

## SUMMER IS JUST AROUND THE CORNER!



### SUMMER CAMPS 2024

### SUMMER CAMPS ENROLLMENT OPEN

Camp descriptions and prices are available on our website or in our summer guide. Registration requests can be found online or at our front desk. Please email our Programs Director with any questions!  
Natalias@columbiaathletic.com

## PROGRAMS

### Spring Break Camp Starts April 1st!

Have fun with us during Spring Break! We will play fun gym games, enjoy the outdoors (weather permitting), create crafts, swim in the indoor pool and lots more!

#### Schedule

- 9am: Drop off in gymnasium
- 9:15 – 9:30am: Ice Breakers
- 9:30 – 10:30am: Gym games & activities
- 10:30 – 10:45am: Potty break & snack break
- 10:50am – 12pm: Craft time/Outdoor play
- 12 – 1pm: Potty break and lunch
- 1 – 1:15pm: Group ex activities
- 1:15 – 1:30pm: prep for pool
- 1:30 – 2:30pm: Swim time
- 2:30 – 2:45pm: shower and change time
- 2:45 – 3pm: Gym games/get ready for pick up

**Date:** April 1 – 5

**Fees:** \$375 + tax Member (Full week)  
\$425 + tax Non-member (Full week)  
\$80 + tax Member (per day)  
\$100 + tax Non-member (per day)

**3:15 – 4pm: Late Pick up Option available**  
(\$10 tax M/\$20 + tax NM per day)

Programs continued next page.



## MEMBERSHIP

### Refer a Friend

Why choose between working out and seeing your friends, when your friends could just become members and workout with you? Invite your friends to join our gym today and get a \$100 referral bonus when they sign up! We understand the importance of support when reaching fitness goals, and we're excited to help spread wellness through the community.

If you have any questions or know somebody who may have questions about membership, be sure to reach out to us at [slcmem@columbiaathletic.com](mailto:slcmem@columbiaathletic.com).

### It's our Anniversary!



Rendering of our first club at Juanita Bay

On March 27th, 1981 Columbia Athletic Clubs opened up its first location in vibrant Kirkland. Company founder Cy Oskoui's vision was to open a business that helped people live better lives, become a part of the fitness community, meet people, and make new friends.

Today, Columbia Athletic Clubs has grown into a state-of-the-art network of conveniently located clubs and a Golf driving range.

**Join us for food, drinks on March 18th to help celebrate our 43rd Anniversary.**

Thank you La Palmera for catering this special occasion!

**Time:** 11am – 3pm

**Place:** Café

Complimentary for CAC Members.

## SILVER LAKE STAFF

### GENERAL MANAGER/ SUPER RANGE GENERAL MANAGER

Mark Peterson ext. 490  
markp@columbiaathletic.com

### MEMBERSHIP/OPERATIONS DIRECTOR

Patrick Stark ext. 412  
patrick@columbiaathletic.com

### PROGRAMS DIRECTOR

Natalia Stallings ext. 450  
natalias@columbiaathletic.com

### GROUP EX DIRECTOR

Bari Dockens ext. 420  
barid@columbiaathletic.com

### AQUATICS DIRECTOR

Drew Whorley ext. 430  
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### TENNIS DIRECTOR

Mark Bergman ext. 460  
markb@columbiaathletic.com

### FITNESS COORDINATOR

Brian Sutton  
brians@columbiaathletic.com

### KIDS CLUB DIRECTOR

Enola Stark ext. 470  
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 continued

### Basketball Tournament

Sign up for our Columbia Athletic Clubs March Madness themed Basketball Tournament! Come with a team or on your own. We will run both adult and youth brackets. Please email or call our Programs Director to sign up: natalias@columbiaathletic.com or 425.745.1617 x 450.

**Format:** 3 v 3 (Subs are optional not required, 4 max)

**Dates:** March 16 starting at 10 am

**Ages:** **Adult:** 16 & up

**Youth:** 11 – 15

**Fees:** \$75 + tax (Full Team)  
\$15 + tax M/\$30 + tax NM Individual

#### Hot Shot Option:

**Fees:** \$10 + tax if on a team or are a Mem.  
\$20 + tax indiv. no team Non-mem.

Tons of great prizes for winning teams and Hot Shot winners!

### St. Patties Day 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!

**Date:** March 23

**Time:** 4–8pm

**Ages:** 5–10

**Fees:** \$40 + tax Member/\$50 + tax Non-member  
Please sign up at the front desk!



## 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!

**Ages:** 3–5

**Day:** Saturdays, 9–9:45am

### 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.

**Ages:** 6–10

**Day:** Saturdays, 10–11am

## 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. 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 5–7pm & Fridays, 4–6pm

**Ages:** 14 & older

### Open Gym pick-up Pickleball:

**Days:** Mondays & Wednesdays, 11am–1pm  
Sundays, 10am–12pm

**Ages:** 10 & older

### Open Gym pick-up Volleyball:

**Days:** Sundays, 4–6pm

**Ages:** 12 & older

### Kid Friendly Gym Time:

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

## PICKLEBALL @ SILVER LAKE

### Pickleball Private Lessons

60 minute private lessons available with Pickleball Rick.

#### Private:

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

\$60 + tax Non-member

#### 2–3 person Group Private:

**Fees:** \$42 + tax Member (per player)

\$57 + tax Non-member (per player)

#### 4–8 person Group Private:

**Fees:** \$39 + tax Member (per player)

\$54 + tax Non-member (per player)

Please email our Programs Director at Natalias@columbiaathletic.com to schedule your lesson.

### Pickleball Classes with Pickleball Rick

Four 90 minute classes with Pickleball Rick in our gymnasium.

#### BEGINNERS CLASSES (16YRS +)

**Dates:** Fridays, March 8–29, 10–11:30am

#### INTERMEDIATE CLASSES (16YRS +)

**Dates:** Fridays, March 8–29, 11:45am–1:15pm

**Fees:** \$130 + tax Member

\$145 + tax Non-member

## PROGRAMS continued

### Pickleball League

Thursdays March 7th through April 11th Columbia Athletic Club will continue their pickleball leagues in the Gymnasium. Sign up as an individual or come as a team.

- Women's Doubles 5:25pm
- Mixed Doubles 6:30pm
- Men's Doubles 7:35

**Fees:** \$60 + tax Member (per player)  
\$75 + tax Non-member (per player)

Please sign up online or submit Registration requests Online. Questions? Email [Natalias@columbiaathletic.com](mailto:Natalias@columbiaathletic.com).

## GROUP EX



### Spring Yoga Workshop with Carmen - Roll and Restore Myofascial Release

Embark on a journey of massage and self-care to prepare our minds and bodies for the upcoming Spring. Taking cues from Ayurveda and Traditional Chinese Medicine, we will use Myofascial Release (MFR) to heal and hydrate our muscles and connective tissues. In addition to nourishing our trigger points and meridians specific to the season, we'll also spend some time massaging areas where we commonly hold tension and stress. We will explore some gentle and restorative yoga poses to move energy and down-regulate our nervous systems. You will leave feeling refreshed, relaxed and ready to thrive in your transition from Winter to Spring. MFR balls and props will be provided. Personal sets of MFR balls may be purchased at the event for \$20 per set.

**Date:** Sunday, March 3

**Time:** 1–3pm

**Place:** Mind/Body Studio

**Fee:** \$35 + tax Member  
\$50 + tax Non-member

Please sign up at the front desk, space is limited!

### Pedalar's Jamboree!

Join our cycling team upstairs in the Cycling Studio for a festive workout, wear green and sweat before your St. Patty's Day Parties!

Whether you are a seasoned cyclist or getting on a bike for the first time, this pop-up class is created for EVERYONE and fun for everybody!

Refreshments afterwards to celebrate our cycle adventure together.

**Date:** Saturday, March 16

**Time:** 9:30 – 11am

**Place:** Upstairs in the cycling studio

Please reserve your bike spot at the front desk!

This Pop-up class is complimentary for CAC Members

## OPERATIONS

### Feedback

We value your feedback and actively seek ways to improve on how we serve our members! If you have any suggestions or ideas that would enhance your experience, please share them with us either by emailing us at [Patricks@columbiaathletic.com](mailto:Patricks@columbiaathletic.com), or by putting a note in our suggestion box by the front desk. If you don't have any suggestions but would love to talk about your experience at the club, feel free to leave us a review online as well.

We look forward to hearing from you!

## AQUATICS

### 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. Register at [waterbabiesusa.com](http://waterbabiesusa.com).

### 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

### 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, Thursday 4 – 4:45pm, 4:45 – 5:30pm, 5:30 – 6:15pm, 6:15 – 7pm, Saturdays, 9:45am, 10:30am & 1:15am

Please contact the aquatic department with any questions regarding this program [slcswim@columbiaathletic.com](mailto:slcswim@columbiaathletic.com).

### New Lap Swim policy!

Effective March 11th, lap lane reservations will no longer be necessary for lap swimming here at the Club.

Our goal with this change is to assist all lap pool users by providing a more convenient and flexible experience in the water. Please be aware that with this change we will need to work together by sharing lane space with your fellow members in a courteous and respectful manner.

Lap lane etiquette includes:

- Notify others before hopping in a lane
- Share with a swimmer of similar speed when possible
- Communicate with fellow swimmers as to whether you are circle swimming or sticking to one side of the lane
- Be aware of your surroundings to ensure a smooth and considerate swimming experience especially when deciding to stop in the lane
- If you are unsure of how to navigate a situation with a fellow swimmer, please enlist the help of the lifeguard





# FITNESS

## Personal Training Services

As Fitness Professionals, with a wide range of knowledge and expertise, we are here to motivate you, ensure proper mechanics, push you to new achievements, and keep you moving!

Whether it be a general fitness question, need for guidance on a particular exercise, advice on your macros, or assistance with your programming, we are available in-person or via email. We have in-person sessions for individuals and partners as well as online training options.

### Private Personal Training Rates\*

#### 1 Hour Sessions

1 Hour .....	\$75
4 Pack .....	\$288
8 Pack .....	\$560

#### 45 Minute Sessions

1 (45 minute) session .....	\$65
4 Pack .....	\$248
8 Pack .....	\$480

#### 30 Minute Sessions

1 (30 minute) session .....	\$55
4 Pack .....	\$208
8 Pack .....	\$400

### Partner Training Rates (2 – 3 people)\*

#### 1 Hour Sessions

1 Hour .....	\$60
4 Pack .....	\$232
8 Pack .....	\$440

#### 45 Minute Sessions

1 (45 minute) session/per person .....	\$50
4 Pack .....	\$192
8 Pack .....	\$360

#### 30 Minute Sessions

1 (30 minute) session .....	\$40
4 Pack .....	\$152
8 Pack .....	\$280

### Get Started with Jump Start\*

**Individual:** 3 (60 minute) sessions ... \$180

**Partner:** 3 (60 minute) sessions ..... \$150

### 1-on-1 Nutrition Sessions\*

60-min. consultation ..... \$70

30-min. follow-ups ..... \$50



## Personal Training Staff



**Brian Sutton -**  
**Fitness Coordinator**  
brians@columbiaathletic.com

**Areas of Expertise:** I help people do WHAT they want, WHEN they want, for AS LONG as they want utilizing sound strength and conditioning principles, assessment based programs, and lifestyle modifications.

**Motto:** Accountability + Consistency + Intensity = Longevity



**Katherine Osborn**  
katherineo@cactrainers.com

**Areas of Expertise:** General fitness and health, weight loss, strength training, aging fitness and Olympic weightlifting

**Motto:** "Consistency creates progress."



**Chrysta Pantohan**  
chrystap@cactrainers.com

**Areas of Expertise:** Body composition transformation (fat loss, muscle gain) functional or corrective exercise ability to work through injuries.

**Motto:** "Any goal is achievable with a positive attitude and the support from an experienced coach."



**Rich Skidmore**  
richs@cactrainers.com

**Areas of expertise:** Strength training, weight loss, functional training, and general fitness.

**Motto:** "Failure will never overtake me if my determination to succeed is strong"



**Brittany Salsbury**  
brittanys@cactrainers.com

**Area of expertise:** Weight Loss, Performance, Strength Gains, Improved Movement, Pre & Post Natal

**Motto:** "We don't need to be perfect, we just need to get started."

## Complimentary CAC Strategy Session

CAC Strategy Session is a complimentary, trainer led session to learn more about your unique physical characteristics and gather baseline fitness metrics. This information is utilized to set "challenging yet doable goals", overcome barriers to success, track achievements, and create a fitness plan just for you. This session is step #1 in your fitness journey and a chance to learn from some of the BEST trainers in the industry.

During these 60-minutes you will:

### Meet and greet

- Set/Review goals
- Discuss obstacles and barriers

### Establish a starting point

- Body composition
- Cardiovascular fitness
- Muscular endurance
- Range of motion

### Learn by doing

- Trainer led and designed workout
- Proper equipment use
- Proper exercise form

### Team huddle

- Celebrate your accomplishments
- Discuss trainer notes and observations
- Trainer provided recommendations for success

## Get a Full Body Workout using One Piece of Equipment

Often overlooked due to its small size and simplistic design, the Landmine trainer is a versatile training tool that can be used to improve strength, power, muscular endurance and mobility.

Found in our IMPACT training studio, the landmine trainer anchors one end of a traditional barbell to the ground, allowing the bar to freely "pivot" horizontally, vertically or in a combination of the two (think of an arc type movement). Due to the bar set up and bar path, you virtually eliminate compression of the spine during squat patterns. Further, the bar path is more joint friendly to those that have restrictions during overhead pressing movements. In addition to squats and presses, the landmine setup allows for a variety of hinge, pull, push, core, rotational, and olympic style movements.

Most landmine trainers come in 3 versions:

The Landmine Post easily fits inside the round opening of a standard weightlifting plate (we recommend posting the landmine into 1 or 2 35 lb or 45 lb bumper plate to ensure stability of the unit). This version is extremely light and portable and can be used anywhere throughout the gym or home.

Rack or wall attachment landmine - is very similar to the landmine post except that it has additional hardware that allow you to attach to a squat rack or wall (you can find this version of the landmine in the IMPACT training studio) offering more stability vs the landmine post. This version is not portable.

The "baseball plate" landmine has the post directly attached to a thin but sturdy diamond shaped plate. This version is the best of both worlds as it features the stability of the rack attached landmine with the portability of the landmine post.

Regardless of which type of landmine trainer you use, there are several attachments that can be attached to the barbell sleeve to allow for a variety of bilateral and unilateral movements.

Want to know more? Set up your complimentary strategy session with a CAC Personal Trainer and get hands on with the landmine trainer OR join one of our IMPACT sessions (coming soon!)

## Landmine Front Squat

The landmine squat emphasizes proper squatting technique by forcing the weight back which provides optimal safety for the knees.



## Landmine Single Arm Chest Press

This is a unique way to set up for a single sided chest press. Working from the ground ensures no hyperextension can happen at the shoulder joint.



## Landmine Single Leg Hip Hinge

This posterior chain exercises challenges both balance and core strength. Keep the motion slow and controlled for optimal work.



## Landmine Single Arm Row

As a unilateral exercise, the landmine not only works the muscles of the back and biceps, but also puts an anti-rotation demand on the core.



## Landmine Single Arm Push-Press

The goal for this single arm press is to keep the posture as even as possible, so to not collapse to one side as you lower the arm. On top of using the muscles of the shoulder and triceps, this exercise incorporates posture training and core work.



## Landmine Anti-rotation

Anti-rotation is an important movement to challenge, especially for rotational sports including golf and hockey. This is a functional movement that can have a role in preventing and reducing low back pain.



## Landmine Rotation

Rotation with the landmine is an advanced exercise that requires a high level of body awareness and core strength. Try this exercise unloaded first and use the breath to help generate strength!





## FITNESS



### IMPACT (Coming soon)

IMPACT, our small group personal training program was developed by personal trainers to improve overall strength, conditioning, and performance utilizing progressive programming, resistance training, and interval training. The limited number of participants (8) ensures the personal attention and program design found in 1-on-1 training but with the fun, energy, and motivation of a fitness community. Because our trainers can appropriately 'scale' each workout to meet YOUR unique needs, IMPACT is appropriate for all levels of fitness and athletics. All 60-minute IMPACT sessions encourage the use of barbells, kettlebells, dumbbells, agility and cardiovascular equipment.

IMPACT consists of 3 training "modules" to ensure variety and a well-balanced fitness experience. We recommend doing 2 to 3 different modules per week or in coordination with 1:1 personal training sessions.

**IMPACT: Functional Conditioning**  
IMPACT-FC focuses on developing a client's "work capacity" by improving muscular endurance and cardiovascular function.. Participants will work through high volume-long duration training blocks utilizing weights, suspension trainers, and cardiovascular equipment. While these workouts are faster in pace, they can be scaled to meet your current conditioning levels. **Consistent cardiovascular training has been proven to reduce the risk of heart, respiratory, and diabetic disease.**

**IMPACT: Functional Strength**  
IMPACT-FS is designed to improve strength, power, and durability. Participants will work through moderate volume, moderate duration training blocks utilizing barbells, kettlebells, and

dumbbells. Each workout will consist of longer rest periods to ensure proper technique and progressive overload of the muscles. While these workouts encourage the use of "heavier" weights, all prescriptions will be in coordination with your current fitness and strength levels. **Regular strength training has been shown to reduce the occurrence of injuries, improve bone density and body composition.**

#### IMPACT: Functional Performance

IMPACT-FP is a movement focused workout designed to make you a leaner, more agile and mobile human being. Participants will work through a combination of strength, conditioning, and 'athletic' movements designed to have direct carry over to your competitive, recreational, and/or daily activities. Participants will use similar equipment found in other IMPACT modules, plus the use of agility and jump training equipment. While these workouts may contain 'untraditional' movements, exercises can be customized to meet you where you are at. **Performance training has been shown to improve balance, mobility, and overall 'ease' of movement.**

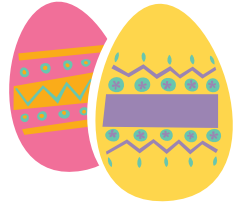
## Kids Club



Kids Club kiddos ages 3 months to 10 years old love to use our space! We offer a wide range of activities to keep everyone entertained while guardians get a well-deserved work out!

March 6th, Kids Club will be screening the movie *Ron's gone Wrong* on our projector! Bring your comfies, and cozy up for some complimentary popcorn! Movie starts at 5:15pm! Complimentary event for Kids Club Unlimited members, \$7 flat fee for non-Kids Club Unlimited members.

**Join us March 30th at 10am for a Kids Club Easter egg hunt!** Ages 10 and under bring your basket as we go on a great hunt for eggs! After the hunt, join us for a presentation of the movie Hop! Movie starts at 11!



## KID'S CLUB DAILY CARE RATES/HOURS OF OPERATION

**Ages: 3 months – 8 years**

### HOURS OF OPERATION:

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

#### 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:

<b>1 Child:</b> .....	\$25 per Month
<b>2 Children:</b> .....	\$40 per Month
<b>3 or more Children:</b> .....	\$55 per Month

##### Children NOT on a Family Membership:

<b>1 Child:</b> .....	\$40 per Month
<b>2 Children:</b> .....	\$70 per Month
<b>3 or more Children:</b> .....	\$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:

<b>Members</b> .....	\$15 per Hour
<b>Member Sibling:</b> .....	\$5 per Hour



In February, love was in the air in Little Thinkers! They had a great Pal-entines day celebrating friendship!

Little Thinkers is now taking enrollments for Summer 2024 and School year 2024/25 Pre-K! For more information, please email [isabelr@columbiaathletic.com](mailto:isabelr@columbiaathletic.com).

## TENNIS



### Junior Tennis Program (SLJT)- New 4-week Session starts February 26th

We start the March session on February 26th. There is still space in a few classes, it just depends on the class that you're interested in. Members can sign up at the front desk. If you don't know what class level to sign up for contact Elliot Beam or Yevgeniy Kolomiyets. We are taking enrollments for the remaining Spring classes.

### 2024 Silver Lake Singles and Doubles Ladders

We're starting all the ladders up again. All singles players, Men, Women and Junior players interested in the BIG Singles Ladder need to email Mark Bergman at [markb@columbiaathletic.com](mailto:markb@columbiaathletic.com) by March 11th. We plan to kick this year's ladders off March 13th and they will run the entire year. All ladder players will need to have their ACE profile set up. Without contact information you won't be able to stay on the ladder since potential challengers need contact information to challenge you. For Doubles, please include the name of your partner when emailing Mark.

We will use the ladders for seeding the CAC - SL CLUB CHAMPIONSHIP Tournament in July.

Ladders start March 13th. Sign up by March 11th by emailing Mark Bergman at [markb@columbiaathletic.com](mailto:markb@columbiaathletic.com)

### Adult NTRP/USTA Singles Only Tournament

We are bringing back our Adult NTRP Singles Only tournament. We are only taking 16 players max per draw and priority will be given to those that are playing in level; not up in level. Since we are limiting the draw sizes, please go to [playtennis.com](http://playtennis.com) and register online if you would like to take part. We expect the tournament to fill up well before the entry deadline gets here. The tournament will primarily run Friday through Sunday. However, we may need to get started Thursday evening in a few of the draws.

Dates: April 11 – 14

Entry Deadline: April 1st

**Entry Fee:** \$40 + USTA fee/taxes



### Challenge CUP Ladies WIN the League!

#### Ladies CUP 2023-24 Season Results

Congratulations to our Challenge Cup Ladies for winning the 6-month CUP season, we will look forward to celebrating your addition to the Hall of Fame later this spring.

Here is a look at how all our CUP teams did this season:

- Challenge (4.0+): 1st out of 29 teams
- Rainier Red (3.5+): 14th out of 28 teams
- Rainier Blue (3.5+): 26th out of 28 teams
- Classic (3.0 – 3.5): 18th out of 29 teams
- Evergreen (2.5 – 3.0): 12th out of 15 teams

We will start planning for next season very soon. The season will kick off in September and go through mid-February.



L-R: Hyeoncheol "Joe" Jung and Simran Dhindsa

### Congratulations to Simran Dhindsa & Hyeoncheol "Joe" Jung- #1 Nationally in 3.5 NTRP Doubles

After playing 6 tournaments together and winning 4 of them and being a finalist in two of them, Simran and Joe finished 2023 #1 in the Nation for 3.5 NTRP Doubles. In all they played 23 matches together all in the PNW and accumulated more points than all the other teams. In case you were wondering, the National ranking points are based on your 6 best tournaments. Way to go guys! Simran also played a lot of singles tournaments along the way, he was #6 in the PNW 3.5 singles and #20 Nationally for 3.5 singles.

We also had other Tennis members making a run on the tournament scene and finishing in the top 20 Nationally:

- Joey Collins: 55+ 3.0 Singles #4 Nationally and #1 in the PNW
- Victor Betancourt/Lohit Verma: 40+ 4.0 Doubles #16 Nationally and #3 in the PNW
- Rohit Sharma: 45 & Over Open/Senior #17 Nationally and #4 in the PNW

### Save the Date: Club Tennis Championships July 9 – 12

More info in the coming months.



# 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: 35 balls

\$8 Member/\$9 Non-member

### Large: 100 balls

\$15 Member/\$16 Non-member

### Medium: 70 balls

\$11 Member/\$12 Non-member

### Extra Large: 150 balls

\$19 Member/\$20 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



### Greg Enbusk Certified Golf Instructor and Fitter

Greg started his teaching career working at First Tee of Greater Seattle.

Teaching certification led him to GOLFTEC where he taught students with varying levels of experience. He is also a Certified Club Fitter and uses that background to help his students with questions about their current equipment and possible equipment options.

Greg is available Mon., Tues. & Thurs. evenings as well as Sat. afternoons.

Email: grege@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. Email: radus@columbiaathletic.com



### Chris Lisk PGA Instructor

Chris has been a member of the PGA since 2008. Chris has developed a consistent methodology in his teaching that

allows him to help players of all skill levels. He taught at Glendale Country Club from 2008–2018 and Tam o' Shanter Country Club from 2020–2023.

In addition to Chris' teaching experience, he is accomplished tournament player. Chris finished 4th at the 2017 Washington Open. Chris qualified for the PGA National Championship in 2013 and the PGA National Assistants Championship in 2009 and 2014. Email: chrisl@columbiaathletic.com

## MARCH TOPTRACER CONTESTS

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**  
**BETHPAGE BLACK COURSE**  
**HOLE 8 - 186 YARDS**

**APPROACH CHALLENGE**  
**THE BELFRY, THE BRABAZON COURSE**

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

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





## Join the Super Range Golf League!

- Members get an official USGA GHIN Handicap Index and use of its computational services. Includes a FREE GPS-enabled GHIN mobile app makes it convenient to post scores and check scoring history.
- Eligible to participate in member events/tournaments ran throughout the year
- Discounts on buckets and lessons
- Play different courses, every other Saturday
- On-Line Scoring System for Events
- Guaranteed Tee Times
- End of the year, 2 day Championship

Cost is \$70/year. Space is limited.

Questions? Contact Mark  
Peterson at [markp@columbiaathletic.com](mailto:markp@columbiaathletic.com)



## Parties at CAC - Silver Lake

### Parties, Celebrations and Room Rentals.

Room rentals, gym party options along with indoor pool party options available. Prices vary depending on rental or party type, amount of guests and membership status. Brochures available online or in our lobby.

Please Contact Natalia Stallings, Program Director at CAC Silver lake for more information and to schedule your next event!  
[Natalias@columbiaathletic.com](mailto:Natalias@columbiaathletic.com)

## March Madness Begins!

Hey sports fans, it's time for the NCAA Men's Basketball Tournament, which means it is time for our annual NCAA Bracket Challenge. To participate, simply fill out a bracket with your predictions of the tournament's outcome. Participants will earn points for each correct prediction and the participant with the most total points at the end of the tournament will win 1-month free dues. Brackets will be available at the Front Desk starting Monday, March 18th. Please turn in your completed bracket to the Front Desk no later than Wednesday, March 20th. Participation is free. Limit of 1 bracket per member.



# CAC - SILVER LAKE INDOOR POOL SCHEDULE MARCH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim					
6:00 AM										
7:00 AM										
8:00 AM										
9:00 AM	Aqua Bootcamp 9:00-10:00am	Open Swim	Aqua HIIT 45 9:15-10:00am	Open Swim	Aqua Bootcamp 9:00-10:00am	Wahoos and Lessons 9:00 am - 12:00 pm	Open Swim			
10:00 AM	Open Swim		Open Swim		Open Swim					
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	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Family Swim (Two lanes)			
3:00 PM						HS Swim (3-4pm)		HS Swim (3-4pm)	HS Swim (3-4pm)	HS Swim (3-4pm)
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						Open Family Swim (Two lanes)				
7:00 PM		Open Swim		Open Swim	Open Swim	Open Family Swim (Two lanes)				
8:00 PM	Aqua Bootcamp 7:40pm -8:40pm		Aqua Bootcamp 7:40 pm -8:40 pm							
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 MARCH

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	Waterbabies 10:00 - 1:15	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.**



# CAC - SILVER LAKE GYMNASIUM SCHEDULE MARCH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5:00 AM	HALF GYM RESERVED	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available						
6:00 AM	FULL GYM RESERVED Core Bootcamp Family Friendly 5:30-7am										Basket ball tournament CANCELED. Will reschedule for later date
7:00 AM	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available	Open Gym Available				
8:00 AM											
9:00 AM	HALF GYM RESERVED Pickleball Private Lessons	HALF GYM RESERVED Kids Club gym play time	FULL GYM RESERVED	HALF GYM RESERVED Kids Club gym play time	FULL GYM RESERVED Little thinkers gym time	HALF GYM RESERVED Kid Movers		FULL GYM RESERVED  Pick-Up Pickleball (Ages 10+)  10:00am-12:00pm			
10:00 AM						Ages 3-5yrs 9-9:45am Turbo Kids Ages 5-10 yrs 10-11am NO CLASSES MARCH 16th					
11:00 AM	FULL GYM RESERVED Half Gym Pick-Up Pickleball (Ages 10+) 11:00am-1:00pm					Pick-Up Pickleball (Ages 10+)	Pickleball Classes				
12:00 PM	Half Gym Pickleball Privates	Open Gym Available	11:00am-1:00pm	Open Gym Available	Beginners 10-11:30am  Intermediate 11:45am-1:15pm	Open Gym Available	Open Gym Available				
1:00 PM	HALF GYM RESERVERED Pickleball Private Lessons		Open Gym Available		Open Gym Available	Open Gym Available		FULL GYM RESERVED Birthday party Rental March 2nd 12:30-2:30, March 9th 2:30-4:30, March 30th 12:30-2:30			
2:00 PM											
3:00 PM											HALF GYM RESERVED  Shooting Machine Rentals w/reservation
4:00 PM									FRONT HALF GYM RESERVED Kid friendly gym time! Hoops will be lowered at this time for our younger basektball players 4-6pm		FULL GYM RESERVED Kids night Out (March 23rd only) OTHER DAYS ARE OPEN GYM
5:00 PM	Open Gym Available	FULL GYM RESERVED Pick-Up Basketball (14+) 5:00pm-7:00pm	Open Gym Available	FULL GYM RESERVED 5:15 pm-9pm Pickleball Leagues Women's 5:25 Mixed 6:30 Men's 7:35	FRONT HALF GYM RESERVED Basketball private lessons 5pm-6:15pm	Open Gym Available					
6:00 PM							FULL GYM RESERVED Pick-Up Basketball (14+) 6:15pm-8:00pm				
7:00 PM											
8:00 PM											
9:00 PM											

No reservations required, pick-up games welcome!

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 the front half of the gymnasium.





# CAC - SILVER LAKE GROUP EX SCHEDULE MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Core Bootcamp</b> New Ti me! 5:30-6:30am Katherine Basketball Gym	<b>Cycle 45 &amp; Core</b> 5:45-6:45am Jenna Cycle Studio			<b>Cycle 45 &amp; Core</b> 5:45-6:45am Jenna Cycle Studio		
					<b>Barre Bootcamp</b> 8:30-9:30am Nina Mind/Body Studio	
<b>Aqua Bootcamp</b> 9:00am-10:00am Lauren	<b>Gentle Yoga Flow</b> 8:45-9:45am Karen Mind/Body Studio	<b>Aqua Cardio 45</b> 9:15am-10:00am Bari, <b>Indoor Pool</b>	<b>Yoga Sculpt</b> 8:45-9:45am Lauren Mind/Body Studio	<b>Aqua Boot Camp</b> 9:00am-10:00am Katherine <b>Indoor Pool</b>	<b>Group Core</b> 8:45-9:15am Mary, GX 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 Bari GX Studio	<b>Group Blast</b> 9:15-10:15am Mary GX Studio	<b>Group Power</b> 9:00-10:00am Mary GX Studio
<b>Vinyasa Yoga</b> 9:15-10:15am Carmen Mind/Body Studio	<b>HIIT 45</b> 9:30-10:15am Bari GX Studio	<b>Pilates Mat</b> 9:15-10:15am Laurie Mind/Body Studio	<b>MIIT 45</b> 9:30-10:15am Chrissy GX Studio	<b>Yin Yoga &amp; Meditation</b> 9:15-10:30am Karen Mind/Body Studio	<b>Special Class!</b> <b>Pedalers Jamboree</b> 9:30-11:00am Cycling Studio <b>On March 16th</b>	<b>Group Centergy</b> 10:15-11:15am Mary GX Studio
	<b>Vinyasa Yoga</b> 10:00-11:00am Karen Mind/Body Studio	<b>Yin Yoga</b> 10:30-11:30am Karen Mind/Body Studio	<b>Vinyasa Yoga</b> 10:00-11:00am Karen Mind/Body Studio			<b>Vinyasa Yoga</b> 10:30-11:30am Danii Mind/Body Studio
<b>Pilates Barre</b> 10:30-11:20am Carmen 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>Cardio Core Circuit</b> 10:30-11:15am Bari, GX Studio	<b>S.B.C.</b> 10:30-11:15am Lauren, GX Studio	<b>Yoga Sculpt</b> 11:00-12:00pm Bari Mind/Body Studio	<b>Yoga Flow</b> 11:00am-12:00pm Helen Mind/Body Studio	
						<b>Spring Yoga Workshop \$\$</b> (Roll & Release) 1:00-3:00pm Carmen Mind/Body Studio <b>On March 3</b>
	<b>Aqua Motion</b> 12:00-1:00pm Bari/Karen <b>Indoor Pool</b>		<b>Aqua Motion</b> 12:00-1:00pm Lauren <b>Indoor Pool</b>			
<b>Group Core</b> 4:45-5:15pm Mary, GX Studio	<b>Barre Bootcamp</b> 5:00-6:00pm Nina Mind/Body Studio			<p><b>Spring Yoga Workshop</b> (Roll and Restore MFR) <b>Date:</b> Sunday, March 3, 1 – 3pm <b>Fees:</b> \$35 + tax Mem./\$50 + tax Non-mem.</p> <p><b>DO YOU FEEL LUCKY?</b> <b>Pedalers Jamboree!</b> <b>Date:</b> Saturday, March 16, 9:30-11am Complimentary Pop-up Class for all levels of fitness. Join our cycling team upstairs in the Cycling Studio for a festive workout, wear green and sweat before St. Patty's Day Parties! Please reserve your bike spot.</p> <p>MEMBER SOCIAL - Columbia Athletic Clubs 43rd Anniversary! Thank you La Palmera for catering. <b>Date:</b> Monday, March 18, 11am – 3pm <b>Place:</b> Silver Lake café</p>		
<b>Group Blast</b> 5:15-6:15pm Mary GX Studio	<b>Group Power</b> 5:15-6:15pm JoAnne GX Studio	<b>Group Blast</b> 5:15-6:15pm Veronica GX Studio	<b>Group Power</b> 5:15-6:15pm Mary GX Studio			
<b>(Hot) Fire Flow</b> 5:45-6:45pm Laurie Mind/Body Studio		<b>Heated Yoga Flow</b> 6:30-7:30pm Helen Mind/Body Studio	<b>Cycle-45</b> 6:30-7:15pm Erin, Cycle Studio			
<b>Cycle-45</b> 6:30-7:15pm Kelly, Cycle studio	<b>Heated Group Centergy</b> 7:00-8:00pm Bari Mind/Body Studio	<b>Core F.I.I.T.</b> 6:30-7:30pm Bari GX Studio	<b>Heated Group Centergy</b> 6:30-7:30pm Mary Mind/Body Studio			
<b>Yin Yoga &amp; Meditation</b> 7:00-8:00pm Laurie Mind/Body Studio						
<b>Aqua Bootcamp</b> 7:40-8:30pm Kelly <b>Indoor Pool</b>		<b>Aqua Bootcamp</b> 7:40-8:30pm Helen <b>Indoor Pool</b>				



# SILVER LAKE GROUP EXERCISE CLASS DESCRIPTIONS MARCH

## 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!

### MOSSA R30/Group Ride®

Get fitter in only 30 minutes in R-30 or 45- 60 minutes in Group Ride! It's as easy as riding a bike and even better with other cyclists! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!

## Group Exercise Classes

### Cardio Core Circuit

45 minutes of cardio cross training, using free weights, resistance bands, resistaballs, Bosu's, medicine balls and body resistant core exercises. Every week there will be a different set up of stations and participants rotate to each station. This format is designed for all fitness levels-you choose what you want and need for your workout.

### 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.

### Core Boot Camp

Meet in the basketball gym for 45 minutes of speed, agility, muscle strength and endurance training. The last 15 minutes focus on maximizing your Core muscles!! This workout is good for all ages and all levels of fitness.

### Core F.I.I.T.:

Designed for ALL fitness levels and every BODY!  
A fun bootcamp format in the Group Ex Studio, rotate to different stations.

**Functional:** Workout now, so you can do anything you want to do in your LIFE.

**Interval:** A type of training exercise that involves, a variety of "intensity" exercises interspersed with recovery.

**Intensity:** You can choose fast or slow for your cardio, you choose to lift heavy or light with your strength training, build confidence with a variety of balance exercises and maximize your core for better stability, mobility and agility.

**Training:** A mix of Cardio, Strength, Balance and Core. Use free weights, body resistance, and a wide variety of equipment to complete your interval workout. Bonus, have FUN working out with others!

### HIIT45/MIIT 45

Do you want to work hard for 45 minutes? HIIT is a high intensity, whole-body approach to training using resistance, cardio and endurance/strength based exercises. This workout uses metabolic circuit training, intervals and supersets with light to moderate dumbbell resistance to deliver results in the most efficient, accelerated and fun way possible...all in 45 minutes! MIIT 45 is going to have a lot more options and modifications=low to moderate intensity and a good workout.

### 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 dumbbells 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

## Mind/Body Classes

There are many modifications and variations that serve the needs of all experience levels. Get ready to take your yoga practice seriously but yourself lightly as you explore your edge, discover your strength and awaken your potential!

### Gentle Yoga Flow

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.

### 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. You'll also experience some deep stretching for recovery to keep your body long and lean.

### Pilates Barre/Mat Pilates

Barre combines ballet, Pilates and Yoga to give you an amazing 45- minute 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.

### Yoga Sculpt

A blend of Yoga and Pilates, body resistance and free weight training. Balance poses focusing on your flexibility and strength. 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! It is your mind, your body and your fitness journey.

