

COACH SONNON

Partners with the Pacific Northwest's
Most Progressive Health Club

Circular Strength Training® Classes Beginning
January 15th at the Bellingham Athletic Club!

1. CST Ageless Mobility Pain-Free Wellness
2. CST Prasara Dynamic Flow Yoga
3. CST Combat Fitness Circuit Training
4. RMAX Sambo Grappling Martial Art



"CST is the Martial Art of Fitness"

**Train Better • Be Stronger
Live Longer**



The Exercise System Used By:

US Secret Service National Training Center

US Army Combatives School

National Law Enforcement & Security Institute



Scott Sonnon, Ph.D.

Distinguished Master of Sport

Doctorate in Physical Education

USA National Police Team Coach

USA National Martial Arts Team Coach

Multi-Sport International Martial Arts Champion

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**CST AGELESS MOBILITY
PAIN-FREE WELLNESS**



**CST PRASARA DYNAMIC
FLOW YOGA**



**CST COMBAT FITNESS
CIRCUIT TRAINING**

**RMAX SAMBO GRAPPLING
MARTIAL ART**

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US ARMY COMBATIVES SCHOOL
NATIONAL LAW ENFORCEMENT & SECURITY INSTITUTE

*“No matter what the rules of engagement,
I will coach you to excel in your
performance and to live long,
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