

## 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.

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

<b>Mondays</b>	<b>8:30am-9:00am</b>	<i>Chelsea Gnida</i>
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9/13-12/27 \$7.50 (\$11) per class

<b>Wednesdays</b>	<b>8:30am-9:00am</b>	<i>Chelsea Gnida</i>
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9/1-12/29 \$7.50 (\$11) per class

<b>Fridays</b>	<b>8:30am-9:00am</b>	<i>Jermaine Givens</i>
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9/3-12/17 \$7.50 (\$11) per class \*Excludes 11/26

## SMALL GROUP TRAINING



### HIIT30 Ages 15-up

For those short on time, but still want a complete workout, this shortened version of the HIIT60 class combines an extensive range of fitness components; strength, endurance, power, flexibility, agility, and balance. Delivering a highly effective workout designed to improve comprehensive fitness and body composition in only 30 minutes.

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

<b>Tuesdays</b>	<b>6:00pm-6:30pm</b>	<i>Arianne Espiritu</i>
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9/7-12/28 \$7.50 (\$11) per class

<b>Thursdays</b>	<b>6:00pm-6:30pm</b>	<i>Arianne Espiritu</i>
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9/9-12/30 \$7.50 (\$11) per class \*Excludes 11/25

## SMALL GROUP TRAINING



### 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.

<b>Tuesdays</b>	<b>9:30am-10:30am</b>	<i>R.J. Meske</i>
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9/7-12/28 \$12.50 (\$15) per class

<b>Thursdays</b>	<b>9:30am-10:30am</b>	<i>R.J. Meske</i>
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9/9-12/30 \$12.50 (\$15) per class

<b>Saturdays</b>	<b>10:00am-11:00am</b>	<i>Jermaine Givens</i>
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9/11-1/18 \$12.50 (\$15) per class

## 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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