

YOUTH FALL FITNESS

Register on-line or through the Liberty Mobile App!



OUTDOOR FITNESS & FUN

Tuesdays | 4:00-4:45pm

Sept. 15 - Sept. 29

Free | Members Only

Registration is required and is open 6 days before each class.

Outdoor Fitness & Fun introduces physically distanced sports, conditioning, games and more to kids ages 7-11. With different activities each week, it's sure to keep them moving and smiling. Classes will be structured to ensure physical distancing, including individual workout circles marked on the ground.

Class meets in the grass field between tennis courts and outdoor pools. Hand sanitizer will be readily available and FDA-approved disinfectant will be used on all equipment before and after class. Please have children bring water.



STRENGTH TRAINING FOR YOUNG ATHLETES

Thursdays | 5:00-5:45pm

Sept. 17 - Oct. 1

\$39 Members | \$45 Non-Members

Registration Required | 24 Hours Cancellation Policy

Led by Liberty's certified personal trainers, this three-class program will expand upon the fundamentals of strength training to help young athletes build or increase their strength, performance, and resistance to injury.

Participants should have some prior experience with resistance training. Class meets in the south parking lot. Hand sanitizer will be readily available and FDA-approved disinfectant will be used on all equipment before and after class. No equipment sharing will be permitted and all participants will be physically distanced. Please bring a mat, towel, and water.



INTRO TO STRENGTH TRAINING

Tuesdays | 5:00-5:45pm

Sept. 15 - Sept. 29

\$39 Members | \$45 Non-Members

Registration Required | 24 Hours Cancellation Policy

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 several foundational movement patterns. 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 south parking lot. Hand sanitizer will be readily available and FDA-approved disinfectant will be used on all equipment before and after class. No equipment sharing will be permitted and all participants will be physically distanced. Please bring a mat, towel, and water.