



PACIFIC ATHLETIC CLUB



My DSP & Me Fitness Crew

Strength in Community

This inclusive fitness group is a welcoming space for all bodies and abilities to move at their own pace, try new activities, and build confidence while connecting with others & bonding with your DSP!



Register Here!



Work directly with trainer
Tammy Paulson @ PAC
320 A St, Columbia City, OR



Every Thursday
2 PM - 2:45 PM
\$5 / Pair Per Session
Pay directly to Tammy Paulson

Day access to all gym facilities are included with each session attended;
Ages 10 & up recommended
www.advocateaccessnw.com

