

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.

For further information contact
R.J. Meske, Director of Fitness & Wellness
rj.meske@libertyathletic.net or 734-665-3738 ext. 129

SMALL GROUP TRAINING



Small Group Strength Ages 15-up

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.

Meets in the Performance Training Area & Group Fitness Studio. Please bring a mat, towel and water.

Mondays	8:30am-9:00am	<i>Rowdy Wilson</i>
1/18-2/22	\$7.50 (\$11) per class	
Tuesdays	6:00pm-6:30pm	<i>Arianne Espiritu</i>
1/19-2/23	\$7.50 (\$11) per class	
Wednesdays	8:30am-9:00am	<i>Rowdy Wilson</i>
1/20-2/24	\$7.50 (\$11) per class	
Thursdays	6:00pm-6:30pm	<i>Arianne Espiritu</i>
1/21-2/25	\$7.50 (\$11) per class	
Fridays	8:30am-9:00am	<i>Jermaine Givens</i>
1/22-2/26	\$7.50 (\$11) per class	

SMALL GROUP TRAINING



MRT Ages 15-up

MRT 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.

Meets on the basketball court. Please bring water and towel.

Tuesdays	9:30am-10:30am	<i>R.J. Meske</i>
1/19-2/23	\$12.50 (\$15) per class	
Thursdays	9:30am-10:30am	<i>R.J. Meske</i>
1/21-2/25	\$12.50 (\$15) per class	
Saturdays	10:00am-11:00am	<i>Jermaine Givens</i>
1/23-2/27	\$12.50 (\$15) per class	

Small Group Training



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