

SMALL GROUP TRAINING

new class Youth Intro to Strength 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 body weight and will only be progressed to light dumbbells, bands, and medicine balls after demonstrating proper technique.

Class meets in the Performance Training Area. Please bring water and towel. *24-Hour Cancellation Policy*

Tuesdays 5:00pm-5:45pm Andrew Kearney

6/14-6/28	3 mtgs	\$45 (\$54)
7/5-7/19	3 mtgs	\$45 (\$54)
8/16-8/30	3 mtgs	\$45 (\$54)

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. *24-Hour Cancellation Policy*

Tuesdays 9:30am-10:30am Krista Dixon

6/14-8/30	\$12.50 (\$15) per class
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Thursdays 9:00am-10:00am Jermaine Givens

6/16-9/1	\$12.50 (\$15) per class
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Saturdays 10:00am-11:00am Andrew Kearney

6/18-9/3	\$12.50 (\$15) per class
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SMALL GROUP TRAINING

new class LAC Runs Ages 12-up

LAC Runs is designed to be a group running community where we can come together not just to run, but also get to know and support one another. Open to anyone, advanced or beginners. The group includes an OPTIONAL step-by-step process to run the Detroit FREE Press Races in October 2022 safely and successfully while avoiding injury. Each run will begin with a dynamic warm-up and be followed with an appropriate and progressive running workout if following the training plan. Meets by the front door. *24-Hour Cancellation Policy*

Wednesdays 6:30am-7:30am Chelsea Gnida

6/15-8/31	\$7.50 (\$11) per class
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TRX Total Body Ages 12-up

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. The TRX uses gravity and the user's body weight to complete the exercises. This 30 minute class delivers a fast total body workout that helps build a solid core and increases muscular endurance.

Fridays 9:30am-10:00am Nanci Abou Hassan

6/17-9/2	\$7.50 (\$11) per class
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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. *24-Hour Cancellation Policy*

Mondays 8:30am-9:00am Chelsea Gnida

6/13-9/5	\$7.50 (\$11) per class
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Wednesdays 8:30am-9:00am Chelsea Gnida

6/15-8/31	\$7.50 (\$11) per class
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Fridays 6:00am-6:30am Rich Fernandez 8:30am-9:00am Jermaine Givens

6/17-9/2	\$7.50 (\$11) per class
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Saturdays 9:30am-10:00am Andrew Kearney

6/18-9/3	\$7.50 (\$11) per class
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Sundays 9:00am-9:30am Andrew Kearney

7/3-9/4	\$7.50 (\$11) 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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or 734-665-3738 ext. 180



revised June 27, 2022

Registration is required for all classes, and is open 7-days in advance of each class through the Liberty Mobile App or [Online Services](#). Classes are subject to change.



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