



## Summer Camps Enrollment is Open!

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

## Member Spotlight: Dr. Joey Collins



Dr. Joey getting ready for a bike ride.

We're proud to feature our own Dr. Joey Collins, a 15-year club member whose dedication to tennis has paid off over the past 5 years. Joey finished 2nd at the USTA NTRP Nationals in 2023 and won NW Sectionals to return to Nationals again in 2024.

"This club has been such a great investment for our entire family," Joey reflects. "Dot, Mary, and Chrissy have been absolutely essential in getting me race and match ready through their spin and power classes.

The club's impact extends well beyond Joey's tennis success. "My son practically grew up here, attending kids camp with Bari and the incredible child staff year after year. Watching him develop confidence and getting exposed to a variety of sports was a bonus.

What makes the club special is the quality coaching and service across all areas. "Erin's coaching in the pool improved my technique and endurance, while Mark's tennis instruction has been the foundation of my competitive success," Joey explains. "And the front counter team is awesome – they make every visit feel welcoming and seamless. Having excellent coaching and service in multiple areas under one roof – that's what makes this membership such a solid investment."

When he's not at the club, Joey serves as a Professor of Industrial & Organizations Psychology at Seattle Pacific University and coaches senior executives through his consulting firm, Collins Alliance. As a former Team USA Age Group duathlon athlete and author of "ACT Like a Leader: The Distraction-Proof Advantage," Joey appreciates good coaching when he sees it.

"The mental discipline I've developed here supports everything I teach corporate leaders about focus and attention," he notes. "Though honestly, the biggest challenge might be keeping up with my teenager.

Congratulations, Joey, on your tennis achievements and thank you for being such a valued long-time member!

## Membership Milestones:

Happy CAC anniversary to all of these members who signed up in the month of JULY:

- Mickie G. - 27 years
- Taji S. - 27 years
- Thanh N. - 25 years
- Kimberly C. - 24 years
- Stephanie H. - 24
- James S. - 23 years
- Bruce B. - 22 years
- Steve B. - 22 years
- Kamel M. - 21 years
- Holly A. - 21 years
- Robert S. - 20 years
- Suzanne S. - 20 years
- Wendy W. - 20 years

We look forward to watching this number grow, and are thankful that you all have chosen Columbia Athletic Clubs to be your partner in all things health and fitness!

## Outdoor Pool Pass - on sale now!

Outdoor pool season passes are now available to be added on to your membership! Swing by membership, or shoot an email over to [Slcmem@columbiaathletic.com](mailto:Slcmem@columbiaathletic.com) to get it added so you can enjoy the summer sun at Columbia!

**Individual: \$100, Couple: \$150, Family: \$200**

This is a one time cost, and the pool will be open to you for the rest of the summer!

## 4th of July Club Hours

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

Club Hours 5am – 3pm

Pool Closes at 2:30pm

Modified GX schedule

## SILVER LAKE STAFF

### GENERAL MANAGER/ SUPER RANGE GENERAL MANAGER

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markp@columbiaathletic.com

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### KIDS CLUB DIRECTOR

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enolas@columbiaathletic.com

### FACILITIES MANAGER

Elvis Wheeler  
elvisw@columbiaathletic.com

## Club Hours

### Monday – Friday

5am – 10pm

### Saturday

7am – 10pm

### Sunday

7am – 8:30pm

\*The pool closes 30 minutes  
before the club closing time.

505 128th Street SE  
Everett, WA 98208  
Phone: 425.745.1617  
Fax: 425.338.4835



www.columbiaathletic.com

## PROGRAMS

### New! Kids Summer Specialty Camps

#### Battle Bots Challenge

This action-packed week is all about building and battling! Kids will become robotic engineers, designing and constructing their own unique battle bots. They'll learn about mechanical design, basic circuitry, and programming as they create robots capable of pushing, flipping, or even "weaponizing" their creations (safely, of course!). The week culminates in a thrilling robot battle competition where teams can test their designs and strategies.

**Dates:** July 7 – 11, 1 – 4pm

**Ages:** 6 – 10

**Fees:** \$240 + tax Member/\$300 + tax Non-member

#### AI Facial Recognition Control

This exciting camp blends the worlds of robotics and artificial intelligence, where young innovators will build amazing robots and learn to control them using the power of facial expressions. Through hands-on projects, campers will explore the fundamentals of robotics, delve into the fascinating world of AI, and develop their creativity and problem-solving skills. They'll build robots, experiment with AI-powered games, and learn how to use facial recognition technology to control their creations. This is the perfect camp for curious minds eager to discover the future of technology!

**Dates:** August 4 – 8, 1 – 4pm

**Ages:** 7 – 12

**Fees:** \$240 + tax Member/\$300 + tax Non-member

#### Robotics Explorer

Embark on a thrilling journey into the world of robotics! Build your first robots, learn basic coding, and tackle exciting challenges. Perfect for budding engineers. More than just robots! Our camps foster critical thinking, communication, and creativity – essential skills for future success.

**Dates:** August 11 – 15, 1 – 4pm

**Ages:** 5 – 7

**Fees:** \$240 + tax Member/\$300 + tax Non-member



#### Monthly Kids Night Out!

Come join us for our monthly Kids Night Out! Staff will organize games in the gym, make a fun craft, enjoy pizza in the Group Ex Room, then off to the pool we go! It's going to be a BLAST! Don't forget your Swimsuits and Floaties! Please sign up at the front desk!

**Dates:** July 26, August 23

**Time:** 4 – 8pm

**Ages:** 5 – 10

**Fee:** \$45 + tax Member

\$55 + tax Non-member

#### Pop-Up Basketball Classes with Gary Gardner

Get in on the action this Spring and Summer with basketball classes led by Gary Gardner! Join us for one or all of our classes, designed for kids in kindergarten through 5th grade. Sign up at the front desk to guarantee your spot!

**Dates:** Saturdays, July 12, August 9

**Times:** 11:30am – 12:30pm (K – 2nd Grade)

12:45 – 1:45pm (3rd – 5th Grade)

**Fees:** \$35 + tax Member (per class)

\$50 + tax Non-member (per class)

## COMPLIMENTARY PROGRAMS

#### Kid Movers

Meet, greet and sign in with the program staff in the gym. Program staff will organize a variety of gym activities like tag, duck, duck goose, red light/green light, fire in the forest and lots more!

**Day:** Saturdays, 9 – 9:45am

**Ages:** 3 – 5

#### Turbo Kids

Meet, greet and sign in with the program staff in the gym. Learn how to juggle, jump rope and play lots of tag games in the gym. Staff will organize activities that are age appropriate for the participants who are enrolled for the class.

**Day:** Saturdays, 10 – 11am

**Ages:** 6 – 10

Programs continued next page.



## PROGRAMS continued

### Open Gym

Open gym classes are times that the gym is reserved for members only to come for that specific activity, not supervised by a CAC Staff. No sign ups necessary.

For pick-up basketball/volleyball/pickleball, the Basketball Gym is reserved for members only to show up and play that sport during the designated time frame. No sign ups necessary.

#### Open Gym pick-up Basketball:

**Days:** Tuesdays, 5:30- 7:30pm

**Ages:** 14 & older

#### Open Outdoor pick-up Pickleball:

**Days:** Fridays, 11:30am – 1pm

Sundays, June 23 – August 29,  
11:30am – 1pm (dependent on  
weather)

**Ages:** 10 & older

#### Open Gym pick-up Pickleball:

**Days:** Wednesday & Fridays,

11:30am – 12:45pm

Fridays, 5:30 – 7:30pm, Sundays,  
9 – 11am

**Ages:** 10 & older

All ages on Fridays, 6:15 – 8pm

#### Open Gym pick-up Volleyball:

**Days:** 2nd and 4th Sunday of every month,  
4–6pm

#### Kid-friendly Gym Time:

We will lower our front court hoops  
Wednesdays 4 – 6pm. Bring your kids and  
shoot some hoops!

## FITNESS

### Discover your Fitness Path with a Strategy Session!



At Columbia Athletic Clubs, we believe every fitness journey starts with a solid foundation and a personalized plan. That's why we offer a Complimentary Strategy Session with our highly qualified trainers

- a 60 minute experience designed to set you up for success, no matter your fitness level or goals.

#### What is a Strategy Session?

Think of it as your roadmap to better health and fitness! This one-hour session isn't just about working out - it's about understanding YOU. Here's what you can expect:

- **Goal Setting:** Discuss your fitness aspirations, whether it's weight loss, strength building, improved flexibility, or just getting started.
- **Current Fitness Assessment:** Our trainers will evaluate your current fitness level and movement patterns to identify strengths, areas for improvement, and potential risks.
- **Personalized Plan:** Based on your goals and assessment, your trainer will outline a tailored plan to help you achieve results efficiently and safely.
- **Introduction to Equipment:** Get comfortable with gym equipment and learn proper techniques to build confidence in your workouts.

#### Will I be hard sold into Training Packages?

Absolutely not! Our Strategy Sessions are about education, empowerment, and creating a positive experience for our members. While we'll discuss options for ongoing training if you're interested, there's zero pressure. This session is about YOU and helping you feel confident in taking your next fitness steps.

#### Why Schedule a Strategy Session?

- It's a great way to kickstart your fitness journey
- You'll gain valuable insights and tools tailored to your needs
- It's completely free - no strings attached!

Ready to take the first step? Contact [alexandert@columbiaathletic.com](mailto:alexandert@columbiaathletic.com) to book your complimentary Strategy Session today, your future self will thank you!



## IMPACT

### SMALL GROUP PERSONAL TRAINING

### IMPACT Small Group Training Summer Schedule!

Ready to take your training to the next level? Our IMPACT class series offers a variety of small-group sessions designed to help you build strength, move better, and feel more athletic—all in a dynamic, coached environment. Whether you're looking to increase mobility, sculpt muscle, or hit with power, there's an IMPACT class for you.

Each class type is uniquely programmed to target different aspects of fitness, while still delivering the energy, challenge, and results IMPACT is known for. Choose the format that fits your goals—or rotate between all three for a complete, well-rounded training experience. The summer schedule runs May 11th through June 29th, so now's the perfect time to jump in.

#### Choose Your IMPACT:

## IMPACT

### MOVE & PERFORM

Train like an athlete. This class focuses on mobility, movement mechanics, and total-body strength. Expect functional circuits that improve how you move, not just how you look.

## IMPACT

### POWER SCULPT

Build it strong, shape it sharp. Power Sculpt blends strength training with high-rep muscle sculpting for a full-body burn. Perfect for those looking to tone, tighten, and get stronger.

## IMPACT

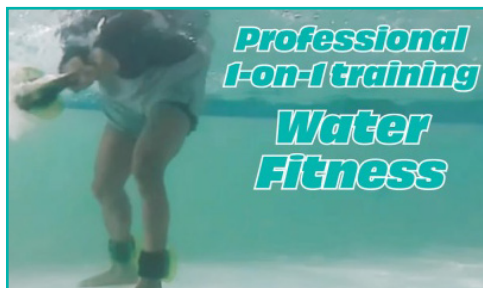
### STRIKE + STRENGTH FUSION

Unleash your power. A hybrid of heavy bag striking and strength intervals, this class delivers explosive cardio and serious core work. It's intense, empowering, and just plain fun.

Sign up at the front desk, or email [alexandert@columbiaathletic.com](mailto:alexandert@columbiaathletic.com) for more information!

Fitness continued next page.

## FITNESS continued



### Dive Into Fitness:

#### Introducing Aqua Strength - The Revolution In Water Workouts!

Ready to transform your fitness journey? Experience the power of water like never before with our innovative Aqua Strength Personal Training at Columbia! This isn't your typical pool workout - it's a game changing fitness experience that's making waves in the fitness community.

Located in the Aquatics Small Pool!  
For more information, email [samm@columbiaathletic.com](mailto:samm@columbiaathletic.com)

### Exercise of the Month: Incline Bench Press



The Incline Bench Press is a classic strength-building exercise that targets the upper portion of the chest, along with the shoulders and triceps. It's a great tool for developing upper body pushing power, improving posture, and creating muscular balance—especially for athletes and lifters who want a well-rounded physique and functional pressing strength.

#### How to Perform:

**Set up:** Adjust a bench to a 30–45 degree incline. Lie back with your feet flat on the floor and your eyes directly under the barbell. Grip the bar slightly wider than shoulder-width, with your palms facing forward.

**Engage your core:** Tighten your abs and press your shoulder blades into the bench. Keep a slight arch in your lower

back and plant your feet firmly.

**The Press:** Unrack the bar and slowly lower it to the upper part of your chest (around the collarbone level), keeping your elbows at about a 45-degree angle from your body.

**Return:** Drive the bar upward by pressing through your palms, fully extending your arms without locking the elbows. Control the movement as you return to the top.

Email [alexandert@columbiaathletic.com](mailto:alexandert@columbiaathletic.com) for more information!

### Equipment of the Month: Lifting Straps



Looking to lift heavier without grip fatigue holding you back? Lifting straps are a simple yet powerful tool to help you get more out of your strength training. Designed to assist your grip during heavy lifts, straps allow you to focus on your target muscles—especially the back and legs—without worrying about your hands giving out first. They're perfect for boosting performance in pulling movements, preventing overuse injuries, and helping you train smarter and harder.

#### How to Use Lifting Straps:

**Deadlifts & Rows:** Wrap the straps around the barbell or dumbbells to secure your grip during heavy deadlifts, bent-over rows, or Romanian deadlifts. This allows you to better target your posterior chain without your grip being the limiting factor.

**Pulling Movements:** Use lifting straps for weighted pull-ups, lat pulldowns, or T-bar rows to maintain a strong grip and reinforce good form as fatigue sets in.

**Grip Management:** While straps are great for heavy sets, they're best used strategically. Rotate them into your training to avoid grip burnout while still developing forearm and hand strength on strap-free days.

Email [alexandert@columbiaathletic.com](mailto:alexandert@columbiaathletic.com) for more information!

## GROUP EX

### Outdoor Pool Water Aerobics Class

If the weather is nice, we will have our Aqua Motion Class outside. If weather is not nice, we will be inside. This water aerobics class is designed for all fitness levels.

**Date:** Monday, July 7

**Time:** 7:30pm

**Place:** Outdoor Pool



### July Mossa Launch Classes

**Group Power:** A barbell strength training class moving to motivating music.

**Date:** July 7

**Time:** 9–10am

**Group Core:** A core-focused workout.

**Date:** July 7

**Time:** 4:45–5:15pm

**Group Centergy:** A mind-body class incorporating yoga and Pilates.

**Date:** July 8

**Time:** 6:15–7:15pm

**Place:** Mind/body Studio

**Group Blast:** A step-based cardio workout.

**Date:** July 12

**Time:** 9:15–10:15am



### Summer Celebration Member BBQ 2025

We appreciate our members. Staff will BBQ hotdogs, hamburgers and Veggie Burgers, salad, chips, cookies and drinks!

There will be a tennis exhibition on the outdoor tennis courts, a jumpy house for the kiddos and a lot of other activities. We look forward to celebrating with you!

**Date:** Monday, July 7

**Time:** 5–7:30pm

**Place:** Outside by Tennis Courts



# TENNIS

## CAC- Silver Lake Tennis Championships: July 8–11



Tennis Members are you ready for the 6th annual Columbia-Silver Lake Tennis Club Championships? Good luck to all those participating this year, we're looking forward to a great week and crowning the 2025 Club Champions!

### Divisions:

**Men's & Women's Singles:** 2.5, 3.0, 3.5, 4.0, 4.5

**Men's/Women's/Mixed Doubles:** 6.0, 7.0, 8.0

Play will occur July 8th through the 11th at 4pm and after. We will be canceling Ladies Night and Men's Nights over that week.

Good luck to all participants!



## Summer SLJT Camps and Classes

We have a busy summer of tennis for the kids. Here is a look at our Summer SLJT camps and classes.

If you have any questions about our Junior Tennis Program, please contact either Elliot Beam or Yevgeniy Kolomiyets.

### CLASSIC SUMMER TENNIS CAMP (Monday–Thursdays)

- CAMP #1:** June 16–19
- CAMP #2:** June 23–26
- CAMP #3:** June 30–July 3
- CAMP #4:** July 7–10
- CAMP #5:** July 14–17
- CAMP #6:** July 21–24

### NO Camp: July 28–31

- CAMP #7:** August 4–7
- CAMP #8:** August 11–14
- CAMP #9:** August 18–21
- CAMP #10:** August 25–28

**Ages:** 8–18

**Level:** Beginner–Varsity high school and Tournament players

**Time:** 11:30am–3:30pm (Lunch 1–1:30pm)

**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

## SUMMER SLJT Classes

### SUMMER SESSION 1:

**JUNE 23–JULY 17**

**(4-WEEK SESSION/8 TOTAL CLASSES)**

### SUMMER SESSION 2:

**JULY 21–AUGUST 14**

**(4-WEEK SESSION/8 TOTAL CLASSES)**

### SUMMER CLASS LEVELS:

#### YELLOW

**Days:** Mon. & Wed., 10–10:30am

**Fees:** \$90 + tax TM/\$108 + tax AM/\$117 + tax NM

#### RED

**Days:** Mon. & Wed., 10:30–11:15am

**Fees:** \$122 + tax TM/\$146 + tax AM/\$158 + tax NM

#### ORANGE/GREEN

**Days:** Tues. & Thurs., 10:30–11:30am

**Fees:** \$152 + tax TM/\$182 + tax AM/\$197 + tax NM

#### ORANGE 2/GREEN 2\*

**Days:** Mon. & Wed., 3:30–5pm

**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

#### ORANGE 3/GREEN 3\*

**Days:** Mon. & Wed., 3:30–5pm

**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

#### PURPLE/BLUE

**Days:** Mon. & Wed., 3:30–5pm

**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

#### NAVY/SILVER\*

**Days:** Tues. & Thurs., 3:30–5pm

**Fees:** \$260 + tax TM/\$312 + tax AM/\$338 + tax NM

#### GOLD\*

**Days:** Tues. & Thurs., 5–7pm

**Fees:** \$290 + tax TM/\$348 + tax AM/\$377 + tax NM

### \*Pros approval needed

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



## Adult Group Lessons (SUMMER Schedule starting June 23rd)

Adult group lessons are designed to develop and improve basic tennis skills and strategies. Each class is tailored to the ability of the participants and will progressively work toward steady improvement in both singles and doubles. Generally, there are six to eight players per class, except for Cardio Tennis, which can accommodate more players. Live Ball is a fast paced Doubles workout meant to improve your net play and reaction time. Please contact the instructor directly.

Ability	Time	Instructor
Adult Beginner	Sun., 11am–12pm	Dan L.
Cardio Tennis**	Thurs., 8:45–9:45am	Mark B.
2.5 Workout	Sun., 10–11am	Dan L.
3.0 Workout*	Fri., 8:30–10am	Mark B.
3.0 Workout	Sun., 1–2pm	Dan L.
Live Ball 2.5–3.0**	Wed., 10:30–11:30am	Mark B.
Live Ball 3.0–3.5**	Wed., 9:30–10:30am	Mark B.
Live Ball 3.5+**	Mon., 10–11:30am	Mark B.

### Tennis Member Fees:

\$23 + tax per class  
\*\$32 + tax per class

### Athletic Member Fees:

\$27 + tax per class  
\*\$38 + tax per class

### Non-Member Fees:

\$30 + tax per class  
\*\$42 + tax per class

### \*\*Cardio Tennis & Live Ball 60 minutes (per class)

\$21 + tax Tennis Member  
\$24 + tax Athletic Member  
\$26 + tax Non-member

### \*\*Cardio Tennis & Live Ball 90 minutes (per class)

\$31 + tax Tennis Member  
\$36 + tax Athletic Member  
\$39 + tax Non-member

## TENNIS

### USTA Fall Leagues – Mixed 18+ and Adult 55+

We are planning now for our Fall USTA teams. In order to get a team formed, captains should plan to send Mark Bergman an email with a list of your committed teammates at markb@columbiaathletic.com. He'll follow up with a link provided by the USTA for you to start your team. The season starts just after Labor Day weekend.



### Tennis Tip- Focus on These 4 Things to Build Your Game Up This Summer

Mark Bergman- Tennis Director

**1. Improve your footwork.** Work on how you approach each and every shot and how you go from getting to the ball, gathering yourself and going through your adjustment steps to hit the shot that you want to and where you want to place it. Work on how you recover from your shot and your anticipation of the next incoming shot.

**2. Try to Master the Neutral Rally Ball.**

If you want to win more, you need to eliminate as many unforced errors that you can. Work on developing a reliable medium paced ball that you can hit consistently deep cross court. You'll be using the longest area of the court over the lowest part of the net which will reduce your errors and it will be easier to manage your recovery on the baseline.

**3. Find a reliable serve routine.** If you want to have a great serve and expect to hold serve every time, you need to have a repeatable serve routine that has a good rhythm to it so you can feel when things aren't right before you hit a ball you shouldn't (bad tosses). Be aware of how many times you bounce the ball, know what it feels like to start from your starting position and what part of your body

kicks off the serve motion and creates the body momentum. This will help both 1st and 2nd serves. Practice your serve outside of match play, including working on placement of all your serves (flat, slice, kick).

**4. Play with Purpose.** Does the score indicate if you should be attacking, defending or staying neutral? We're hopefully not just rallying or hitting just to hit when we're trying to win a match. Plan your serve, why are you targeting that area? Are you connecting your serve with your next shot? Stay in the moment but before every point develop an initial plan or pattern that if all goes well will work out, however if it doesn't work out hopefully you have contingency plans.

Remember that small improvements repeated consistently will lead to big gains and it will show in your game. Practice with a purpose, otherwise you're just hitting. The game becomes even more enjoyable as you become more capable on court.

### Pro Shop- Missing Demo Rackets

Please double check your tennis bag or car trunk, we are missing a couple of Demo Rackets. We are missing two of the RF rackets (01 Pro and the 01) as well as the Blade 98 18x20. If you happen to have accidentally taken them home, please return them to the pros office or the front desk. Please remember that all Demo rackets are to stay at the club and use while you're at the club. Thank you.

## AQUATICS



### Private Swim Lessons

Lessons are scheduled based on instructor availability. Pricing is based on a one person 30 minute lesson. Email slcswim@columbiaathletic.com to register.

**Fees:** \$44 + tax Member  
\$49 + Non-member

### Silver Lake Wahoos

Our non-competitive swim team has several different practice options! The goal of this program is to provide swimmers of all abilities the exposure to proper stroke technique through drill work and games. Sign up for as many days as you would like!

**Days:** Monday, Tuesday, Wednesday or Thursday

**Times:** 4 – 4:45pm, 4:45 – 5:30pm, 5:30 – 6:15pm, 6:15 – 7pm,

**Day:** Saturdays

**Times:** 9 – 9:45am, 9:45 – 10:30am, 10:30 – 11:15am, 11:15am – 12pm

**Fees:** \$60 + tax Member  
\$70 + Non-member

### High School Swimming Off-Season Conditioning Program

Designed for high school swimmers (13 & over) who want to stay prepared during the off season by focusing on stroke technique while also improving their physical and mental conditioning. Participants may join at any time.

**Days:** Monday – Thursday, 3:15 – 4pm

**Fees:** \$60 + tax Member  
\$85 + Non-member



### 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 go to: <http://www.waterbabiesusa.com>.





## KIDS CLUB SUMMER HOURS OF OPERATION:

Monday – Friday	8:30am – 1:30pm 4 – 8pm
Saturday & Sunday	8:30am – 1pm

### Friendly Reminder: Reservations are required!

Want to reserve your spot? Call us at 425.332.3799 or email [enolas@columbiaathletic.com](mailto:enolas@columbiaathletic.com). Be sure you receive a phone call back in order to consider your reservation confirmed!

The sun is shining, which means we will be outside a lot more! If you don't see us in Kids Club, we are out at the playground enjoying the sunshine! Come join us!

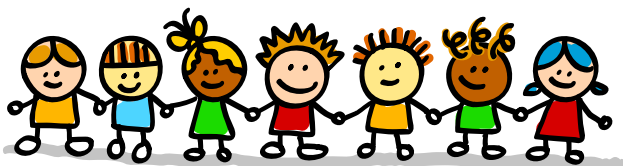
**Please note:** If no reservations are made, our staff will open late/ close early for that shift. Need different hours? Let us know! If there's enough demand, we'll do our best to accommodate.

**Socks:** Please ensure your kiddo is wearing socks when coming to enjoy the fun!

**Peanut-Free Zone:** Kids Club is a peanut and nut-free zone! Please make sure any snacks brought in are free of peanuts and nuts. We provide one snack per visit, so if your kiddo is a big snacker, please pack them plenty of snacks and water. Thanks for helping us keep Kids Club safe, fun, and running smoothly!

## KID'S CLUB DAILY CARE RATES

Ages: 3 months – 8 years	
Hourly Rates:	
Member:	\$7 per hour
Non-member:	\$10 per hour



## MONTHLY UNLIMITED PLAN

Unlimited Kids Club care is perfect for our members who use the club regularly. Unlimited allows you to drop off your child whenever you'd like for one low monthly rate. Drop in for more info.

Monthly Rates: Children on a Family Membership:	
1 Child:	\$25 per Month
2 Children:	\$40 per Month
3 or more Children:	\$55 per Month
Children NOT on a Family Membership:	
1 Child:	\$40 per Month
2 Children:	\$70 per Month
3 or more Children:	\$100 per Month

## EXTENDED CARE - LET KIDS CLUB BE YOUR BABYSITTER!

Parents are welcome to drop off their children in the safe arms of our trained staff while they leave the facility for up to 4 hours.

Grab a coffee with friends, go see a movie, or get your grocery shopping done without any meltdowns.

Extended Care Hourly Rates:	
Members .....	\$15 per Hour
Member Sibling: .....	\$5 per Hour



## Summer Session Now Open!

### Ages 3 & 4:

**Days:** Mondays & Wednesdays,  
9am – 1pm

**Fees\*:** \$365 + tax Member  
\$405 + tax Non-member

### Ages 4 & 5:

**Days:** Tuesdays, Thursdays &  
Fridays, 9am – 1pm

**Fees\*:** \$435 + tax Member  
\$475 + tax Non-member  
\*Fee is per month

Our monthly tuition includes year-round swimming lessons.

For more information, please see our website or email [Enolas@columbiaathletic.com](mailto:Enolas@columbiaathletic.com)



# COLUMBIA SUPER RANGE

## Golf Pro Corner

On average PGA Tour pros make 99% of 2-foot putts, 96% of 3-foot putts, 88% of 4-foot putts and 77% of 5-foot putts.

At Columbia Super Range, Blast Golf is used to help you with putting analysis and drills to help improve your putting stroke and score on the greens.

## Super Range Bucket Options

### Small: 45 balls

\$8 Member/\$9 Senior/\$10 Non-member

### Large: 110 balls

\$15 Member/\$16 Senior/\$17 Non-member

### Medium: 80 balls

\$11 Member/\$12 Senior/\$13 Non-member

### Extra Large: 160 balls

\$19 Member/\$20 Senior/\$21 Non-member

Unlimited Toptracer time is included in the price of every bucket.

## Lesson Rates

Our covered, heated driving range is the perfect place to work on your swing in the cool fall and winter days. Members of CAC - Silver Lake receive discounts on private, and semi-private lessons, and can save even more by purchasing them in packages of 3 or 5!

Thirty Minute Private Lesson Rates	Adults	Juniors
Single Lesson	\$60	\$50
Series of 3	\$162	\$141
Series of 5	\$275	\$220
One Hour Private Lesson Rates	Adults	Juniors
Single Lesson	\$90	\$80
Series of 3	\$261	\$219
Series of 5	\$400	\$350
One Hour Semi-private Lesson Rates	Adults	Juniors
Single Lesson (2 people)	\$50/each	\$40/each
Series of 3 (2 people)	\$144/each	\$114/each
Series of 5 (2 people)	\$225/each	\$175/each
One Hour Group Lesson Rates	Adults	Juniors
3 or more people	\$40/each	\$30/each

**Members receive 10% discount on private and semi-private lessons!**

## Meet our Instructors



### Chuck Notestone PGA Master Professional

As member of the PGA of America for 28 years, attaining the classification of Master Professional,

Chuck employs a simplistic complete teaching approach focusing on the students' overall improvement. They swear by him in providing them with proper diagnosis, corrective measures including drills, and structured follow-up practice suggestions.

Chuck is available on weekday mornings and afternoons.

Email: [chuckn@columbiaathletic.com](mailto:chuckn@columbiaathletic.com)



### Radu Stoica Golf Instructor

Radu is a European teaching professional with a Masters degree in physical science and movement analysis from

Sport University-Romania. He has extensive knowledge and innovative techniques of teaching the golf swing. He will cover many facets of the game combining his experience of Kinesiology in relation with balance and timing.

One of his best accomplishments was taking 12 year old beginner to a scratch player in only 5 years and a WIAA State Champion.

Radu is available Tues. - Fri., 9am - 9pm

Email: [radus@columbiaathletic.com](mailto:radus@columbiaathletic.com)

## JULY TOPTRACER CONTEST

Each month Columbia Super Range will offer two complimentary contests for customers to participate in. Below are the contests for this month:

### CLOSEST TO THE PIN

SPANISH BAY  
HOLE 16 - 139 YARDS

### APPROACH CHALLENGE

FIELDS RANCH EAST

**Prizes will be awarded at the end of each month!**

**See the front desk for more info.**



**NOW OPEN at Columbia Super Range!**



**I ♥ TACOS**



**TACOS  
QUESABIRRIAS  
BURRITOS  
QUESADILLAS  
BURRITO BOWLS**



**FOLLOW US | @LAPALMERARESTAURANTS**

# Parties at CAC-Silver Lake

**Birthday Parties, End of the Season  
Celebrations or Outdoor Pool Parties.**

We can organize a wide variety of activities for a gym party or provide a fun and safe swimming party or a mix of both! Our indoor pool is used for all birthday

party celebrations. Invite up to 24 guests for your indoor pool party or gym or ½ & ½ party. The member fee is \$225 + tax/Non-member fee is \$275 + tax.

**Email Or Call To Reserve Your Spot!**

Please Contact Natalia Stallings, Programs Director at CAC-Silver Lake for more

information, natalias@columbiaathletic.com or Phone: 425.745.1617 ext. 450.



**THE SILVER LAKE CAFE  
IS NOW OPEN!**

Dive into deliciousness with our fantastic menu! Savor our mouth-watering sandwiches, fresh salads, and sizzling hot dogs. Quench your thirst with refreshing Smoothies and Refreshers from Smartfruit, or enjoy a bubbly Italian soda. Craving a quick snack? Treat yourself to a warm, soft pretzel or a mini pizza by the poolside!

**SUMMER HOURS OF  
OPERATION\*:**

Tuesday – Saturday, 11am – 6:30pm  
Sundays, 11am – 4pm

\*Hours subject to change based on weather.

# CAC - SILVER LAKE INDOOR POOL SCHEDULE (JUNE 17 – AUGUST 30)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Open Swim	Open Swim 10am - 3pm (2-3 lanes for swim lessons)	Open Swim	Open Swim 10am - 3pm (2-3 lanes for swim lessons)	Open Swim		
6:00 AM							
7:00 AM						Open Swim	Open Swim
8:00 AM							
9:00 AM	Aqua Bootcamp 9:00-10:00am	Aqua HIIT 45 9:15-10:00am	Aqua Bootcamp 9:00-10:00am	Wahoos and Lessons 9:00 am - 12:00 pm	Open Swim		
10:00 AM	Open Swim 10am - 3pm (2-3 lanes for swim lessons)	Open Swim 10am - 3pm (2-3 lanes for swim lessons)	Open Swim 12:00-1:00pm			Open Swim 10am - 7pm (2-3 lanes for swim lessons)	
11:00 AM							
12:00 PM				Aqua Motion 12:00-1:00pm	Aqua Motion 12:00-1:00pm		
1:00 PM				Open Swim	Open Swim		Open Swim
2:00 PM							
3:00 PM	HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)	Open Swim 10am - 7pm (2-3 lanes for swim lessons)	Open Family Swim (Two lanes)	Open Family Swim (Two lanes)
4:00 PM	Wahoos and Lessons (4-7pm)	Wahoos and Lessons (4-7pm)	Wahoos and Lessons (4-7pm)	Wahoos and Lessons (4-7pm)			
5:00 PM							
6:00 PM							
7:00 PM		Open Swim		Open Swim	Open Family Swim (Two lanes)		
8:00 PM	Aqua Bootcamp 7:40 pm -8:40 pm		Aqua Bootcamp 7:40 pm -8:40 pm				
	7:40p.m. - 8:40p.m.		7:40p.m. - 8:40p.m.				
9:00 PM							

**Towel service available for members.**

**Lap swimmers are expected to share lanes.**

**Please note: Pools & Hot Tub close 30 minutes before the Club.**





## CAC - SILVER LAKE TEACHING POOL SCHEDULE JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim Lessons 10:00 - 12:00	Swim Lessons 10:00 - 12:00	Swim Lessons 10:00 - 12:00	Swim Lessons 10:00 - 12:00	Swim Lessons 10:00 - 12:00	Swim lessons 9:00 - 1:00	
Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Waterbabies 3:00-7:15	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00		
						Pool Closed

**Towel service available for Members.**

**Reservations no longer required for teaching pool.**

**Space reserved for swim lessons can be shared at the discretion of the Swim Instructor**

**Please note: Pools and Hot Tub close 30 minutes before the Club.**



Columbia Athletic Clubs - Silver Lake • 505 128th Street SE • Everett, WA 98208 • 425.745.1617

# CAC - SILVER LAKE GYMNASIUM SCHEDULE JUNE – AUGUST

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY		
	HALF GYM RESERVED		Open Gym		Open Gym		Open Gym		Open Gym			Open Gym Available		
5:00 AM	Open Gym Available													
6:00 AM														
7:00 AM														
8:00 AM	FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		Open Gym Available	Open Gym Available		
9:00 AM														
10:00 AM														
11:00 AM														
	RESERVED	RESERVED	RESERVED		RESERVED	RESERVED	RESERVED		RESERVED	RESERVED	HALF GYM RESERVED Kid Movers Ages 3-5yrs 9-9:45am  Turbo Kids Ages 5-10 yrs 10-11am	FULL GYM RESERVED  Pick-Up Pickleball (Ages 10+)  9:00am-11:00pm		
11:00 AM	Front half reserved for Basketball Private lessons with Gary	Back half open Pickleball 11-12:45	Front half reserved for Basketball Private lessons with Gary	OPEN GYM Back half only	Front half reserved for Basketball Private lessons with Gary	Back half open Pickleball 11-12:45	Front half reserved for Basketball Private lessons with Gary	OPEN GYM Back half only	Front half reserved for Basketball Private lessons with Gary	Back half open Pickleball 11-12:45				
12:00 PM											FRONT HALF GYM RESERVED Basketball private lessons 11-1pm	RESERVED Front half reserved for Basketball Private Lessons with Gary	Back Half Open Gym Available	
1:00 PM	FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		FULL GYM RESERVED SUMMER CAMPS June 23th-Aug. 29th		Open Gym Available			
2:00 PM														
3:00 PM														
4:00 PM	Open Gym Available		Open Gym Available		FRONT HALF GYM RESERVED Kid friendly gym time! Hoops will be lowered at this time for our younger basketball players 4-6pm		Open Gym Available		FRONT HALF GYM RESERVED Basketball private lessons 4:00pm-5:10pm		FULL GYM RESERVED 3:30-6pm Kids night Out (July 21st only)	FULL GYM RESERVED  Pick-Up Volleyball 2nd 4th Sunday of every month  4:00-6:00pm		
5:00 PM			FULL GYM RESERVED Pick-Up Basketball (14+) 5:30pm-7:30pm				FULL GYM RESERVED Pick-Up Basketball (14+) 5:30pm-7:30pm		FULL GYM RESERVED Open Pickleball gym reserved 5:30pm-7:30pm					OTHER DAYS ARE OPEN GYM
6:00 PM														
7:00 PM			Open Gym Available		FULL GYM RESERVED Pick-Up Basketball (14+) 5:30pm-7:30pm		Open Gym Available		FULL GYM RESERVED Pick-Up Basketball (14+) 5:30pm-7:30pm		FULL GYM RESERVED Open Pickleball gym reserved 5:30pm-7:30pm		Open Gym Available	Open Gym Available
8:00 PM														
9:00 PM														

No reservations required, pick-up games welcome!

**Gym Reserved for Parties and Events:**

Summer camps will run June 23 – August 29. Open gym 11am – 1pm Mon. – Fri. Tentative to weather forecast.  
Occasional rentals and lessons may occur throughout the month, please call the Front Desk at 425.745.1617 to check availability.  
\*During open gym times, private lessons may occur on one half of the gymnasium.





# CAC - SILVER LAKE GROUP EX SCHEDULE JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Cycle 45 &amp; Core</b> 5:45-6:45am Jenna Cycle Studio		<b>Awaken Slow Flow</b> 5:45-6:45am Jill Mind/Body Studio	<b>Cycle 45 &amp; Core</b> 5:45-6:45am Jenna Cycle Studio		ApriApril
<b>Aqua Boot Camp</b> 9:00am-10:00am Michelle Indoor Pool		<b>Aqua walk'n'talk 15</b> <b>Aqua Cardio 45</b> 9:15-10:00am Bari, Indoor Pool		<b>Aqua Boot Camp</b> 9:00am-10:00am Bari Indoor Pool	<b>Barre Bootcamp</b> 8:30-9:30am Nina Mind/Body Studio	
<b>Group Power</b> 9:00-10:00am Chrissy GX Studio	<b>Group Core</b> 9:00-9:30am Bari, GX Studio	<b>Group Power</b> 9:00-10:00am Lauren GX Studio	<b>Group Core</b> 9:00-9:30am Chrissy, GX Studio	<b>Group Power</b> 9:00-10:00am Chrissy GX Studio	<b>Group Core</b> 8:45-9:15am Mary, GX Studio	<b>Group Power</b> 9:00-10:00am Mary GX Studio
<b>Group Power Launch</b> 7-Jul 9:00-10:100am	<b>Circuit 45</b> 9:30-10:15am Bari GX Studio		<b>MIIT 45</b> 9:30-10:15am Chrissy GX Studio		<b>Group Blast</b> 9:15-10:15am Mary GX Studio	
<b>Vinyasa Yoga</b> 9:15-10:15am Carmen Mind/Body Studio		<b>Pilates Mat</b> 9:15-10:15am Laurie Mind/Body Studio	<b>Yoga Sculpt</b> 9:15-10:15am Lauren Mind/Body Studio		<b>Group Blast Launch</b> 12-Jul 9:15-10:15am	<b>Group Centergy</b> 10:15-11:15am Mary GX studio
<b>Pilates Barre</b> 10:30-11:20am Carmen Mind/Body Studio	<b>Vinyasa Yoga</b> 10-11am Karen Mind/Body Studio	<b>Yin Yoga</b> 10:30-11:30am Karen Mind/Body Studio	<b>Group Centergy</b> 10:30-11:30am Lauren Mind/Body Studio	<b>Pilates and Yoga Blend</b> 10:00-11:00am Enfys Mind/Body Studio		<b>Vinyasa Yoga</b> 10:30-11:30 Danii Mind/Body Studio
<b>S.B.C.</b> 10:30-11:15am Chrissy GX Studio	<b>ZUMBA</b> 10:30-11:30am Jillian GX Studio		<b>S.B.C.</b> 10:30-11:15am Bari, GX Studio		<b>Yoga Flow</b> 11:00am-12:00pm Helen Mind/Body Studio	
	<b>Aqua Motion</b> 12:00-1:00pm Bari Indoor Pool		<b>Aqua Dance</b> 12:00-1:00pm Lauren Indoor Pool			
<b>Group Core Launch</b> 7-Jul 4:45-5:15pm						
<b>Group Core</b> 4:45-5:15pm Mary, GX Studio						
<b>Group Blast</b> 5:15-6:15pm Mary GX Studio	<b>Group Power</b> 5:15-6:15pm Mary GX Studio	<b>Group Blast</b> 5:15-6:15pm Veronica GX Studio	<b>Group Power</b> 5:15-6:15pm JoAnne GX Studio			
<b>(Hot) Fire Flow</b> 5:45-6:45pm Laurie Mind/Body Studio	<b>Group Centergy</b> 6:15-7:15pm Lauren Mind/Body Studio		<b>Vin to Yin Yoga</b> 6:15-7:15pm Enfys Mind/Body Studio			
<b>Ride-45</b> 6:30-7:15pm Kelly, Cycle studio	<b>Group Centergy Launch</b> July 8 6:15-7:15pm	<b>Heated Yoga Flow</b> New Time! 6:15-7:15pm Helen Mind/Body Studio	<b>Ride-45</b> 6:30-7:15pm Erin, Cycle Studio			
<b>Yin Yoga &amp; Meditation</b> 7:00-8:00pm Laurie Mind/Body Studio		<b>Core Cardio Circuit</b> 6:30-7:30pm Bari GX Studio	<b>ZUMBA</b> 6:30-7:30pm Nicolle GX Studio			
<b>Outdoor Pool Water</b> <b>Aerobics July 7</b> 7:30-8:30pm						
<b>Aqua Bootcamp</b> 7:40-8:30pm Kelly Indoor Pool		<b>Aqua Bootcamp</b> 7:40-8:30pm Helen Indoor Pool				

## Outdoor Pool Water Aerobics Class!

If the weather is nice, we will have our Aqua Motion Class outside. If weather is not nice, we will be inside.

Date: Monday, July 7, 7:30pm

Place: Outdoor Pool

## Summer Celebration Member BBQ 2025

Monday, July 7, 5 – 7:30pm

Place: Outside by Tennis Courts

## July Mossa Launch Classes July 2025

Monday, July 7, 9 – 10am Group Power

Monday, July 7, 4:45 – 5:15pm Group Core

Place: Group Ex Studio

Tuesday, July 8, 6:15 – 7:15pm Group Centergy

Place: Mind/body Studio

Saturday, July 12, 9:15 – 10:15am Group Blast Launch

Place: Group Ex Studio



# CAC - SILVER LAKE GROUP EXERCISE CLASS DESCRIPTIONS JULY

## MOSSA Group Exercise Classes

### MOSSA Group Centergy®

Grow longer and stronger with Group Centergy, an invigorating 60 minute mind/body workout. It incorporates Yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. REDEFINE YOURSELF.

### MOSSA Group Blast®

BLAST OFF your workout with 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. Group Blast® will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

### MOSSA Group Core®

Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. Reach Your Peak!

### MOSSA Group Power®

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up! and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!

## Group Exercise Classes

### Cycle 45 and Core

Take your cardio to the next fitness level. 30-45 minutes of endurance, power and sprint training while using your heartrate as a guide to maximize your workout. Finish with strength training using weights and body resistance-core work.

### Cardio Core Circuit 45min/60min:

Designed for ALL fitness levels and every BODY!

A bootcamp format in the Group Ex Studio, rotate to different stations.

Use free weights, body resistance, TRX and a wide variety of equipment to complete your circuit. Bonus, have FUN working out with others! Workout now, so you can do anything you want to do in your LIFE.

### MIIT 45

HIIT is a high intensity, whole-body approach to training using resistance, cardio and endurance/strength based exercises. MIIT 45 will have more options and modifications=low to moderate intensity and a good workout. Both options will have metabolic circuit training, intervals and supersetting with light to moderate dumbbell resistance to deliver results in the most efficient, accelerated and fun way possible...all in 45 minutes!

### SBC (Strength-Balance-Core)

This class is designed to use basic movements and improve overall balance, increase muscular strength, and implement core stability. This class is appropriate for all fitness levels, but designed for beginning through intermediate participants. It is a great addition to existing fitness programs or as a transitional class from water to land-based exercise. SBC will enhance your overall fitness and health.

### Zumba!

Get ready to move! This Latin Dance based exercise class combines the best of Latin and traditional dance movements to make for a fun-filled hour of exercise. Shake, shimmy and move yourself into shape!

## Water Aerobics Classes

### Aqua CARDIO 45

A 45 minute cardio based workout in the water. Move to music using your body resistance in the water. The lap lanes are open starting at 9am so come in and stretch, connect with your friends and ready to move and groove with your instructor by 9:15am.

### Aqua Bootcamp

Aqua bootcamp is a medium-high intensity workout in water. Using all the regular buoyancy equipment like dumb bells and noodles, as well as water resistance... Total body workout!

### Aqua Motion

This class incorporates walking/rebounding in various directions, using various strides and specific upper body movements to get a balanced workout. This class is slower paced than water aerobics which makes it great for those with arthritis, fibromyalgia or joint replacements. It is also ideal for post-surgery rehab, pre/post-natal workouts and cross training

### Aqua Dance

A combination of water resistance, buoyancy and dance moves. Move to fun music and get a good workout while dancing in the water. This class is designed to increase your flexibility and feel good moving in the pool.

## Mind/Body Classes

### Yoga Sculpt

In this class, the body is given a long warm up that involves gentle stretching for opening and nurturing the joints. Whether a seasoned practitioner or a beginner, you will have the opportunity to gain flexibility, take some time for yourself to help with stress, management and gain strength using body resistance and free weights. It is your mind, your body and your fitness journey.

### Vinyasa Yoga

A dynamic flowing class taught in the style of Baron Baptiste, a combination of strength, sweat and personal empowerment. The practice is accessible to everybody, yet is also a challenging and flowing form of yoga that will lead you to a state of transformation. VinyasaYoga heals as it detoxifies. It will sculpt and tone the muscles of your body and clarify your mind.

### Yin Yoga/Yin Yoga and Meditation

Most forms of yoga today are dynamic, active practices designed to work the muscular "yang" tissues. Yin yoga is a complimentary discipline to a yang practice, working the deeper "yin" tissues of our ligaments, joints and deep fascial networks and ultimately, increasing our range of motion.

### Fire Flow Yoga/Yoga Flow/Heated Yoga Flow

This practice is slow and steady, but it can be just as vigorous as Vinyasa. You'll move through a sequence of strong postures designed to build heat with core engagement, longer holds, and breathe work. The slower pace helps to cultivate steadiness of mind, enhanced alignment, and nervous system regulation. Studio will be moderately heated 80-85 degrees to help with muscular flexibility, sweat and detoxification. Yoga Flow classes will not be heated.

### Barre Bootcamp

Barre Bootcamp will strengthen your arms, sculpt your legs, butt and core, scorch calories, and leave you feeling lean and elongated. You will experience a well-rounded workout that incorporates basic conditioning movements and isometric holds to build strength, as well as small range of motion moves to get deep into your musculature, resulting in a sleek, sculpted look. We use some dynamic, low impact movement to increase your cardio work.

### Pilates Barre/Mat Pilates

Barre combines ballet, Pilates and Yoga to give you an amazing workout that will sculpt your legs, butt and core, scorch calories, and leave you feeling lean and elongated. You don't need to be a dancer to participate. We take inspiration from dance and ballet, meshing these with fitness moves gleaned from Pilates as well as the grace and wisdom of Yoga. Mat Pilates does not use a Barre, all on your yoga mat.

### Power Yoga & Yin

Power Yoga converts the practice of the poses in traditional yoga to a more active and athletic way. Move quickly through poses holding each pose for a shorter duration, while coordinating your breath. Yin yoga is a slow-paced style of yoga, incorporating asanas that are held for longer periods of time than in other yoga styles. This class will be a blend of both styles, good for all levels and every body.

### Pilates and Yoga Blend

A blend of Yoga and Pilates, using body resistance, balance poses focusing on your flexibility and strength with a sprinkle of Yin Yoga. This class is designed to meet the needs of all fitness levels with a lot of options, so everyone can get what you want out of this class!





# CAC - SILVER LAKE IMPACT SCHEDULE JULY 1 – AUGUST 23

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			IMPACT w/ Alex Move & Perform (Adults) 10:00 - 11:00am				
Afternoon			IMPACT w/ Alex Move & Perform (Youth) 5:00 - 6:00pm				
Evening			IMPACT w/Chloe Power Sculpt 6:00 - 7:00 pm				

## IMPACT Training Pricing:

Single Session: **\$25**

4 Sessions: \$95 (5% discount!)

8 Sessions: \$180 (10% discount!)

**Please sign up for training at the Front Desk!**

*Regular member access is prohibited during class time listed above.*

*We appreciate your understanding and cooperation as we service our IMPACT Participants!*



## **IMPACT** MOVE & PERFORM

Join Alex to elevate your tennis game in this high-energy functional fitness class designed to enhance your speed, agility, power, and endurance on the court. This dynamic workout combines explosive footwork drills, strength training, and mobility exercises to improve reaction time and overall athletic performance. Whether you're a competitive player or just looking to move better, this class will help you build the strength and stamina needed to dominate every match.

## **IMPACT** MORNING MOBILITY

Dive into Sam's class for a refreshing approach to fitness that combines aquatics and functional training. These sessions utilize the unique benefits of water to enhance strength, flexibility, and endurance, making workouts accessible for all fitness levels. Whether you're a seasoned athlete or new to exercise, you'll find a welcoming space to improve your overall fitness.

## **IMPACT** POWER SCULPT

Get inspired in Chloe's weightlifting-focused class, where motivation meets technique. With a passion for empowering others, she teaches you how to lift safely and effectively while pushing your limits. Chloe's supportive and energetic environment will encourage you to build confidence and achieve your strength goals.

## **IMPACT** STRIKE + STRENGTH FUSION

Experience a high-energy workout in Kyler's martial arts and weightlifting class, where discipline meets strength training. Each session combines technique from martial arts with effective weightlifting exercises, helping you build power and agility. Kyler's classes are perfect for those looking to enhance their fitness while learning self-defense skills in a fun, challenging environment.