



30
Years of
Inspiration
1981-2011




COLUMBIA[®]
athletic clubs

We inspire healthier lives.

www.columbiaathletic.com



The Oskoui family in March 1981: Cy, Feryal, and their children Allen and Farnaz at the grand opening of Juanita Bay.



Cy (center) and the staff at the first Club opening.

The Beginning

In August 1978, Cy and Feryal, with their four-year-old daughter Farnaz and two-year-old son Allen, immigrated to the United States from Iran. This sudden relocation, caused by the continuing Iranian Revolution, made it a very challenging year for the Oskoui Family. Together they worked hard to make a new life and future together in Bellevue.

Searching for business opportunities to sustain their family, they decided to venture into the health club business, as Cy wanted steady employment and the chance to make friends in this new community. They purchased the Juanita land in November 1978, hired an architect and broke ground on their new facility within a year.

The Oskoui's were able to secure financing for Columbia Athletic Club at Juanita Bay despite their single-purpose project and the recession of 1980, and they began construction of the Club in May. The Club opened for operations in March 1981, and it soon proved financially successful enough to add the pool and the basketball court. Through their dedication to providing the best facility/service possible, and striving to increase membership value year after year, the Club grew.

What follows is a brief history of Columbia Athletic Clubs.



1980's

1980

**March 27th, 1981-
Juanita Bay opens to
the public.**

1983

1984

**1984-Mill Creek
begins operations.**

1986

1987



Juanita Bay - 1981 to present

The Oskoui's purchased a 62,500 SF property in Juanita on which they designed and built their first Athletic Club - a 32,000 SF facility that began operation in March 1981. To ensure a great membership experience year after year, Columbia Athletic Club at Juanita Bay has gone through many remodels and renovations in its thirty-year history. The current facility is composed of:

- Swimming Pool
- Whirlpool
- Steam & Sauna
- Massage
- Locker Rooms
- Daycare
- Three Squash Courts & One Racquetball Court
- Basketball Gymnasium
- Over 5,000 SF of Fitness Equipment
- Group Exercise Studios
- Cycling Studio & Juice Bar

There are currently plans to expand the pool and add additional group exercise studios, including a Hot Yoga studio.



Mill Creek - 1984 to 2004

The second Club, Columbia Athletic Club at Mill Creek, a 25,000 SF facility, was built in 1984 and continued operations until most of its memberships were transferred to Columbia's Silver Lake location in 2004, located two miles north of Mill Creek.

This location has since been remodeled into Sydney Plaza, a modern 22,000 SF mixed medical and professional office building.

1990's

1988

1989

1990

1991

1992

1993
1994
1995
**1995-Pine Lake
begins operations.**

1995



Pine Lake - 1995 to present

Columbia Athletic Club at Pine Lake, a 62,000 SF facility, was built in 1995. This was the Oskoui's first Club offering tennis courts. Pine Lake is a very pleasing facility for the residents of the Sammamish Plateau who have overwhelmingly welcomed the Club to their neighborhood. Substantially remodeled in 2007, the facilities include:

- Four Indoor Tennis Courts
- Basketball Gymnasium
- Over 7,000 SF of Fitness Area
- Three Group Exercise Studios, Including Hot Yoga
- Pilates Studio
- 25 Yard Pool & Children's Pool
- Whirlpool
- Steam Room & Sauna
- Luxurious Locker Rooms

The Club also offers massage, daycare, private tennis and fitness lessons.



Silver Lake - 1997 to present

In 1997, Columbia Athletic Clubs acquired and converted an existing tennis club into an 82,000 SF full-service Club. This Club is the largest and most luxurious Athletic Club in Snohomish County! The facility includes:

- 25 yard Pool & Children's Pool
- Outdoor Pool
- Six Indoor & Three Outdoor Tennis Courts
- Basketball Court
- Aerobic, Cycling & Hot Yoga Studios
- Daycare & Teen Lounge
- Over 9,000 SF Fitness Area

Recent additions include: a Hot Yoga Studio, expanded daycare, and expansion of the locker rooms and addition of three family changing rooms.



1990's Continued

1996

1997-Silver Lake opens to the public.

1998-The Columbia Super Range begins operations.

2000-Columbia Fitness Sammamish opens to the public.

2003



Columbia Super Range- 1998 to present

Columbia Athletic Clubs acquired a golf driving range adjacent to their Silver Lake location in 1998, and after major remodeling, renamed it “Columbia Super Range.” This facility is a 14 acre driving range with:

- A Two-Acre Natural Grass Chip & Putt Course
- Fifty Heated Stalls
- Two Teaching Studios
- A Refreshment Station Furnished With Complimentary Coffee
- An Independently Owned And Operated Pro-Shop

The Super Range has been ranked in the top 100 ranges in the country by Golf Range Association of America since 2002. They also feature many programs including golf leagues, weekday and Saturday women’s league, traveling tournaments & events and a USGA/GHIN handicap.



Columbia Fitness - 2000 to present

To provide additional and convenient fitness service to the population living north of the Sammamish Plateau, Columbia Fitness was built in 2000. This is an 8,000 SF facility, consisting of:

- Cardio Area
- Extensive Weight Training
- Daycare & Locker Rooms

The Club also features personal training, juice bar, pro shop, and fitness seminars.



2000's

2003-Silver Lake's first remodel.

2005-Silver Lake's outdoor pool opens.

2010's

2008-Juanita Bay renovation.

2009-Silver Lake's locker room remodel.

Employees Who Share Our Passion

There have been over 5,000 employees working at Columbia Athletic Clubs since its operations began in 1981. We appreciate our current employees and would like to acknowledge the ones who have been with us for over 5 years.

EMPLOYEE	POSITION	YEARS OF SERVICE
Cy & Feryal Oskoui	Founders	32
Marlene Avery	Group Ex Instructor	29
Claudette Hutchison	Member Services/Group Ex Instructor	26
Christy Todd	Group Ex Instructor	20
Darcy Hilderbrand	Group Ex Instructor	19
Anna Evans	Swim Instructor	17
Jenna Lisenby	Group Ex Instructor	16
Janette Dunavant	General Manager	15
Kathy Cunningham	Group Ex Instructor	15
Maria Breitenstein	Group Ex Instructor	15
Elma Monts	Kids Club	15
Amber Owen	Fitness Director	14
Bari Dockens	Programs Coordinator	14
Julie Haiwick	Group Ex Instructor	14
Carmen Skinner-Greenleaf	Group Ex Instructor	12
Hamid Tabrizi	General Manager	12
Debra Burks	Group Ex Instructor	12
Fereshteh Tabrizi	Member Services Director	12
Farnaz Farringer	Board Member	12
Kevin Mackay	Golf Pro	12
David Hamilton	General Manager	12
Mark Tomandl	Tennis Pro	12
Steven Reuhl	Golf Pro	12
Richard Colling	Golf Pro	12
Paul Fleury	Front Desk	12
Mark Peterson	General Manager	12
Sue Crickmore	Instructor	11
Vincent Cucinelli	Aquatics Director	11
Dusko Andreic	Tennis Director	11
Allen Oskoui	President	11
Shelley Holland	Member Services	11
Kathleen Deneui	Golf Pro	10
Jeannie Shardelman	Operations Supervisor	10
Susan Beahm	Group Ex Instructor	10
Laurian Toland	Group Ex Instructor	10
Glenn Farringer	V.P. Finance	10
Mark Bergman	Tennis Director	10
Patricia Diebner	Tennis Pro	9
Bruce Bullard	Personal Trainer	9
Zdenka Smith	Front Desk	9
Jeffery Lindgren	Maintenance	9
Jodi Collins	Front Desk	9
Kimberly Brasfield	Personal Trainer	9
Linda Bright	Group Ex Coordinator	9

EMPLOYEE	POSITION	YEARS OF SERVICE
Lisa Hahn	Group Ex Instructor	9
Benjamin Bloom	Membership Director	9
James Rose	IT Director	8
Thomas Coonelly	Graphic Designer	8
Stephanie Crawley	Aquatics Director	8
Andrew Whorley	Aquatics Director	8
Nikki Brown	Operations Director	8
Victor Condiotty	Lifeguard	8
Lenore Rooney	Swim Instructor	8
Sandra Pellon	Kids Club	8
Amy Jones	Lifeguard	7
Elizabeth Linnell	Personal Trainer	7
Daniel Lum	Front Desk/Tennis Pro	7
Alesia Portugal	Front Desk	7
Sarah Payne	Group Ex Instructor	7
Brandi Ohlsen	Fitness Director	7
Michael Curti	Accounting Manager	7
Sandra Valberg-Cronyn	Personal Trainer	7
Suzanne Henderson	Water Aerobics Instructor	7
Tracy Nagai	Personal Trainer	7
Taia Walters	Kids Club	7
James Thomas	Personal Trainer	7
Michelle Hoyos	Group Ex Instructor	7
Patricia Bredice	Group Ex Instructor	7
Natalie Sampson	Group Ex Instructor	7
Dana Oskoui	Operations Director	6
Renee Pillo	Group Ex Coordinator	6
Malia Greening	Group Ex Instructor	6
Helen Ladd	Group Ex Instructor	6
Leslie Marie	Membership Director	5
Leann Howard	Programs Coordinator	6
Susan Giese	Group Ex Instructor	6
Jackie Wennberg	HR Manager	6
Afton Scudder	Lifeguard	6
Elvis Wheeler	Maintenance	6
Heather Christensen	Group Ex Instructor	6
Tamara Teague	Personal Trainer	6
Cynthia Krass	Swim Instructor	6
Andrew Datti	Group Ex Instructor	5
Chad Cocks	Lifeguard	5
Megan Humphries	Membership Director	5
Amy Hansen	Front Desk	5
Amy Van Velthuyzen	Swim Instructor	5
Benjamin Nader	Lifeguard	5

Our Valued Long-Term Members

We are humbled to have over 10,000 Memberships (over 25,000 Members). We value all our Members, and want to recognize and thank them for their patronage. However, since space is limited, we have listed only those Members who have been with CAC the longest, **some for 30 years!**

JUANITA BAY	
Name	Member Since
David Coats	5/19/1980
John B. Pruitt	5/31/1980
Gordon I. Godwin	6/30/1980
Jo-Ann White	6/30/1980
Dennis Deyoung	11/10/1980
Jerrold D. Mickelson	11/25/1980
Diedrich Kothe	12/9/1980
Rob Avery	12/16/1980
James S. Fitzgerald	12/18/1980
Stephanie Broughton	12/29/1980
Allen M. Rossman	12/30/1980
John Putt	1/5/1981
Mark A. Folkerts	1/13/1981
Peter Rosvall	1/16/1981
Mark Lee	1/18/1981
Terrence Watson	1/23/1981
Steven B. Corey	1/28/1981
Gary Cleveland	2/1/1981
Fred L. Munro	2/13/1981
Roy Nelson	3/1/1981
Kay Erickson	3/6/1981
Terry Scheuer	3/19/1981
John Rusden	3/20/1981
William Hill	3/27/1981
Michael Healy	4/5/1981
Hermann Bischofberger	4/6/1981
Karen Legg	4/16/1981
Ken Claffin	6/2/1981
Terry McClinton	8/10/1981
Keith Sugiura	8/24/1981
George W. Rudiger	10/19/1981
Ted Miller	12/3/1981
Barbara Wynn	1/9/1982
Ardis Schmiege	1/13/1982
Craig D. Smith	2/5/1982
Virginia D. Williams	2/27/1982
Mary Gunning	3/11/1982
Graham Hollingsworth	3/14/1982
Martha L. Schroeder	4/10/1982
Meg T. Johnson	4/12/1982
David S. Paplow	9/1/1982
Don Mckay	10/23/1982
Ralph Reed	11/6/1982
Gary Dame	1/1/1983

William Anderton	1/2/1983
Claudia J. Christensen	1/25/1983
Cheri Greene	3/26/1983
Dennis P. Friedman	7/30/1983
Dennis Lis-Sette	8/13/1983
Elizabeth M. Kennan	9/14/1983
Beth Griffith	1/13/1984
Peter Orr	2/24/1984
Frank Radford	3/9/1984
Gary Whitehouse	3/30/1984
Steve Bunten	4/10/1984
Avril Pattenauade	4/16/1984
Wagih Abu-Rish	6/21/1984
Karen Galbraith	8/8/1984
Deborah Chapman	9/28/1984
Robert E. Olson	11/27/1984
Anne Detwiler	12/23/1984
Jeffrey D. Anderson	1/10/1985
Pete Anderson	3/22/1985
Deborah A. Goodwin	4/8/1985
Martha Dinwiddie	4/16/1985
Lon Halvorson	5/4/1985
Robert Martin	10/18/1985
Eric Kirbach	10/21/1985
Piega Delaney	10/29/1985
Cheryl Jones	11/27/1985
Michael Kriston	12/1/1985
Richard W. Trepus	12/28/1985

PINE LAKE	
Name	Member Since
Kirk Boys	10/26/1994
Elizabeth Busch	10/26/1994
Suzanne Dodd	10/26/1994
Donald Gerend	10/26/1994
Jon Manchester	10/26/1994
Jean Orphan	10/26/1994
Paul Pierce	10/26/1994
Susan Sullivan	10/26/1994
David Jobe	10/27/1994
Linda Tessier	11/9/1994
Sandee Angland	11/10/1994
Rob W. Robinson, Jr	11/18/1994
Brian Bofto	11/19/1994
Linda Owen	12/2/1994
Noreen Plath	12/21/1994
Richard Nierenberg	12/27/1994

Brian P. Mcginnis	12/29/1994
Suzanne Carlile	12/31/1994
Leslie W. Paup	1/3/1995
William D. Carlton	1/7/1995
Doris Harrison	1/12/1995
Arleen G. Winslow	1/28/1995
Kenneth D. Lichtenwalter	1/31/1995
James Osgood	1/31/1995
Geoffrey D. Stewart	2/21/1995
Judy Klein	2/25/1995
Irma Sikma	3/6/1995
Susan Latham	3/9/1995
John-Paul Zonta	4/1/1995
Sharyi Altchech	4/11/1995
Betsy Muller	4/25/1995
George W. Rowley, Jr.	5/6/1995
Beth Lundeberg	5/16/1995
Gary N. Bodenstab	5/19/1995
Craig M. Pfarr	6/20/1995
Betty Gest	6/22/1995
Marita Lane	7/5/1995
Erik Ploof	7/5/1995
Thomas J. Neary	7/13/1995
Scott Simmons	7/19/1995
Robert Diers	7/26/1995
Dorcas J. Dobie	7/26/1995
Andy Johnson	7/27/1995
Perry Bongiani	7/28/1995
Maryann Nakamura	8/5/1995
Leslie Keveren	8/8/1995
Molly Kimble	8/16/1995
Jeffrey W. Rogers	8/21/1995
Donald Walker	8/25/1995
Fran Barnes	9/9/1995
Peggy Mcauley	9/11/1995
Mark Phelps	9/14/1995
Frank Chism	9/16/1995
Joan L. Mamelok	9/20/1995
Meryl A. Harley	9/29/1995
Joellen Cruze	9/30/1995
Matt Payne	10/2/1995
Bradley A. Del Matto	10/24/1995
Michael Hemphill	10/31/1995
Timothy Kosnoff	11/1/1995
Steve Gabica	11/11/1995
Melanie Jennings	11/11/1995
Bruce Fears	11/12/1995

Continued on next page.

Our Valued Long-Term Members-continued

Peter Jarvis	11/14/1995
Morris B. Hanan	11/15/1995
Susan S. Nieswander	11/24/1995
Mitsue McHale	11/25/1995
Felix Chu, MD	12/16/1995
Diana D. Haynie	12/23/1995
John Eimer	12/24/1995
Brian G. Cawelti	12/27/1995
Mark E. Rodgers	12/27/1995
Sandy Dahl	12/31/1995
Larry J. Gilbert	11/30/1998
David Jensen	3/19/2001

SILVER LAKE

Name	Member Since
Anthony M. Fortino	5/1/1984
Madonna Manske	5/28/1984
Thomas Wynne	6/1/1984
Larry J. Harle	6/4/1984
Mary Messmer	6/4/1984
Darwin G. Paskett	8/10/1984
Robert Erickson	9/21/1984
Leo C. Naekel	12/31/1984
Emily J. Hughes	1/19/1985
Robert V. Bazzano	1/25/1985
Marlene Harmeling	4/1/1985
Lavonne Sheldon	4/27/1985
Richard H. Thorson	10/4/1985
Kenneth L. Long	10/8/1985
David L. Nix	10/29/1985
Joni L. McKenzie	12/31/1985
Dave Van Zile	1/31/1986
Timothy P. Ryan	2/20/1986
Ted J. Stensland	2/26/1986
Donald Kelly	3/6/1986
Richard A. Carroll	3/9/1986
Harvey Cherewick	3/25/1986
Everett Erk	7/25/1986
Shelee King George	10/15/1986
Jeanne Sandusky	1/23/1987
Walt Ellis	2/15/1987
Rob Alger	3/29/1987
James Hines	3/31/1987
Maria Karls	5/7/1987
Robert McBride	7/15/1987
Michael Bjorn	10/22/1987
Thomas Parmenter	12/24/1987
Jane Casselman	12/29/1987
Debbie Cooper	3/31/1988
Jill Knudson	5/7/1988
Nancy Smith	2/25/1989

Dave Walton	6/21/1989
Diane Sandry-Copeland	11/20/1989
Dale L. Zoebisch	12/27/1989
Beverly Hall	1/1/1990
Stephen Parke	1/18/1990
John W. Baldwin	1/27/1990
Robert Kerslake	1/27/1990
Heather Urwin	1/29/1990
Barbara J. Cizek	4/9/1990
Judy Lennard	6/30/1990
Patty Lee	4/2/1991
Donald Hedeem	8/19/1991
Bonnie Allen	7/23/1992
Chuck Nelson	8/15/1992
Ursula Erdmann	1/11/1993
Tammy Ahn	5/31/1995
Tina Kirk	8/31/1995
Arthur A. Vahratian	11/22/1995
Terry Q. Ryan	2/1/1996
Linda Christine	12/1/1997
Terry Corcoran	11/30/2000
Jennifer Adams	2/22/2007

COLUMBIA SUPER RANGE

Name	Member Since
Harold Pyatte	1/1/1999
Jack Pyatte	1/1/1999
Jim Oster	1/6/1999
Bruce Fenner	1/7/1999
Steve Pettit	1/9/1999
Tom Koontz	1/20/1999
Jimmy Boal	1/21/1999
Robert Edwards	1/22/1999
Harrison Jewell	1/25/1999
Jimmy Hebner	1/27/1999
Eric Barnum	1/30/1999
Dan Bryant	2/3/1999
Doug Long	2/14/1999
Byron L. Thom	2/15/1999
William D. Hazel	2/19/1999
Joe Masterson	2/19/1999
Alvin H. Ney	2/19/1999
Ed Chambard	2/25/1999
Hal C. Lakin	2/26/1999
Ted Jenes	2/27/1999
Bruce McCormack	3/4/1999
Ardean E. Wood	3/4/1999
Gary Bishop	3/15/1999
Ernie Spelger	3/15/1999
Donald Beirnes	3/24/1999
Mr. Ford	3/27/1999

Russ Snyders	4/9/1999
Helmuth Siemer Jr.	4/23/1999
Bill Moore	4/28/1999
Carol Bartmess	5/3/1999
Duane Diede	5/16/1999
George M. Nickle	6/5/1999
Mark A. Oglesby	6/16/1999
Ap Simon	7/27/1999
Dave Zirbes	9/25/1999

COLUMBIA FITNESS-SAMMAMISH

Name	Member Since
Gregory Gelfer	2/4/1995
Lesley W. Johnson	12/30/1995
Karen N. Howe	3/8/1996
Gary Keizur	5/17/1996
Bradley B. Holt	10/23/1996
Pamela Alexander	11/1/1996
Teresa Bretl	12/28/1996
Nels C. Nelson	3/5/1997
Douglas Reiss	7/31/1998
Christine M. Wynecoop	12/7/1998
Todd L. Safon	1/18/1999
Carol L. Colley	3/8/1999
David J. Borges	4/3/1999
Daniel J. Ivanoff	1/31/2000
Ray Dilauro	5/15/2000
Patti E. Finley	5/27/2000
Deena R. Loveland	6/14/2000
Chris M. Gentes	6/22/2000
Philip A. Milne	6/26/2000
Stephani Miller	7/4/2000
Kevin M. Ostic	7/14/2000
Robert L. Vogt	7/14/2000
Kelly L. Gaffney	7/28/2000
Carla J. Murphy	7/30/2000
Jerome R. Cohen	7/31/2000
Chip Dusseau	8/6/2000
Brian D. Fox	8/12/2000
Barbara M. Walden	9/5/2000
Erica Hines	9/20/2000
Marilyn Hulsman	9/30/2000
Patricia N. Webb	10/11/2000
Tim Vreeburg	10/31/2000
Eric M. Kutter	11/30/2000
Carolyn Rossi	11/30/2000
Lori Sutich	11/30/2000
Steven E. Leahy	12/1/2000
Kirtis T. Butler	12/9/2000

Philanthropy

Columbia Athletic Clubs has a long history of community involvement. Over the past few years, CAC has decided to focus its resources on a select few causes that hold a special place in the heart of the Oskoui Family.



Columbia Athletic Clubs 2009/2010 Bike MS Team

National Multiple Sclerosis Society - Greater Washington Chapter

Feryal Oskoui, co-founder of Columbia Athletic Clubs, was diagnosed with MS 8 years ago. With her direction and input the Company has taken a serious interest in raising awareness for this challenging disease.

Since 2007, Columbia Athletic Clubs has been a leading sponsor of Bike MS, a two-day cycling that spans throughout the Skagit Valley. Through CAC's sponsorship, fundraising and community support, Team CAC has raised over \$290,000 for

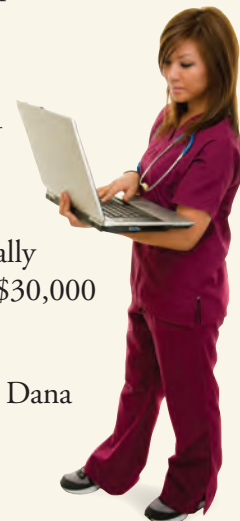
the MS Society. This achievement would not have been possible without the hard work of the riders and volunteers who support Team CAC. Columbia Athletic Clubs continues to grow its partnership with the National Multiple Sclerosis Society - Greater Washington Chapter. Recently, Allen Oskoui, President of Columbia Athletic Clubs, was invited to join the MS Society's Board of Trustees. An honor which he proudly accepted.

If you are interested in learning more about Team CAC or getting involved as a rider or volunteer, please contact Dana Oskoui at danao@columbiaathletic.com.

Oskoui Family Nursing Scholarship

In 2010 Columbia Athletic Clubs created the Oskoui Family Nursing Scholarship at the Bellevue College Foundation. The scholarship provides tuition assistance to a minimum of six Bellevue College nursing students each year. Columbia Athletic Clubs encourages all to get involved, especially Members. Every donation made by a CAC Member will be matched by the Oskoui Family, up to \$30,000 a year.

If you are interested in learning more about the Oskoui Family Nursing Scholarship please contact Dana Oskoui at danao@columbiaathletic.com.



The Next Generation



The Oskoui family today. Clockwise from top: Allen Oskoui and wife Dana, Alexis, Glenn, Farnaz, and Ashley Farringer, Feryal and Cy Oskoui, and Sydney Farringer.

Looking Forward

Our vision is to offer excellent service to our Members and to be the number one provider of health and lifestyle services in every community in which we operate. It is our long-term goal, not to be the largest, but to be the best in the minds of our Members, employees, vendors, communities and neighbors.

Columbia Athletic Clubs' operations are now managed by the second generation of Oskoui's and their colleagues, who strive every day to promote Cy's vision of inspiring healthier lives.

Where Families Develop Healthy Lifestyles



Once you have selected the perfect facility to meet your health and wellness goals, the next step is to become familiar with the services and programs that are offered to you and your family.

At Columbia Athletic Clubs, you will find a multitude of options to compliment your fitness needs, as well as the programs and services to suit you and your entire family. Our vision, “to inspire healthier lives,” is the backbone of our programming. We not only want to create and offer fun program options, but we also strive to include educational components with excellent instruction. All of our staff are highly qualified, with current credentials and experience. Our programs are

all designed to foster enthusiasm and prepare you for a healthier, more active future. We encourage you to become involved in the programs and amenities that set us apart from our competition.



Adult Group Exercise Classes Are Included In Membership*

- Hot Yoga
- Pilates
- Water Aerobics
- Cycling Class
- Strength Classes



Adult Fitness Training Comes In Many Forms*

- Group Training Including; TRX, Circuit, Kettle Bell, Running
- Gravity Training
- Pilates Reformers
- Personal Training



Family Programming*

- Swim Lessons
- Swim Team
- Jr. & Adult Tennis Lessons
- Basketball Classes
- Yoga Classes
- Gymnastics Classes
- Volleyball Classes
- Mini-me Sports Classes
- Advantage Sports
- Iron Kids Weight Training
- Fencing Classes
- Squash
- Kids Club
- Golf Driving Range

Special Events*

- Holiday Camps
- Jr. Tennis Tournaments
- Swim-a-thons
- Sports Clinics
- Kids Night Out
- Teen Nights
- Kids Cooking
- Babysitting Classes



*Group exercise, fitness and family programs vary per location.

Eight Simple Rules For Living Fit

Diets are for short-term weight loss. Ignore the hype and improve your diet. Here are some tips for leading a healthier lifestyle:

- **Be consistent with your exercise and eating.**

Even if you have only 15 to 20 minutes, do something instead of nothing. Exercise is cumulative and will add up at the end of the week. If you do 20 minutes a day every day, what you have at the end of the week is much better than nothing at all.

- **If you feel fatigued, give yourself a day off.**

Your muscles need time to recover, repair and grow. Your mind needs it, too. Your eating should mimic your life as far as making it about balance and moderation.

- **Remember to drink enough water.**

You can die from dehydration faster than starvation. If your socks make dents in your ankles, there's a good chance you're dehydrated.

- **Eat five smaller meals a day.**

Grazing will help to keep your metabolism revved up since the food becomes fuel. This occurs because the smaller meals are burned off and not stored as fat.

- **Balance your food.**

Eat a combination of lean proteins, complex carbohydrates and essential fats. Do not eliminate one food group from your diet! Remember this key word: balance. We absolutely need carbohydrates for energy, so choose the right type of carbs. Stay away from white, sugary ones; eat complex, high-fiber carbs. We even need essential fats for healthy hair, skin and nails. So avoid any fat-free diets, and, of course, consume lean protein to build muscle.



- **Be realistic about your goals and your body type, because genetics does play a big role.**

If you are 5'2", you cannot make yourself into a 5'10" Cindy Crawford-type. Healthy weight loss is dropping about 1 to 3 pounds per week. Always do things in a healthy way by taking it slowly and not going to extremes. Practice moderation — life is too short to do without a slice of pizza or chocolate cake once in a while.

- **Don't let your travels be an excuse to stop working out.**

Try to stay in a hotel that has a gym (most do).

- **Try something new at the gym.**

Whether it's a new exercise or a completely different routine, keep it interesting. Your body will get used to doing the same workout, so mix it up for best results.

-Article courtesy of Nancy Kennedy, Get Active, 1/15/06.





Columbia Athletic Clubs Locations:

1. **Silver Lake**
505 128th Street SE
Everett, WA 98208
Ph: 425-745-1617 • Fax: 425-338-4835
2. **Columbia Super Range**
511 128th Street SE
Everett, WA 98208
Ph: 425-338-2424 • Fax: 425-338-3655
3. **Juanita Bay**
11450 98th Avenue NE
Kirkland, WA 98033
Ph: 425-821-0882 • Fax: 425-821-4614
4. **Corporate Office**
11400 98th Avenue NE, Suite 300
Kirkland, WA 98033
Ph: 425-814-5300 • Fax: 425-814-1397
5. **Columbia Fitness-Sammamish**
22840 NE 8th Street, Suite 105
Sammamish, WA 98074
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