strength. community. wellness.
mission

Athletic Form is committed to helping our community experience a healthier way of life by delivering quality fitness to our members and guests.
meet the team

robel woldu
founder // director of sport performance & development

Robel took his passion for pro sports, health, and wellness and launched Athletic Form in Seattle. His creative approach to functional training has made him one of the most recognized trainers in the industry. His ability to integrate stability and performance in the programs he designs for his clients ensures their efficiency and success. Other assets revolve around designing injury preventative functional workouts.

“**My focus with athletes is not how much weight they can lift or how many reps of an exercise they can do, but rather, how well they move in their respective sports.**”

zach self
managing partner // director of operations & creative

Zach has been in the creative field since he was 15 years of age. Starting in the audio world then shifting to graphic design and web development. He’s had the privilege of working in a variety of capacities with multiple Fortune 50 companies. From organizational management to creative direction; An array of industries including retail, travel, not-for-profit, large enterprise and independent creative outlets have been his day-to-day workflow.

“My goal is to create the best possible experience for all of our clients and guests. These opportunities define my ongoing passion for greatness.”
**the story**

Robel’s mother fought hyperthyroidism disease most of her life, which is what sparked his interest in health and wellness. From a young age he saw firsthand what health issues can do to the body, mind, and to a person's will to live. “She is a fighter,” and figuring out a solution to help remedy his mother’s conditions came in the form of fitness.

“Without my mother, I wouldn’t be living out my purpose.” What started out as a way to stay healthy and fit, turned into an obsession to help his family, and on a larger scale, the community. Robel wanted to help people learn more about their bodies and how health and wellness is vital to living a long and joyful life.

Athletic Form is a place where you can find community, find support, and most importantly, find yourself. The transformations we've witnessed in the last 4 years have been nothing short of amazing and inspiring.

Just like Robel’s mother inspired him to learn more about fitness, we hope to inspire our community to do the same.

“She is a fighter.”

“Without my mother, I wouldn’t be living out my purpose.”

“Inspire our community.”
the difference

Athletic Form provides a special fitness experience for its members and guests through the use of its multi-faceted space and programs.
our community

Athletic Form is open to the public and welcomes all ages and abilities.
our products

Athletic Form offers the following programs and training:

• Classes
• Personal Training
• Batting Cages

• Event Rentals
• Nutritional Supplements
• Retail
bootcamp, AF style!
batting cages
strength & tone class
student athlete

class
personal training
get in touch

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