

## SMALL GROUP TRAINING

### HIIT60 Ages 15-up

HIIT60 combines an extensive range of fitness components: strength, endurance, power, flexibility, agility and balance using a variety functional equipment to deliver the most challenging workout on our schedule. Suited for moderate to high levels of fitness, this class includes running and jumping on hard surfaces.

Class may take place outside during favorable weather. Please bring water and towel. *24-Hour Cancellation Policy*

<b>Tuesdays</b>	<b>9:30am-10:30am</b>	<i>Andrew Kearney</i>
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4/4-6/6 \$12.50 (\$15) per class

<b>Thursdays</b>	<b>9:00am-10:00am</b>	<i>Jermaine Givens</i>
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4/6-6/8 \$12.50 (\$15) per class

<b>Fridays</b>	<b>12:00pm-1:00pm</b>	<i>Ahmaad Latfolla</i>
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4/7-6/9 \$12.50 (\$15) per class

<b>Saturdays</b>	<b>10:00am-11:00am</b>	<i>Andrew Kearney</i>
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4/8-6/10 \$12.50 (\$15) per class



## SMALL GROUP TRAINING

### Small Group Strength Ages 15-up

Strength class is focused on one thing, helping participants get stronger. With no running or jumping, this class is suitable for all fitness levels. Small class sizes help to ensure participants receive personalized instruction and appropriate exercise selection, based on needs and abilities. Classes use functional, whole-body exercises to help promote strength and lean muscle.

Class meets in the Performance Training Area. Please bring water and towel. *24-Hour Cancellation Policy*

<b>Mondays</b>	<b>8:30am-9:00am</b>	<i>Ahmaad Latfolla</i>
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4/3-6/5 \$7.50 (\$11) per class \*Excludes 5/29

<b>Tuesdays</b>	<b>6:00pm-6:30pm</b>	<i>Ahmaad Latfolla</i>
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4/4-6/6 \$7.50 (\$11) per class

<b>Wednesdays</b>	<b>8:30am-9:00am</b>	<i>Chelsea Gnida</i>
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4/5-6/7 \$7.50 (\$11) per class

<b>Fridays</b>	<b>8:30am-9:00am</b>	<i>Jermaine Givens</i>
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4/7-6/9 \$7.50 (\$11) per class

<b>Saturdays</b>	<b>9:30am-10:00am</b>	<i>John Bernos</i>
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4/8-6/10 \$7.50 (\$11) per class

<b>Sundays</b>	<b>9:00am-9:30am</b>	<i>Andrew Kearney</i>
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4/16-6/11 \$7.50 (\$11) per class \*Excludes 4/9



## SMALL GROUP TRAINING

### Intro to Strength Training Ages 18-up

Are you interested in strength training but aren't sure where to begin? If so, the Intro to Strength Training class is designed for you! Participants will meet twice per week as a small group to promote strength and fitness through functional, whole-body exercises. These sessions are coached by Liberty's personal trainers and are appropriate for all fitness levels. There is no running or jumping because the class is focused exclusively on strength training.

Class meets in the Performance Training Area. Please bring water and towel. *24-Hour Cancellation Policy*

<b>Wednesdays</b>	<b>9:15am-10:00am</b>	<i>John Bernos</i>
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4/12-5/19 2x week for 6 weeks \$204 (\$222)

### Water Yoga Ages 12-up

Water yoga is a pool-based yoga class that incorporates balance, strength, flexibility, and mobility. It is geared toward those with muscle tightness, injury or restricted movement. People with arthritis or any other chronic pain condition can enjoy the benefits of water yoga while reducing joint impact. Appropriate for all fitness and swimming experience levels. *24-Hour Cancellation Policy*

<b>Mondays</b>	<b>1:15pm-2:15pm</b>	<i>Irina Minikh</i>
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4/3-6/5 \$15 (\$19) per class \*Excludes 5/29



## SMALL GROUP TRAINING

What do you get when combining tailored training programs created by highly-qualified fitness professionals, with small groups of individuals that share similar health and fitness goals? The answer: Results!

Our small group training classes are designed for all fitness levels, it integrates the expertise of Liberty's trainers with the enthusiasm and accountability of exercising in a group environment. With class sizes limited to a maximum of 10, each person receives the guidance, encouragement and progression of personalized training.

The small group training classes are designed to complement the activities you may already be doing in the gym.

For further information contact  
Chelsea Gnida at  
[chelsea.gnida@libertyathletic.net](mailto:chelsea.gnida@libertyathletic.net)  
or 734-665-3738 ext. 129

# Small Group



## Spring 2023

*revised April 13, 2023*

Registration is required for all classes, and is open 7-days in advance of each class through the Liberty Mobile App or [Online Services](#). Classes are subject to change.



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