Non-member per class



## YOUTH FITNESS



### Iron Kids

**Instructor:** Kim

Iron Kids is a comprehensive introductory Fitness/Strength Training course for your 8 to 14 year old. They will learn the fundamentals of anatomy, nutrition, create a basic workout program, rules of the fitness floor, and safety in exercise. This course is a wonderful introduction to fitness essentials tailored to the unique needs of youth. Upon completion of the class, kids will be prepared to start exercising with a parent present.

**Days:** Scheduled by appointment  
with Trainer Kim Brasfield at  
kimb@columbiaathletic.com

**Ages:** 8–14

**Fees:** \$25 + Tax Member only program

# ADVANTAGE

## SPORT

PLAY • TRAIN • RECOVER

**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 techniques. 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 nikbib@columbiaathletic.com for scheduling information (Min. of 4 athletes per group).

**Days:** Thursdays, 7–8am

**Ages:** 12–20

## Fitness Consultations Available

### Ready to refresh your fitness routine this summer?

Whether you're getting back on track or just starting out, now is the perfect time to meet with one of our certified fitness professionals for a complimentary consultation.

Fitness consultations are available throughout the week and offer a chance to:

- Discuss your fitness goals, history, and any physical limitations
- Take baseline measurements including body weight, body fat percentage, and key metrics
- Explore safe and effective ways to improve your strength, mobility, and endurance
- Get familiar with our equipment and learn proper form and range of motion techniques

Let us help you create a customized plan to stay active, healthy, and energized all summer long!

Book your consultation today by contacting Taylors@columbiaathletic.com.



**TAYLOR SCARVIE - FITNESS DIRECTOR**  
taylors@columbiaathletic.com

#### Education and Certifications:

- B.S Exercise Science
- National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (NSCA-CSCS)



**COLLIN BICE**  
collinb@columbiaathletic.com

#### Education and Certifications:

- NASM CPT
- Consultation Specialist



**NIKKI BROWN**  
nikkib@columbiaathletic.com

#### Education and Certifications:

- B.S. Exercise Science
- American College of Sports Medicine, Certified Exercise Physiologist (ACSM- EP-C)
- National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (NSCA – CSCS)
- Schwinn Indoor Cycling Instructor



**KIM BRASFIELD**  
kimb@columbiaathletic.com

#### Education and Certifications:

- B.S. Ed in Physical Education
- American College of Exercise, Certified Personal Trainer (ACE-CPT)
- LeMond RevMaster Certified Cycle Instructor
- TRX and Kettlebell Certified
- Trigger Point Certified



**TYLER EIGUREN**  
tylere@columbiaathletic.com

#### Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- B.S. Aerospace Engineering
- M.S. Material Science & Engineering



**NORA O'MELIA**  
noram@columbiaathletic.com

#### Education and Certifications:

- A.A.S. Fitness Specialist/Personal Trainer
- American College of Sports Medicine, Exercise Physiologist Certification (ACSM EP-C)
- TRX Suspension Training
- Senior Exercise Specialist
- B.A. Political Science



**CHRISTINE MCKINSEY**  
christinem@columbiaathletic.com

#### Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- National Academy of Sports Medicine, Corrective Exercise Specialist (NASM-CES)
- Les Mills Certified Instructor: Body Flow, Core, Sh'Bam, Combat
- B.A. English



**KATY STUART**  
katys@columbiaathletic.com

#### Education and Certifications:

- National Academy of Sports Medicine, Certified Personal Trainer (NASM-CPT)
- American Council on Exercise, Group Fitness Instructor (ACE-GFI)
- Les Mills US Trainer, Assessor, Presenter
- Les Mills Advanced Instructor: BODYPUMP, BODYSTEP, BODYATTACK, CORE
- Les Mills Certified Instructor: BODYBALANCE
- Ph.D. Wildlife Science

### TRAINING RATES

1 on 1 Personal Training	Cost
1 Hour Single session	\$82 + tax
4 sessions	\$308 + tax
8 sessions	\$600 + tax
45 min. single session	\$71 + tax
4 sessions	\$268 + tax
8 sessions	\$520 + tax
30 min. single session	\$56 + tax
4 sessions	\$216 + tax
8 sessions	\$416 + tax
Partner Training	Cost
1 hour single session	\$55 + tax per person
4 sessions	\$208 + tax per person
8 sessions	\$400 + tax per person
30 min. partner session	\$40 + tax per person
4 sessions	\$152 + tax per person
8 sessions	\$288 + tax per person



## AQUATICS Continued

### Summer Group Swim Lessons

#### Monday – Thursday (2-Week Intensives)

Our two-week intensive program is crafted to accelerate the development of swimming skills and enhance endurance for participants. With sessions spanning just two weeks, the program offers flexibility, particularly during the summer months. Participants also have the option to enroll in multiple sessions concurrently.

**Session 1:** June 30 – July 10

**Session 2:** July 14 – 24

**Session 3:** July 28 – August 7

**Session 4:** August 11 – 21

**Ages:** 4 – 14

**Fees\*:** \$152 + tax Mem./\$200 + tax Non-mem.

\*For those who enroll in multiple sessions S1 and S2 will be charged week of June 9th. S3 and S4 will be charged week of July 14th

#### Registration is open

##### Saturday Classes

Our Saturday group lessons provide a diverse range of swim programs, catering to various age groups from parent-tot to adults. These sessions prioritize comfort and safety in the water over endurance, offering a less intense pace. Conducted weekly, our Saturday group lessons are designed for a more relaxed learning experience.

**Session 1:** June 28 – July 26 (5 Classes)

**Session 2:** August 2 – 30 (5 Classes)

**Ages:** 6 months and up

**Fees:** \$90 + tax Member

\$125 + tax Non-member

#### Registration is open.

### Private Swim Lessons

Instructors are still available for private swim lessons this Summer. When submitting a request and being matched with an available instructor you will be confirmed with a standing reservation each week through August.

#### Private Lesson Rates based on 30 minute lessons:

**Fees:** \$42 + tax Member

\$54 + tax Non-member

#### Semi Private Lesson Rates: based on 30 minute lessons:

**Fees:** \$56 + tax Member (\$32 per swimmer)  
\$68 + tax Non-member  
(\$34 per swimmer)

For more information or to register contact us at [plcaquatics@columbiaathletic.com](mailto:plcaquatics@columbiaathletic.com).



### SWIM TEAM SUMMER Mock Meet

#### Mock meet scheduled for July 27th.

There are options for outside swimmers to register for the mock meet.

Contact aquatics to register:  
[plcaquatics@columbiaathletic.com](mailto:plcaquatics@columbiaathletic.com)



### Summer Piranhas Swim Team

The Summer Piranhas Swim Team offers a non-competitive, endurance-focused program. Pricing is for the entire 6 weeks. Swimmers may attend as many days of the week as they like. The program culminates with an end-of-summer "mock meet," providing valuable swim team experience. All swimmers need to submit a registration form for the Summer Swim Team. This can be found on our website under Youth Aquatics.

**Dates:** June 30 – August 7

**Ages:** 8 – 18

**Fees:** \$180 + tax Member/  
\$225 + tax Non-member

Registration NOW OPEN

All Swimmers who have not participated in our School Year swim team will need to schedule a tryout. Contact [plcaquatics@columbiaathletic.com](mailto:plcaquatics@columbiaathletic.com) with questions, or the activities desk to schedule a tryout.

#### LEVELS

GROUP 4: (ages 13 & up) 8 – 9am

GROUP 3: (ages 11 – 12) 8 – 9am

GROUP 2: (ages 9 – 10) 9 – 10am

GROUP 1: (10 yrs & under) 9:15 – 10am



### Adult Learn to Swim Boot Camp

This year, we're excited to offer an afternoon Adult Learn-to-Swim BOOT CAMP designed for both beginners and intermediate swimmers! Each session will feature 45-minute lessons in a small group setting. Whether you're starting your swim journey or looking to refine your technique, this series is perfect for you!

**Dates:** August 4 – 14, 5:30 – 6:15pm

(Beginner 1, 2 & Intermediate)

August 18 – 28, 5:30 – 6:15pm

(Beginner 1, 2 & Intermediate)

**Ages:** 14 & up

**Fees:** \$160 + tax Mem./\$208 + tax Non-mem.  
(per 2 week session)  
(Max. capacity of 5 adults per level)

#### Registration Opens July 7th at 10am

#### LEVEL BREAKDOWN:

**Beginner 1:** Swimmer has no experience with water/swimmer cannot float or swim face down

**Beginner 2:** Swimmer has little to no experience with freestyle, backstroke and breaststroke

**Intermediate:** Swimmer is familiar with freestyle, backstroke and breaststroke and looking to expand endurance as well as learn butterfly stroke.

## MEMBERSHIP



### Summer Memberships

Our popular Summer Memberships have returned. The perfect option for those family members in town for a short visit or kids home from College. Contact membership director Austin Towns at [austint@columbiaathletic.com](mailto:austint@columbiaathletic.com) for more information.

## TENNIS

### Tip of the Month: Tight Wrist-Solid Contact

When getting ready to execute the set up motion of either a topspin or slice, groundstroke or volley, try giving the racquet a quick squeeze with your dominant hand. This will help lock the wrist in place and eliminate any undesired snap of the wrist. This steady wrist will allow for a more solid shot and greatly reduce the amount of miss hits. Enjoy the game!

## ADULT TENNIS

### Pine Lake's 7.0 & 6.0 Men's Advance To Nationals

Congratulations to our 6.0 and 7.0 Mens Team who won Sectionals and will be heading to Nationals in October!



- 6.0 Men's 55+ Team captained by Chris Sbarbaro.



- 7.0 Men's 55+ Team captained by Wade Tiedeman.

Commitment, hard work and mental toughness carried our 7.0 team captained by Wade Tiedeman to win league playoffs and compete in sectionals in OR.

### Weekly Evening Classes

Will continue through summer, contact coach Shayan shayand@columbiaathletic.com for skill level, openings and schedule.

## JUNIOR TENNIS



### Summer Junior Tennis Camps Have Started!

There is room for all ages and abilities. We are offering ten, one week camps throughout the summer beginning the week of June 30th all the way through the summer ending August 27th.

The camps will run Monday through Thursday. Each week the camp will include fundamental stroke production, drills, strategy and conditioning.

Fridays are planned to be Invitational (by coaches approval).

- **Half-day:** 1 – 4:15pm
- **Full-day:** 9:15am – 4:15pm
- **Point Play Class:** 2:15 – 4:15pm

The camp will be open to a wide range of ages, with participants being placed in subgroups based upon their age, experience and skill. They will participate in tennis and non-tennis related games (drilling, games, matches), agility/fitness training.

We will break mid-day for swimming in the pool & lunch, and then back for more point play.

These camps are a great way to have an activity filled week and improve game play while having fun! Campers need to bring bathing suit & sack lunch.

See page 10 for complete lineup.

## PICKLEBALL @ PINE LAKE

### Open Pickleball

These are times on the schedule that is open for all ages and abilities. Since there is no scheduled staff the equipment is provided but would need to be put up and taken down by the players.

**Days:** Monday/Wednesday, 11am – 1pm

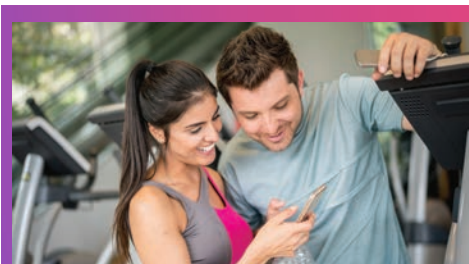
## Pickleball 3.0

For those who are a little more familiar with the sport and able to maintain a higher level of play.

**Days:** Tuesday/Thursday, 5 – 7pm & Sundays, 8 – 10:30am

### Rating Definition - Rating 3.0 Means:

- Has a consistent serve and returns medium-paced balls reliably.
- Able to make all basic strokes.
- Consistent both forehand and backhand strokes.
- Can use spin with some success.
- Can occasionally force errors when serving.
- Demonstrates 3rd shot strategies.
- Aggressive net play in doubles.
- Full understanding of the rules.
- Can lob and dink with limited success



## Follow us on Instagram

For inspiration and the most current events about the Club and our community you can now follow us on Instagram @CAC.pinelake.

Tag us when you post your inspiration!

#PLinspires #CACinspired

@cac.pinelake

## Download our CAC Mobile app.

Download our app, select Pine Lake location as your home club and be sure to allow notifications so you would receive a text should there be an announcement or last minute schedule/program change due to weather.





# Birthday Party Packages at Pine Lake

Party with us, it's a piece of cake

CAC - Pine Lake is a perfect way to celebrate your little one's Birthday. You just pick a theme and select whether you want us to lead games in the gymnasium or the pool. We do the rest. We set up, decorate, provide supervision and do all the clean up. All you do is have fun!

## All Parties Include:

- 12 participants. Additional guests are welcome at \$10+ tax/pp
- 1 Hour in the Big Pool or Gymnasium
- 1 Hour in the Party room
- 2 Experienced Party Coordinators who will organize games and provide fun

## Just The Basics:

**Fees:** \$285 + tax Member  
\$410 + tax Non-member

## Bring On The Works:

**Fees:** \$475 + tax Member  
\$610 + tax Non-member

## The Ultimate:

Want the ultimate Birthday party experience? We now offer many fun themes. We do all the work and the clean up. Contact us for pricing.

Call today at  
**425.313.0123** or email  
**Camila at [camilab@columbiaathletic.com](mailto:camilab@columbiaathletic.com)**  
for more information.



## Reservations & Cancellations

Reservations are required. Children must be at least 6 months old to attend Kids Club. You may make reservations up to one week in advance. Drop-ins will be accepted only if space is available. When your plans change, or when your child has become ill, please call to cancel your reservation. It is important to leave us a message if you receive the answering machine as we check this regularly.

**Please note:** if there are no reservations within the last hour of Kids Club, our staff has the option to leave early.

## Check In/Check Out

You will need to sign your child in upon check in, and out upon leaving Kids Club. For maximum safety, unless other arrangements have been made, **the same person who checked them in must pick up the children or indicate alternate person in writing. If this person is not a M, we will require photo ID upon check out.**

*Parents must remain in the Club* so that if an emergency should occur or we are unable to comfort your child, we will be able to locate you. If your child experiences separation anxiety, we recommend that you accompany them for a short, first Kid's Club visit. This will help you and your child become acquainted with the staff and new environment.

## Extended Care/Off Site

This is only available for those 3yrs or older and must be fully potty trained. Please pack a nut-free lunch or special treat to make your child's stay more enjoyable. Reservations can be made up to a week ahead. We cannot guarantee a space without advanced reservation.

Cancellations must be made 2 hours in advance or the full service charge for the reservation will apply. A cell phone number must be provided in case staff need to contact you.

## Diapers

The staff does not change diapers so you will be notified to do so if needed. It is also important to have your toddler wear shorts/pants over their diaper to prevent possible leakage. Be sure to let us know if your child is not potty trained or has any special needs.

## Food

Please DO NOT bring food into Kids Club. Children may have food allergies that we are unaware of and we provide snacks that are safe for most children. Labeled bottles and non-leaking cups are permitted.

## Health & Safety

For the protection of other children and staff, absolutely no sick children will be accepted. Children will not be permitted if any of the following symptoms are present: deep thick cough, coughing or sneezing along with green or yellow discharge, sore throat, red runny eyes (possibly Conjunctivitis), diarrhea, unhealed Chickenpox lesions, undiagnosed rash or lice. If your child has been sent home from school due to illness, they cannot be accepted into Kids Club.

Kids Club Hours	
Monday – Friday:	8am – 7pm
<b>Reservations required</b>	
Saturday:	9am – 1pm
Sunday:	9am – 1pm

Fees (pricing will be charged in 15 min. increments after the first hour)	
	\$6.50/hr Member
	\$9/hr Non-member

Unlimited Kids Club	
1 child:	\$30/month
2 children:	\$45/month
3 + children:	\$65/month
This option is added to the Family membership agreement and processed monthly alongside dues billing.	

Extended Care/Off Site Rates	
	\$10/hr Member
	\$13/hr Non-member

**Contact 425.313.0123 and ask for Kids Club to make a reservation**

For additional information or questions please contact:

Margarita Farrell - Kids Club Director  
[margaritaf@columbiaathletic.com](mailto:margaritaf@columbiaathletic.com)





# Summer Camp Lineup

## Jr. Camp Counselor Camp

Be an Assistant Camp Counselor! You will help our camp leaders with daily activities, games and crafts. It will be available for weeks 1, 2, 3, 6, 7, 9 and 10.

**Time:** 9am–3:30pm

**Ages:** 12–14

**Fees:** \$230 + tax M/\$285 + tax NM

## Babysitting Class

Participants will receive an introduction to essential childcare, safety, and first aid for infants and children.

**Date:** June 20

**Time:** 4–7pm

**Ages:** 11–14

**Fees:** \$100 + tax M/\$145 + tax NM

## Week 1: Little Picassos

Each day we will make a new project that may include drawing, painting, printmaking, or sculpture.

**Dates:** June 26 & 27

**Ages:** 5–11

**Fees:** \$172 + tax M/\$202 + tax NM(Full Day)  
\$138 + tax M/\$155 + tax NM(Half Day)

## Week 2: It's a Zoo!

Kids will explore the world of animals and reptiles this week as well as get a visit from ShooFly Farms with a petting zoo and some friendly dogs.

**Dates:** June 30–July 3

**Ages:** 5–11

**Fees:** \$344 + tax M/\$404 + tax NM(Full Day)  
\$275 + tax M/\$310 + tax NM(Half Day)

## Week 3: Multi-Sport Camp

Join us for an exciting and active summer at our Multi-Sport Camp! Designed for kids who love to play and stay active, this camp introduces participants to a variety of sports and games, helping them build skills, teamwork, and confidence.

**Dates:** July 7–11

**Ages:** 5–11

**Fees:** \$430 + tax M/\$505 + tax NM (Full Day)  
No Half Day option.

## Week 4 & 5: Camp Columbia

Each day campers will participate in a 30-minute swim lesson with a trained instructor and a 45-minute tennis lesson with one of our pros and the rest of the camp of pure adventure with sports, games, crafts and fun.

**Dates:** July 14–18, July 21–25 (2-week camp)

**Ages:** 5–11

**Fees:** \$800 + tax M/\$990 + tax NM

No Half Day option. No Single Week option

## Week 4: Jet's Gymnastics

In this week long camp we will provide young children with the opportunity to develop basic gymnastics/tumbling ability, coordination, balance, strength, and above all to build confidence and a positive self-image.

**Dates:** July 14–18

**Ages:** 5–8

**Fees:** \$300 + tax M/\$375 + tax NM

## Week 5: Future Health Explorers by Little Medical School

Students will step into the shoes of physicians, nurses, dentists, and pharmacists, learning about essential medical tools and techniques.

**Dates:** July 21–25

**Ages:** 5–11

**Fees:** \$300 + tax M/\$375 + tax NM

## Week 6: Foundational Engineering + Superheroes

**Superheroes (Ages 5–7):** To the Bat cave, superhero fans! Design your own superhero, create your own adventure, and build epic battle scenes using LEGO® bricks.

**Foundational engineering (Ages 8–11):**

Does your little learner love to tinker and create new things, or are they the kind of learner who likes to break things apart to see what's inside?

**Dates:** July 28–August 1

**Ages:** 5–11

**Fees:** \$430 + tax M/\$505 + tax NM (Full Day)  
No Half Day option.

## Week 7: Basketball Camp

At this camp the children will work on skills and drills and assorted activities to improve balance and focus while building strength and motor skills.

**Dates:** August 4–8

**Ages:** 5–11

**Fees:** \$430 + tax M/\$505 + tax NM (Full Day)  
\$300 + tax M/\$375 + tax NM (Half Day)

## Week 8: Sports Week

Just like our extremely popular camp Camp Columbia we will have a little bit of swimming and tennis.

**Dates:** August 11–15

**Ages:** 5–11

**Fees:** \$430 + tax M/\$505 + tax NM (Full Day)  
No Half Day option.

## Afternoon Basketball Camp – Coach Brandon

Coach Brandon will give your kids the drills and instructions they need to become a better shooter and ball handler who stands out from the competition.

**Dates:** August 12–16

**Ages:** 5–11

**Time:** 12:30–3:30pm

**Fees:** \$300 + tax M/\$375 + tax NM (Half Day)

## Week 9: Snapology - Animation Studio + Ninja Adventures

**Ninja Adventures (Ages 5–7):** The goal of Snapology's Ninjas program is to teach students about the history, culture, skills, and tactics of ninja warriors.

**Animation Studio (Ages 8–11):** In Snapology's Animation Studio program, students get to do more than just enjoy those movies, they get to create them!

**Dates:** August 18–22

**Ages:** 5–11

**Time:** 9am–3:30pm

**Fees:** \$430 + tax M/\$505 + tax NM (Full Day)  
No Half Day option.

## Week 10: Sports Fusion STEAM Camp

Get ready for a week of action-packed fun and hands-on learning at our Sports This unique program combines the excitement of sports and fitness activities with engaging STEAM (Science, Technology, Engineering, Arts, and Math) projects.

**Dates:** August 25–29

**Ages:** 5–11

**Time:** 9am–3:30pm

**Fees:** \$430 + tax M/\$505 + tax NM (Full Day)  
No half day option

**SEE OUR SUMMER GUIDE  
FOR MORE INFO ON THESE  
EXCITING PROGRAMS!**

# Summer 2025 Junior Tennis at Pine Lake



## Key Dates:

- 6/25 - ISD last day of school
- 8/28 - ISD first day of school
- 7/4 - Independence Day (holiday)
- 9/2 - LWSD first day of school

## WEEKDAY SESSION DATES (MONDAY – THURSDAY):

<b>Session 1:</b> June 30 – July 3	<b>Session 6:</b> August 4 – 7
<b>Session 2:</b> July 7 – 10	<b>Session 7*:</b> August 11 – 14
<b>Session 3*:</b> July 14 – 17	<b>Session 8*:</b> August 18 – 21
<b>Session 4*:</b> July 21 – 24	<b>Session 9**:</b> August 25 – 27
<b>Session 5:</b> July 28 – 31	

\*Session includes a FULL DAY camp option.

\*\*3 days instead of 4, 8/28 is first day of school for ISD)

## WEEKEND SESSION DATES:

<b>Session 1:</b> June 28 – July 19 (4 classes)	<b>Session 2:</b> July 26 – August 23 (5 classes)
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## Half Day Camps

These are weekly junior tennis camps for all skill levels and abilities. Classes run Monday through Thursday with additional, no charge, competitions on Fridays as part of the Eastside Jr. Tennis League. Each class will be a mixture of learning tennis fundamentals as well as plenty of fun games. For those currently enrolled in our school year program, please register based on the following:

### Quick Start 1

**Time:** 1 – 1:45pm (45 min.)

**Ages:** 4 – 6

**Fees:** \$104 + tax TM/\$140 + tax AM/\$172 + tax NM

### Quick Start 2/Level 1

**Time:** 1:45 – 3pm (75 min.)

**Ages:** 7 – 10

**Fees:** \$162 + tax TM/\$224 + tax AM/\$270 + tax NM

### Level 2/Level 3

**Time:** 2:45 – 4:15pm (90 min.)

**Ages:** 11+ all skill levels

**Fees:** \$187 + tax TM/\$246 + tax AM/\$290 + tax NM

Sessions run weekly, pricing based upon 4 classes per week (Mon. – Thurs.).

## Full Day Camps

We offer 4 one-week Full day camps. Each camp is Monday through Thursday and is for all skill levels and ages. We break mid-day for swimming in the pool and lunch before returning to the courts for more point play. These camps are a great way to have an activity filled week and improve your game while having fun. Campers need to bring a bathing suit, water, and a sack lunch.

**Days:** Monday – Thursday

**Time:** 9:15am – 4pm

**Ages:** 5+ (all skill levels)

**Fees:** \$625 + tax TM/\$660 + tax AM/\$806 + tax NM

## Saturday Camps

Similar to our Half Day Camps but take place one day a week. Please note that pricing below is based on 4 sessions per month. Session 1 contains 5 classes and pricing will be adjusted accordingly for the additional class.

### Quick Start 1

**Time:** 10:30 – 11:15am

**Ages:** 4 – 6

**Fees:** \$104 + tax TM/\$140 + tax AM/\$172 + tax NM

### Quick Start 2/Level 1

**Time:** 10:30 – 11:30am

**Ages:** 7 – 10

**Fees:** \$130 + tax TM/\$179 + tax AM/\$216 + tax NM

### Level 2/Level 3

**Time:** 11:30am – 1pm

**Ages:** 11 + all skill levels

**Fees:** \$187 + tax TM/\$246 + tax AM/\$290 + tax NM

**Key:** TM = Tennis Member, AM=Athletic Member, NM = Non-member























Scan our QR code to open up the website and submit a registration request for classes. You can also email us at: [plcjrtennis@columbiaathletic.com](mailto:plcjrtennis@columbiaathletic.com).


Once received & confirmed a form of payment must be added if you are a Non-member. See website for more information.





# PINE LAKE GROUP EX CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle &amp; Strength</b> 5:30-6:30  Betsy	<b>BODYPUMP</b> 5:30-6:30  Matt	<b>Cycle</b> 5:30-6:30  Michelle	<b>Total Muscle Definition</b> 5:30-6:30 Kathy	<b>Cycle &amp; Strength</b> 5:30-6:30  Malia		
			<b>IMPACT Tennis*</b> 7:00-8:00 Taylor (\$)		<b>Cycle</b> 7:00-8:00  Kim	
	<b>Cardio H2O</b> 7:00-8:00 Katia		<b>Cardio Lift</b> 7:30-8:30  Jen	<b>Cardio H2O</b> 8:00-9:00  Dot/Natalie	<b>DANCE</b> 8:30-9:15  Whitney	
<b>Cycle &amp; Strength</b> 8:30-9:30  Jen	<b>Barre/Pilates Fusion</b> 8:30-9:30 Joy			<b>Pilates</b> 8:30-9:30 Jen	<b>Hot Power Yoga</b> 9:15-10:15 Jume	
		<b>Metabolic Madness*</b> 9:30-10:15 Nikki (\$)			<b>BODYPUMP</b> 9:30-10:30  Matt	<b>BODYPUMP</b> 9:30-10:30  Karla
<b>Hot Power Yoga</b> 9:30-10:45 Kerry	<b>BODYBALANCE</b> 9:30-10:30 Whitney	<b>Hot Hatha Yoga</b> 9:30-10:30 Kerry	<b>Hot Power Yoga</b> 9:30-10:30 Robin	<b>Metabolic Madness*</b> 9:30-10:15 Nikki (\$)	<b>CORE</b> 10:45-11:15 Coleen	
<b>DANCE</b> 9:30-10:15  Christine	<b>BODYPUMP</b> 9:30-10:30  Karla	<b>DANCE</b> 9:30-10:15  Kari	<b>BODYPUMP</b> 9:30-10:30  Kari	<b>BODYSTEP (45min)</b> 9:30-10:15  Katy	<b>IMPACT Teen*</b> 10:30-11:30 Collin (\$)	<b>ZUMBA</b> 10:45-11:45 Jean
<b>CORE (45 min)</b> 10:30-11:15  Christine	<b>ZUMBA Toning</b> 10:45-11:45 Jean	<b>Pilates</b> 10:30-11:30 Natalie	<b>BODYBALANCE</b> 10:30-11:30 Christine	<b>BODYPUMP</b> 10:30-11:30  Katy	<b>Restorative Yoga</b> 10:30-11:30 Rita	<b>BODYBALANCE(45min)</b> 10:45-11:30 Karla
<b>Metabolic Madness*</b> 10:00-10:45 Katy (\$)		<b>Decompress Stretch</b> 11:00-11:30 Nora			<b>IMPACT Strength*</b> 3:00-4:00 Tyler (\$)	
			<b>Advantage Sport*</b> 4:00-5:00 Nikki (\$)			
	<b>IMPACT Teen*</b> 5:00-6:00 Taylor (\$)		<b>IMPACT Teen*</b> 5:00-6:00 Taylor (\$)			
	<b>IMPACT Strength*</b> 6:00-7:00 Tyler (\$)		<b>IMPACT Strength*</b> 6:00-7:00 Tyler (\$)			<b>Yin Yoga</b> 4:00-5:15 Whitney
<b>BODYPUMP</b> 5:30-6:30  Kari		<b>BODYPUMP</b> 5:30-6:30  Katy	<b>CORE (45 min)</b> 5:30-6:15  Christine			
	<b>Vinyasa Flow Yoga</b> 6:00-7:00 Rebecca	<b>BODYBALANCE</b> 6:30-7:30 Christine	<b>Hot Power Yoga</b> 6:00-7:00 Jume			
<b>BODYATTACK (45min)</b> 6:40-7:25  Katy	<b>Yoga Basics</b> 7:15-8:15 Rebecca					
<b>Vinyasa Flow Yoga</b> 7:30-8:30 Rita						

**CLASS KEY:**  
**PURPLE** = Group Ex Studio, **GREEN** = Mind Body studio,  
**RED** = Fitness floor, **BLUE** = pool  
 = Myzone class    \* = fee associated



# PINE LAKE GROUP EX CLASS DESCRIPTIONS

## LES MILLS GROUP EX CLASSES

### BODYATTACK™

A high-energy fitness class with moves catered for everyone! Athletic exercises like running, lunging and jumping are combined with strength exercises such as push-ups and squats to build full body strength and maximize cardio stamina. Sweat, smile, and burn an average of 600 calories in each class. No equipment needed.

### BODYBALANCE™

BODYBALANCE™ (formerly BODYFLOW™) is a motivating blend of new yoga featuring elements of Tai Chi and Pilates. It is designed to strengthen your entire body, improve flexibility, and leave you feeling calm and centered. A great introduction to Mind/Body classes; appropriate for all fitness levels!

### BODYPUMP™

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ is a total body workout that will burn an average of 400 calories. Instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music –helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated; ready to come back for more.

### BODYSTEP™

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP™ class you combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You will burn an average of 400 calories and leave buzzing with satisfaction.

### LES MILLS CORE™

Exercising muscles around the core, CORE™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together. All moves in CORE™ have options, so it's challenging but achievable for your own level of fitness. Trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

### LES MILLS DANCE™

LES MILLS DANCE is a 45-minute high-energy workout incorporating innovative dance movements that work cohesively with music inspired by global dance genres. Perfect for anyone who loves the mental, physical, emotional and spiritual empowerment of dance and wants a cardio-based dance workout that will challenge and move them.

## GENERAL GROUP EX CLASSES

### Barre/Pilates Fusion

Create a lean, sculpted body through a combination of isometric contraction of muscles, dance conditioning, and core-defining Pilates. Use a variety of equipment including the barre to build strength. Appropriate for all fitness levels!

### Cardio H2O

In the pool. Use water and buoyant equipment as resistance to elevate heart rate, tone, and strengthen your muscles. A great workout with low-to-no impact.

### Cycle

This class is great for everyone; from the beginner to the professional cyclist! Resistance and pedal speed are used together to create an intense and effective workout. Cyclists are instructed to choose the intensity that best suites them, yet encouraged to consistently challenge themselves. 60 minute and 45 minute express formats available. New participants should arrive 10 minutes early for bike set up.

### Cardio Lift

This is a cardiovascular cross-training class that incorporates intervals of simple, yet challenging, athletic sports moves and strength training. A great workout for all fitness levels!

### Cycle & Strength

This class is the perfect combination of cardio on the bike and strength conditioning off the bike using weights and bodyweight exercises. Lift your heart rate and build muscle and core strength! Modifications offered for all fitness levels.

### Decompress & Stretch

Join Personal Trainer Nora for this 30 minute restorative class designed to decrease stress and muscular tension through a variety of relaxing poses and breathing exercises. A great complement to other types of exercise, improving flexibility and range of motion in the joints.

### Pilates

Incorporating the fundamentals of Pilates, this class follows the classic mat order and is appropriate for students of all levels. Small exercise props such as Magic Circles, bands, and balls are used to engage specific muscle groups and assist with body positioning.

### Total Muscle Definition

Build strength, endurance, and muscle definition using a variety of strength training exercises and equipment. All fitness levels welcome; modifications provided.

### ZUMBA®

ZUMBA® is a Latin dance inspired workout that is taking the world by storm! This is a fun cardio workout that can be adapted to all levels. No dance skills required!

## GENERAL MIND/BODY CLASSES

### Hot Hatha Yoga

This heated class flows slowly through a series of poses focusing on the breath. Ha represents the sun while tha represents the moon and together the practice of Hatha Yoga aligns the mind with the body. All levels welcome!

### Hot Power Yoga

Hot Power yoga is a vigorous, fitness-based approach to Vinyasa-Style yoga with an emphasis on strength and flexibility. Adding the element of heat creates a wider range of motion while also challenging the cardiovascular system to burn approximately 350 to 600 calories per class!

### Restorative Yoga

Using light heat and slow progression of movement, this class helps restore the natural curve of the spine, increases flexibility through hips and shoulders, and strengthens the core through stabilization. Great for recovery!

### Vinyasa Flow Yoga

This style of yoga uses breath to move through creative sequencing of poses. Flowing movements are intended to get students out of their heads and into their bodies. A great way to infuse movement, energy and vitality into your day!

### Yin Yoga

Yin yoga is a slow, passive practice that works into the deep connective tissues of the body. Using props, postures are held for several minutes allowing the ligaments, joints and fascia to slowly soften. This is an all levels class designed for beginners to advanced practitioners.

### Yoga Basics

This class introduces basic poses found in yoga classes at a slower pace and with the opportunity to ask questions and receive personalized feedback and coaching. Perfect for beginners!

