

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 Andrew Kearney

4/4-6/6 \$12.50 (\$15) per class

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

4/6-6/8 \$12.50 (\$15) per class

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

4/8-6/10 \$12.50 (\$15) per class



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 8:00am-8:30am Ahmaad Latfolla

4/3-6/5 \$7.50 (\$11) per class *Excludes 5/29

Tuesdays 6:00pm-6:30pm Ahmaad Latfolla

4/4-6/6 \$7.50 (\$11) per class

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

4/5-6/7 \$7.50 (\$11) per class

Fridays 8:30am-9:00am Jermaine Givens

4/7-6/9 \$7.50 (\$11) per class

Saturdays 9:30am-10:00am John Bernos

4/8-6/10 \$7.50 (\$11) per class

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

4/16-6/11 \$7.50 (\$11) per class *Excludes 4/9



SMALL GROUP TRAINING

Intro to Strength Training Ages 18-up

Have you been wanting to start strength training but not sure where to begin? Then Intro to Strength Training is just for you! Participants will meet twice per week as a small group to complete full body workouts coached by Liberty's personal trainers who will help to ensure participants receive personalized instruction and appropriate exercise selection, based on needs and abilities. Intro to Strength Training is focused on one thing, helping participants get stronger. With no running or jumping, this class is suitable for all fitness levels. 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*

Wednesdays & Fridays 9:15am-10:00am John Bernos

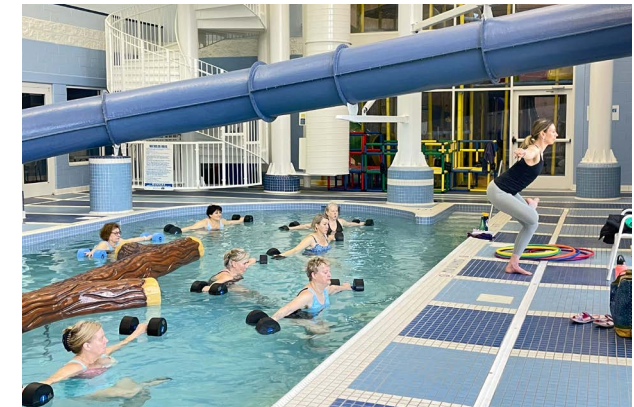
4/12-5/19 2x week for 6 weeks \$204 (\$222)

Water Yoga Ages 12-up

Water yoga is a pool-based yoga class that incorporates balance, strength, flexibility, and mobility. Geared toward those with muscle tightness, injury or restricted movement. People with arthritis or any other chronic pain condition can enjoy the benefits of water yoga while reducing joint impact. Appropriate for all fitness and swimming experience levels. *24-Hour Cancellation Policy*

Mondays 1:15pm-2:15pm Irina Minikh

4/3-6/5 \$15 (\$19) per class *Excludes 5/29



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. 129

Small Group
Spring 2023

revised March 17, 2023

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.



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