



# balanced body

Small Group Program



## 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 week's 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 Registered Dietitian 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 smartphones in addition to their assessments taken before, during and after the program.

## Program Dates

March 2 - May 1 (excludes 3/30 & 4/3)

## Cost

\$349 Member | \$399 Non-Member

## Program Breakdown

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

## Trainer Led Workouts

Mondays 9am-10am  
Fridays 9am-10am

## Nutrition Coaching

Mondays 10am-10:30am

*Registration Required  
48 Hour Cancellation Policy*

