

## SMALL GROUP TRAINING

### HIIT60 Ages 15-up

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. *24-Hour Cancellation Policy*

**Tuesdays** 9:30am-10:30am Krista Dixon

9/6-12/27 \$12.50 (\$15) per class

**Thursdays** 9:00am-10:00am Jermaine Givens

9/8-12/29 \$12.50 (\$15) per class \*Excludes 11/24

**Saturdays** 10:00am-11:00am Andrew Kearney

9/10-12/17 \$12.50 (\$15) per class

### TRX Total Body Ages 12-up

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. The TRX uses gravity and the user's body weight to complete the exercises. This 30 minute class delivers a fast total body workout that helps build a solid core and increases muscular endurance.

**Fridays** 9:30am-10:00am Nanci Abou Hassan

9/9-12/30 \$7.50 (\$11) per class



## SMALL GROUP TRAINING

### **new class** Foam Rolling Ages 12-up

Foam rolling is a form of self-myofascial release. This self-administered massage technique uses pressure to alleviate tension and tissue adhesions or "knots" in muscles and fascia. Foam rollers can improve core stability, muscle recovery, strength, balance and flexibility.

*24-Hour Cancellation Policy*

**Mondays** 12:30-1:00pm Nanci Abou Hassan

10/17-11/7 4 mtgs \$52 (\$64)



### **new class** Chairobics Ages 12-up

Chair fitness is a 30-minute long cardiovascular workout focusing on strength training and flexibility moves, all completed while you sit on a chair. This class is great for men and women of all ages. A perfect exercise class for seniors, those just starting an exercise routine, those with balance issues, those recovering from an injury, surgery or busy parents trying to get a quick workout in.

*24-Hour Cancellation Policy*

#### **The benefits of a chair workout:**

- Allows you to stay active and independent
- Decreases risk of injury
- Improves balance and coordination
- Maintains muscular strength
- Enhance flexibility
- Develops a more functional body

**Fridays** 12:30-1:00pm Nanci Abou Hassan

10/21-11/11 4 mtgs \$52 (\$64)

## 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.

Class meets in the Performance Training Area. Please bring water and towel. *24-Hour Cancellation Policy*

**Mondays** 8:30am-9:00am Chelsea Gnida

9/12-12/26 \$7.50 (\$11) per class

**Wednesdays** 8:30am-9:00am Chelsea Gnida

9/7-12/28 \$7.50 (\$11) per class

**Fridays** 6:00am-6:30am Rich Fernandez  
\*Excludes 11/25

8:30am-9:00am Jermaine Givens

9/9-12/30 \$7.50 (\$11) per class

**Saturdays** 9:30am-10:00am Andrew Kearney

9/10-12/17 \$7.50 (\$11) per class

**Sundays** 9:00am-9:30am Andrew Kearney

9/11-12/18 \$7.50 (\$11) per class



## SMALL GROUP TRAINING

### Youth Intro to Strength Ages 12-15

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 five foundational movement patterns: Squatting, Lifting, Lunging, Pushing, Pulling. 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 Performance Training Area. Please bring water and towel. *24-Hour Cancellation Policy*

**Tuesdays** **5:00pm-5:45pm** *Andrew Kearney*

9/20-10/4	3 mtgs	\$45 (\$54)
10/11-10/25	3 mtgs	\$45 (\$54)
11/1-11/15	3 mtgs	\$45 (\$54)



## 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  
Chelsea Gnida at  
chelsea.gnida@libertyathletic.net  
or 734-665-3738 ext. 180

 **Small Group**  
Fall 2022

*revised August 2, 2022*

Registration is required for all classes, and is open 7-days in advance of each class through the Liberty Mobile App or [Online Services](#). Classes are subject to change.

 **LIBERTY**  
**ATHLETIC CLUB**

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