

## SMALL GROUP TRAINING



### Intro to Strength Training Ages 12-15

If your child is interested in strength training for sports, or just for fitness, this class is where they should begin! Not only will they learn proper technique, but they'll start building fitness and strength while learning.

Led by Liberty's certified personal trainers, this three-class program will safely introduce young participants to the fundamental principles of strength training. The goal of the program is to have each participant understand and demonstrate proper technique and form in five foundational movement patterns: Squatting, Lifting, Lunging, Pushing, Pulling. All participants will begin using bodyweight and will only be progressed to light dumbbells, bands, and medicine balls after demonstrating proper technique.

Class meets in the Performance Training Area. Hand sanitizer will be readily available and FDA-approved disinfectant will be used on all equipment before and after class. Please bring a towel and water.

*24-Hour Cancellation Policy*

#### Tuesdays 5:00pm-5:45pm Arianne Espiritu

4/6-4/20	3 mtgs	\$45 (\$54)
4/27-5/11	3 mtgs	\$45 (\$54)
5/18-6/1	3 mtgs	\$45 (\$54)

#### Thursdays 5:00pm-5:45pm Arianne Espiritu

4/8-4/22	3 mtgs	\$45 (\$54)
4/29-5/13	3 mtgs	\$45 (\$54)
5/20-6/3	3 mtgs	\$45 (\$54)

## 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.

Meets in the Performance Training Area & Group Fitness Studio. Please bring a mat, towel and water.

#### Mondays 8:30am-9:00am Rowdy Wilson

4/5-5/24	\$7.50 (\$11) per class
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#### Tuesdays 6:00pm-6:30pm Arianne Espiritu

4/6-5/25	\$7.50 (\$11) per class
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#### Wednesdays 8:30am-9:00am Rowdy Wilson

4/7-5/26	\$7.50 (\$11) per class
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#### Thursdays 6:00pm-6:30pm Arianne Espiritu

4/1-5/27	\$7.50 (\$11) per class
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#### Fridays 8:30am-9:00am Jermaine Givens

4/2-5/28	\$7.50 (\$11) per class
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## SMALL GROUP TRAINING



### MRT Ages 15-up

MRT 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.

Meets on the basketball court. Please bring water and towel.

#### Tuesdays 9:30am-10:30am R.J. Meske

4/6-5/25	\$12.50 (\$15) per class
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#### Thursdays 9:30am-10:30am R.J. Meske

4/1-5/27	\$12.50 (\$15) per class
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#### Saturdays 10:00am-11:00am Jermaine Givens

4/3-5/29	\$12.50 (\$15) per class
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## 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  
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**Small Group**  
Spring 2021

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