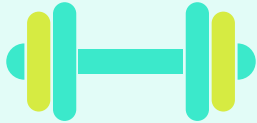


Small Group Training

SPRING 2025



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.



HIIT60

Ages 15+

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.

Tuesdays

9:00-10:00am Rich Fernandez

1/28-6/10 \$12.50 (\$15) per class

Thursdays

9-10am Jermaine Givens

1/2-6/12 \$12.50 (\$15) per class



Small Group Strength

Ages 15+

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.

Mondays

8:30-9am John Bernos

1/6-6/9 \$7.50 (\$11) per class

Wednesdays

8:30-9am Chelsea Gnida

1/8-6/11 \$7.50 (\$11) per class

Fridays

8:30-9am Jermaine Givens

1/3-6/13 \$7.50 (\$11) per class

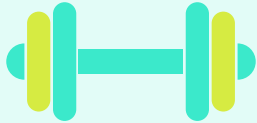
Sundays *Excludes 4/20

10:30-11am Marion Chaloux

1/5-6/15 \$7.50 (\$11) per class

Small Group Training

SPRING 2025



Cancellation Policy

A 24-hour Cancellation Policy is applicable to per class programs. A minimum of 24 hours is required for cancellation. Same-day cancellations or failure to cancel will result in the entire fee being retained

Information

For further information contact Director of Fitness & Wellness, Chelsea Gnida, at chelsea.gnida@libertyathletic.net or 734-665-3738 ext. 180

Starting Strength **New Class**

Ages 15-up

Ready to start strength training but not sure where to begin? Starting Strength is designed just for you!

Participants will meet once a week as a small group and complete full-body workouts led by a Liberty personal trainer. You'll receive personalized instruction and tailored exercise selection based on your needs and abilities.

This class focuses on one goal—helping you build strength. With no running or jumping, it's suitable for all fitness levels. Using functional, whole-body exercises, you'll develop strength and lean muscle in a supportive and guided setting.

Wednesdays

9:00-9:45am Chelsea Gnida

4/2-4/23 4 mtgs \$80 (\$100)

5/7-5/28 4 mtgs \$80 (\$100)

Thursdays

6:00-6:45pm Marion Chaloux

4/3-5/1 4 mtgs \$80 (\$100) *excludes 4/17*

Women's Strength Training **New Class**

Ages 15-up

Empower yourself with Women's Strength Training, a full-body workout designed for women of all fitness levels. Led by Liberty's personal trainers, this class focuses on resistance exercises, weightlifting, and proper technique to help you build muscle, increase endurance, and support bone health—all in a motivating and supportive environment.

Tuesdays & Thursdays

8:30-9:00am Nanci Abou Hassan

4/1-4/24 8 mtgs \$120 (\$140)

Fit4Life **New Class**

Ages 15-up

Stay strong and prepared for all stages of motherhood with FIT4Life—a strength and core-focused class designed specifically for moms. Whether you're addressing pelvic floor concerns, diastasis recti, postpartum aches, or simply looking to rebuild strength, this class provides the support you need.

Led by a certified personal trainer, FIT4Life incorporates core conditioning, full-body strength training, and targeted exercises to engage the abdominal muscles, pelvic floor, and major muscle groups. With modifications for all fitness levels, you'll enjoy a safe, effective, and empowering workout tailored to your needs.

Tuesdays

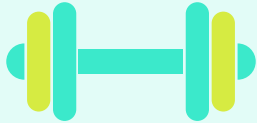
11:00-11:45am Chelsea Gnida

4/1-4/29 5 mtgs \$110 (\$130)

5/6-6/3 5 mtgs \$110 (\$130)

Small Group Training

SPRING 2025



Pilates Reformer Classes

Ages 13-up

The Pilates reformer is a machine that uses springs and pulleys to create resistance while performing controlled exercises. Proper form and technique are emphasized in each class, with individual attention and instruction. Gain power and flexibility and decrease the risk of injury with Pilates reformer training.

Wednesdays

9:30-10:30am *Katie G.*

1/8-6/11 \$25 (\$29) per class

Fridays

9:15-10:15am *Davy D.*

1/3-6/13 \$25 (\$29) per class

Private/Semi Private Pilates Reformer Training

RATES

A 24-hour cancellation policy applies to all private/semi private training.

	member	non-member
60 minutes		
Private	\$75.00	\$83.00
2 People	\$43.50 (each)	\$52.00 (each)
3 People	\$34.50 (each)	\$42.00 (each)
4+ People	\$31.00 (each)	\$38.00 (each)
30 minutes		
Private	\$44.00	\$49.00
2 People	\$27.00 (each)	\$32.50 (each)
3 People	\$22.00 (each)	\$26.00 (each)
4+ People	\$18.50 (each)	\$23.00 (each)

Contact one of our Pilates reformer instructors to schedule your personalized private or group training session.

Pilates Reformer Instructors

Cheryl Gulbranson

cheryl.gulbranson@libertyathletic.net

Davy Darnton

davy.darnton@libertyathletic.net

Tricia Wise

tricia.wise@libertyathletic.net