



Hello!

As the Director of Fitness and Wellness, I am excited to welcome you to Liberty! Part of your new membership includes two complimentary personal training sessions. These sessions are designed to set you on a meaningful path toward either improving your current fitness routine or beginning a new routine tailored to your specific fitness goals.

We encourage you to schedule your sessions soon, as members who schedule their first personal training session within the first two weeks of joining tend to experience more immediate positive results and deeper engagement with our community.

Please email sales@libertyathletic.net to set up your first new member personal training session via an email to our membership sales office. Upon completing your first session, you may then schedule your second one directly through your personal trainer. Please note that this special offer of NMPT expires after six months of membership.

I am also including a [link](#) to our personal training brochure which introduces you to our staff of personal trainers and details their specialties. While not all of our trainers can accept new member personal training sessions, those that can indicate their availability at the end of their bios.

Again, welcome to Liberty – and I look forward to seeing you around the club!

Best Regards,

Chelsea Gnida
Director of Fitness and Wellness
Liberty Athletic Club