

Women's Self Defense Class

Learn the basics of Self Defense and improve your ability to respond in threatening situations. Brad Conway (Seattle PD) will teach both stand up and ground techniques in order for you to build strength, confidence and overall knowledge of Self Defense!

Dates: June 4, 11, 18, 25 **Days:** TH
Time: 8:00pm
Ages: 17+ **Location:** Classroom
Drop in: \$15 Member / \$18 Non-member
Program: \$39 Member / \$45 Non-member

Sports Conditioning Camp (Strength/Speed/Endurance)

Join Fitness Instructor Kelly Saunders and former NFL kicker Brett Bergstrom for an unforgettable conditioning camp to get you ready for your Fall sports! Half of the class will focus on core work and strengthening using light weights in the studio and the other will boost your speed and conditioning outdoors!

Dates: July 7 - Aug 6 **Days:** T/TH
Time: 10:00am-11:10am / 10:40am-11:50am
Ages: 7-10 / 11-18 **Location:** Classroom/Outdoors
Program: \$159 Member / \$179 Non-member

Jazz/Hip Hop Class

Expand your workout routine to include Jazz/Hip Hop dancing! Taught by one our very own members, Blair Bernard has over 18 years of experience with a diverse background in gymnastics, dance, and choreography!

Dates: July 7 - Aug 6 **Days:** T/TH
Time: 5:30pm-6:30pm
Ages: 12+ **Location:** Classroom
Drop in: \$10 Member / \$12 Non-member

Trail Running

Bored of running on the treadmill day in and day out? Join SRAC, Luke, and Compass Outdoor Adventures for an introductory series of trail running. Trail Running is a fantastic alternative to the same old scenery and workout that you've been doing for so long! Meet @ SRAC.

Dates: July 6 - July 18 **Days:** M/W/SAT
Time: 6:30am-8:30am
Ages: 7+ **Location:** Outdoors
Drop in: \$15 Member / \$18 Non-member

Mountain Biking

Explore some of the local trail systems that are literally minutes from your door! Luke and Compass Outdoor Adventures will be leading beginner level classes to locations within 10-15 minutes from SRAC. Get your bike - let's go on an adventure!! Meet @ SRAC.

Dates: July 5, 12, 19, 26 **Days:** SUN
Time: 7:30am-10:00am
Ages: 7+ **Location:** Outdoors
Drop in: \$39 Member / \$45 Non-member

Playground Fitness

For the Parents and the Kids! Bring your children and let us watch them for you at a selected playground. Get a killer workout with Nicky Razwick and featured SRAC Personal Trainers. This high energy, boot camp-style class will be held outdoors in which 1/3 of the proceeds will go to each charity of the week!

Dates: July 20 - Aug 19 **Days:** M/W
Time: 8:45am-9:45am
Ages: 3+ **Location:** Outdoors
Drop in: \$10 Member / \$15 Non-member

Youth Performance Training (Agility/Quickness/Footwork)

Want to take it to the next level? Former NFL kicker Brett Bergstrom and Mt Si Baseball Coach Chaz Carr are teaming up to create the most intense, skill-based, youth training camp ever! Focus on agility, quickness, and overall skill development. Recommended to be taken with **Sports Conditioning Camp** for maximum benefit.

Dates: July 20 - Aug 27 **Days:** M/W/TH
Time: 3:30pm-4:20pm / 4:30pm-5:20pm
Ages: 7-10 / 11-18 **Location:** Outdoors
Package:

Sessions	Weeks	Price	Session Cost
6	2	\$120	\$20/session
12	4	\$204	\$17/session
18	6	\$270	\$15/session

SRAC Boot Camp

Two trainers—one mission: to whip you into shape! If you're looking for a less expensive way to train hard, this Boot Camp is perfect for you. Join Tony and Grahame for a series of intense workouts on the Ridge as they take you to different locations and challenge you to complete their courses!

Dates: July 6 - Aug 12 **Days:** M/W
Time: 6:00pm-7:00pm
Ages: 16+ **Location:** Outdoors
Package:

Sessions	Weeks	Price	Session Cost
4	2	\$80	\$20/session
8	4	\$136	\$17/session
12	6	\$180	\$15/session

Brick Training Program

Calling all Tri-athletes! Get ready for your next event. Bike and run back-to-back and experience a major component of triathlon training. USAT Level One Coach Mark Nicholson will lead you through a bike session in the classroom and then take the group outside for an invigorating run!

Dates: July 14- Aug 20 **Days:** T/TH
Time: 7:00am-8:15am
Ages: 17+ **Location:** Classroom/Outdoors
Package:

Sessions	Weeks	Price	Session Cost
4	2	\$80	\$20/session
8	4	\$136	\$17/session
12	6	\$180	\$15/session

Trail Mixx 55+

Join Kristan in our first walking program for older adults! Start your day off right walking local sidewalks and trails. Classes will include warm-up, walking, strength exercises, cool-down, and stretching.

Dates: June 30 - July 30 **Days:** T/TH
Time: 6:15am-7:15am
Ages: 55+ **Location:** Outdoors
Drop in: \$10 Member / \$12 Non-member
Program: \$89 Member / \$99 Non-member

Competitive Moves Camp (Soccer)

Want to learn how to beat people one v one? This specialized camp has been designed for players who want to learn the best techniques on how to break down your opponent. Including basic and advanced moves, we will take you through each one step by step to give you the competitive edge in your attack! Appearances by special guests!

Dates: Aug 3 - Aug 6 **Days:** M/T/W/TH
Time: 10:00am-11:45am
Ages: 14+ **Location:** TBA
Program: \$79 Member / \$89 Non-member

