



Balanced Body - Small Group Program

This program is not a quick-fix, eight-week program providing guarantees about how much weight or how many sizes you can lose. It is not a program for those looking to try the next new thing. This is a program for those who have had enough, for those who are tired of being tired, fed up with not having the energy, strength, endurance and peace of mind to embrace life to its fullest. This program is for those finally ready to build the habits necessary for embracing a balanced body.

This evidenced-based lifestyle program will help educate, motivate and reinforce participants efforts to establish healthy habits in nutrition, exercise, and recovery. In addition to tracking weekly goals for exercise, nutrition and wellness, participants will meet twice per week as a group to complete full body workouts coached by Liberty's personal trainers. As the weeks progress, participants will be required to complete additional exercise sessions on their own, preparing themselves for maintaining exercise habits past the conclusion of the program. Most of the exercise sessions will require the use of a Myzone heart rate monitor, which is required for participation in the program.

Liberty's nutritionist will help participants establish better eating habits and make healthier food choices. Every week will include achievable goals for gradually improving the quality of each person's nutrition. Participants will also be able to attend weekly nutrition coaching sessions, or view sessions online through the Facebook group dedicated to the Balanced Body.

This program will also use a cutting edge mobile training platform for participants to track their workout progress and stay accountable. Participants will be able to access their workouts online and through their smartphone in addition to their assessments taken before, during and after the program.

Program Date

MORNING SESSION

January 21-March 15

EVENING SESSION

January 22-March 14

Cost

\$299 Member | \$349 Non-Member

Registration Required | 48 Hour Cancellation Policy

Program Breakdown

- ✓ Pre-, Mid-, and Post-Assessments
- ✓ 8 Weeks of exercise programs
- ✓ 2x per week trainer-led 60-minute workouts
- ✓ Weekly nutrition, exercise and wellness goals
- ✓ Weekly group nutrition coaching
- ✓ Cloud-based nutrition and exercise tracking
- ✓ Email support with Liberty's nutritionist and trainers

Trainer Led Workouts

MORNING SESSION

Mondays 9am-10am

Fridays 9am-10am

EVENING SESSION

Tuesdays 6pm-7pm

Thursdays 6pm-7pm

Nutrition Coaching Sessions

MORNING SESSION

Mondays 10am-10:30am

EVENING SESSION

Tuesdays 5:30pm-6pm

