

Fitness & Sports

| Company Name | Owner Name | Contact Email | Website | Phone Number | Business Description |
|------------------------------|-------------------|--|--|----------------|---|
| The Barre Mill Creek | Jennifer McArthur | N/A | www.thebarremillcreek.com | (425) 582-0688 | Fitness studio and lounge, event space |
| F45 Training Bothell | Courtney Gibson | Bothell@F45Training.com | f45training.com/bothell/home | (425) 587-7834 | F45 Training workouts are designed to unify the muscle groups of the body and to help make you feel and perform better in all aspects of your life. |
| Brian Flugstad Golf Coaching | Brian Flugstad | bflugstad@hotmail.com | www.brianflugstad.com | (206) 713-4160 | Golf Coach |
| Run To Win Outreach | Caitlyn Houvener | info@runtowin.org | www.runtowin.org | (425) 776-2946 | We are a Christian sports ministry. We have summer sports camps for kids as well as community outreach programs |
| Seattle Tae Kwon Do | Brandon Richards | hello@seattletaekwondo.com | www.seattletaekwondo.com | (425) 712-5425 | Martial Arts Instruction |
| Systema USA | Kwan Lee | info@systema.us | www.systema.us | N/A | Self Defense in Shoreline. |