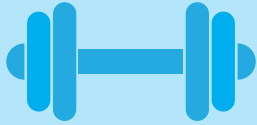


# Small Group Training

Summer 2024



## 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.

## Registration

Registration for small group classes opens 30-days prior to each class.



## HIIT60 Ages 15+

HIIT60 combines an extensive range of fitness components: strength, endurance, power, flexibility, agility and balance using a variety of 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 meets in the Performance Training Area. Please bring water and towel.

### Tuesdays

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

6/18-8/27 \$12.50 (\$15) per class

### Thursdays

**9-10am** *Jermaine Givens*

6/20-8/29 \$12.50 (\$15) per class

## Small Group Strength Ages 15+

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.

### Mondays

**8:30-9am** *John Bernos*

6/17-8/26 \$7.50 (\$11) per class

### Wednesdays

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

6/19-8/28 \$7.50 (\$11) per class

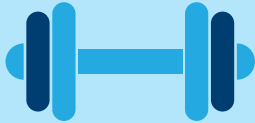
### Fridays

**8:30-9am** *Jermaine Givens*

6/21-8/30 \$7.50 (\$11) per class

# Small Group Training

Summer 2024



## Cancellation Policy

A 24-hour Cancellation Policy is applicable to per class programs. A minimum of 24 hours is required for cancellation. Same-day cancellations or failure to cancel will result in the entire fee being retained

## Information

For further information contact Director of Fitness & Wellness, Chelsea Gnida, at [chelsea.gnida@libertyathletic.net](mailto:chelsea.gnida@libertyathletic.net) or 734-665-3738 ext. 180

## Youth Intro to Strength Training

**Ages 12-16**

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 class 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.

### Tuesdays

**5-6pm** *Mike Kellner*

7/2-8/27 \$20 per class  
Members Only



## Pilates Reformer

**Ages 13+**

The Pilates Reformer is a machine that uses springs and pulleys to create resistance while performing controlled exercises. Proper form and technique are emphasized in each class while the small class size allows for individual attention and instruction. Increase the effectiveness of your other workouts, gain power and flexibility and decrease the risk of injury with Pilates Reformer.

### Fridays

**9-10am** *Davy Darnton*

6/21-8/30 \$25 (\$29) per class



## Private/Semi Private Pilates Reformer Training

### RATES

A 24-hour cancellation policy applies to all private/semi private training.

|                   | member         | non-member     |
|-------------------|----------------|----------------|
| <b>60 minutes</b> |                |                |
| Private           | \$75.00        | \$83.00        |
| 2 People          | \$43.50 (each) | \$52.00 (each) |
| 3 People          | \$34.50 (each) | \$42.00 (each) |
| 4+ People         | \$31.00 (each) | \$38.00 (each) |
| <b>30 minutes</b> |                |                |
| Private           | \$44.00        | \$49.00        |
| 2 People          | \$27.00 (each) | \$32.50 (each) |
| 3 People          | \$22.00 (each) | \$26.00 (each) |
| 4+ People         | \$18.50 (each) | \$23.00 (each) |

Contact one of our Pilates reformer instructors to schedule your personalized private or group training session.

### Pilates Reformer Instructors

**Cheryl Gulbranson**

[cheryl.gulbranson@libertyathletic.net](mailto:cheryl.gulbranson@libertyathletic.net)

**Davy Darnton**

[davy.darnton@libertyathletic.net](mailto:davy.darnton@libertyathletic.net)

**Tricia Wise**

[tricia.wise@libertyathletic.net](mailto:tricia.wise@libertyathletic.net)