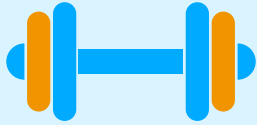


Small Group Training

WINTER-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 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.

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

9:30-10:30am Andrew Kearney

1/7-6/10 \$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

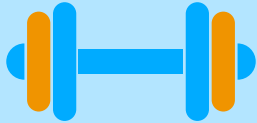
Sundays *Excludes 4/20

10:30-11am Marion Chaloux

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

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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

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

Wednesdays

10:45-11:45am 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.

60 minutes	member	non-member
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	member	non-member
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

Youth Plyometrics & Agility **New Class**

Ages 8-14

Do you have a young athlete in your family who is looking to increase their strength and power, enhance their coordination and balance, and boost their cardiovascular fitness – all while becoming more a more confident individual athlete and a more effective team player?

Check out our new Youth Plyometrics and Agility training class!

Geared toward 8-14-year-olds, Youth Plyometrics and Agility is a dynamic class designed to enhance athletic performance and build foundational movement skills on the field or on the court by focusing on improving participants' speed, strength, and coordination through fun and engaging exercises.

The class incorporates the following components:

Plyometric Training that incorporates explosive movements such as jumps, bounds, and hops to develop power and speed.

Agility Drills that challenge participants to navigate various obstacle courses and ladder drills to improve quickness and agility on the field or court.

Teamwork that promotes engagement in fun group challenges and games while simultaneously honing physical skills.

Skill Development that focuses on practicing proper technique and body mechanics to reduce the risk of injury and improve overall performance.

Class meets in the Performance Training Area.

Tuesdays

5-5:45pm Mike Kellner

1/7-1/21	3 mtgs	\$45 (\$54)
2/4-2/18	3 mtgs	\$45 (\$54)
3/4-3/18	3 mtgs	\$45 (\$54)