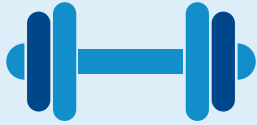


Small Group Training

WINTER-SPRING 2026



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 12, 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.

Registration

Registration for small group classes opens 30-days prior to each class.

Cancellation Policy

A minimum of 24 hours is required for cancellation. Same-day cancellations or failure to cancel will result in the entire fee being retained.



HIIT60

Ages 15+

HIIT60 combines an extensive range of fitness components: strength, endurance, power, flexibility, agility and balance using a variety of 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.

Tuesdays

9:00-10:00am *Ome Udo*

1/6-6/9 \$13.75 (\$16.50) per class

Thursdays Excludes 11/27, 12/25, 1/1

9:00-10:00am *Jermaine Givens*

1/8-6/11 \$13.75 (\$16.50) per class

Functional Kettlebell Class

Ages 15+

This class offers a comprehensive routine, typically including a dynamic warm-up, skill-focused strength work and an intense conditioning circuit, all using just a kettlebell and bodyweight. It's suitable for all fitness levels, with modifications provided to ensure a challenging and effective workout for everyone.

Class meets in the Performance Training Area. Please bring water and towel.

Saturdays

10:00-11:00am *Ome Udo*

1/3-6/13 \$13.75 (\$16.50) per class



Small Group Strength

Ages 15+

This class is designed to build total-body strength through functional, controlled movements with no running or jumping required. Small class sizes allow for personalized instruction and exercise selection tailored to individual needs and abilities. Participants will focus on proper form, balanced muscle development, and progressive strength gains.

Class meets in the Performance Training Area. Please bring water and towel.

Mondays Excludes 5/25

8:30-9am *John Bernos*

1/5-6/8 \$8.25 (\$12) per class

Wednesdays Excludes 12/24, 12/31

8:30-9am *Ome Udo*

1/7-6/10 \$8.25 (\$12) per class

Thursdays Excludes 11/27, 12/25, 1/1

6-6:30pm *Marion Chaloux*

1/8-6/11 \$8.25 (\$12) per class

Fridays

8:30-9am *Jermaine Givens*

1/2-6/12 \$8.25 (\$12) per class

Sundays Excludes 4/5

10:30-11am *Marion Chaloux*

1/4-6/14 \$8.25 (\$12) per class

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TRX/Bosu Ball Fusion

Ages 15+

This small group training session blends TRX suspension training with Bosu Ball strength and balance work for a dynamic, full-body workout. Participants will improve core stability, strength, coordination, and overall functional fitness using controlled movements and intentional muscle engagement. The class is designed to challenge all levels while maintaining a supportive, technique-focused environment.

Class meets in the Performance Training Area. Please bring water and towel.

Mondays

4:30pm-5:30pm *Ome Udo*

4/6-6/8 \$13.75 (\$16.50) per class

Aqua Yoga

Ages 12+

Aqua Yoga is a pool-based yoga class that incorporates balance, strength, flexibility, and mobility. This low-impact class is ideal for anyone with muscle tightness, injuries, arthritis, or chronic pain; and offers a soothing way to move while reducing stress on the joints. Aqua Yoga is appropriate for all fitness levels and requires no swimming experience.

Class meets in the Lagoon Lazy River.

Tuesdays

5:00pm-5:45pm *Irina Minikh*

1/6-6/9 \$13.75 (\$16.50) per class



Pilates Reformer

Ages 13+

Gain power and flexibility and decrease the risk of injury with Pilates reformer training. The Pilates reformer is a machine that uses springs and pulleys to create resistance while performing controlled exercises.

Private/Semi Private Pilates Reformer Training

RATES

A 24-hour cancellation policy applies to all private/semi private training.

60 minutes	member	non-member
Private	\$79.00	\$87.00
2 People	\$45.50 (each)	\$54.75 (each)
3 People	\$36.00 (each)	\$44.25 (each)
4+ People	\$32.25 (each)	\$40.00 (each)

30 minutes	member	non-member
Private	\$47.00	\$52.00
2 People	\$28.75 (each)	\$34.50 (each)
3 People	\$23.50 (each)	\$27.75 (each)
4+ People	\$19.75 (each)	\$24.50 (each)

Contact one of our Pilates reformer instructors to schedule your personalized private or group training session.

Pilates Reformer Instructors

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