

SMALL GROUP TRAINING

Intro to Strength Training Ages 15-up

Have you been wanting to start strength training but not sure where to begin? Then Intro to Strength Training is just for you! Participants will meet twice per week as a small group to complete full body workouts coached by Liberty's personal trainers who will help to ensure participants receive personalized instruction and appropriate exercise selection, based on needs and abilities. Intro to Strength Training is focused on one thing, helping participants get stronger. With no running or jumping, this class is suitable for all fitness levels. 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*

Wednesdays & Fridays	9:30am-10:00am <i>Chelsea Gnida</i>
	9:30am-10:00am <i>Krista Dixon</i>
4/6-5/13	2x week for 6 weeks \$108 (\$150)

TRX Total Body Ages 12-up

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. The TRX uses gravity and the user's body weight to complete the exercises. This 30 minute class delivers a fast total body workout that helps build a solid core and increases muscular endurance.

Thursdays	10:30-11:00am <i>Nanci Abou Hassan</i>
3/31-6/9	\$7.50 (\$11) per class



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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*

Mondays	8:30am-9:00am <i>Chelsea Gnida</i>
3/28-6/6	\$7.50 (\$11) per class <i>Excludes 5/30</i>
Wednesdays	8:30am-9:00am <i>Chelsea Gnida</i>
3/30-6/8	\$7.50 (\$11) per class
Fridays	6:00am-6:30am <i>Rich Fernandez</i>
	8:30am-9:00am <i>Jermaine Givens</i>
4/1-6/10	\$7.50 (\$11) per class
Saturdays	11:00am-11:30am <i>Chelsea Gnida</i>
4/2-6/11	\$7.50 (\$11) per class

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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*

Tuesdays	9:30am-10:30am <i>Krista Dixon</i>
3/29-6/7	\$12.50 (\$15) per class
Thursdays	9:00am-10:00am <i>Jermaine Givens</i>
3/31-6/9	\$12.50 (\$15) per class
Saturdays	10:00am-11:00am <i>Jermaine Givens</i>
4/2-6/11	\$12.50 (\$15) per class



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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
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Small Group
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