



MZ-Instruct is a new dynamic private or semi-private workout session, following a preset moderate to high-intensity workout designed by Liberty Instructors.

- Preset workout sessions use Myzone created functional videos for participants to follow
- Participants follow simple on-screen videos displayed on the Group Fitness Studio TVs with built-in timers for work and rest intervals
- Reservations are required and may be made up to two days in advance of each workout session
- Reservation times designated specifically as private or semi-private with a maximum of two people
- Workout session formats will change weekly
- A Myzone belt is not required

MZ - INSTRUCT SCHEDULE | Effective Monday, January 4

All workout sessions are held in the Group Fitness Studio | Ages 15+

MON	TUE	WED	THU	FRI	SUN
4:15-4:45pm 1 Participant	6:00-6:30am 1 Participant	4:15-4:45pm 1 Participant	6:00-6:30am 1 Participant	4:15-4:45pm 1 Participant	8:30-9:00am 1 Participant
5:00-5:30pm 2 Participants	6:45-7:15am 2 Participants	5:00-5:30pm 2 Participants	6:45-7:15am 2 Participants	5:00-5:30pm 2 Participants	9:15-9:45am 2 Participants
	9:00-9:30am 2 Participants		9:00-9:30am 2 Participants		
	9:45-10:15am 1 Participant		9:45-10:15am 1 Participant		
	10:30-11:00am 2 Participants		10:30-11:00am 2 Participants		

