

Small Group Training

FALL 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 Rowdy Wilson

9/8-12/29 \$13.75 (\$16.50) per class

Thursdays Excludes 11/26

9:00-10:00am Jermaine Givens

9/10-12/31 \$13.75 (\$16.50) per class

Functional Kettlebell

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

9/12-12/19 \$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

8:30-9:00am Emma Dirkse

9/14-12/28 \$8.25 (\$12) per class

Wednesdays

8:30-9:00am Ome Udo

9/9-12/30 \$8.25 (\$12) per class

Thursdays Excludes 11/26

6:00-6:30pm Marion Chaloux

9/10-12/17 \$8.25 (\$12) per class

Fridays

8:30-9:00am Jermaine Givens

9/11-12/18 \$8.25 (\$12) per class

Saturdays

9:00-9:30am Emma Dirkse

9/12-12/19 \$8.25 (\$12) per class

Sundays

10:30-11:00am Marion Chaloux

9/13-12/27 \$8.25 (\$12) per class