



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!

Club Fit 10 (CFX) is our new small group training program! 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 CFX program contains four unique classes. Each is designed to complement each other, as well as many of the activities you may already be doing in the gym. The following questions may help you determine which class(es) best fit your personal goals:

- Do you regularly take spin classes, but miss out on the benefits of strength training? We've put many of our Strength classes either before or after our spin classes, for your convenience.
- Do you like the intensity of our Muscle Max and Pump and Jump classes, but are ready for the next challenge? It's here! Try our Metabolic Resistance Training (MRT) classes.
- Are you looking for a new exercise program, but don't know where to start? Our three, 30 minute classes are designed for all fitness levels, insuring each person receives an ideal workout.
- Are you looking to burn calories and improve your conditioning, but get bored with traditional cardio activities? Our innovative Cardio class is efficient and incorporates a variety of activities and intensities to keep you engaged.
- Do you keep telling yourself you need to improve your flexibility and core, but often forgo spending time on either? Our Core & Restore class only takes 30 minutes and will leave you feeling better.

For more specific details on each class, please review the individual class descriptions.

**Contact Director of Fitness & Wellness,  
R.J. Meske for further information.**

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## SMALL GROUP TRAINING WEEKLY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
<b>AM Classes</b>								
6:00	Strength	MRT	Strength	MRT	Strength			6:00
6:30	Cardio		Cardio		Cardio			6:30
7:00	Core&Restore				Core&Restore			7:00
7:30								7:30
8:00								8:00
8:30	Strength		Strength		Strength			8:30
9:00	Cardio		Cardio		Cardio	MRT	Strength	9:00
9:30	Strength	MRT	MRT	MRT	Strength		Cardio	9:30
10:00	Cardio				Cardio	Cardio	Core&Restore	10:00
10:30	Core&Restore	Strength	Core&Restore	Strength	Core&Restore			10:30
11:00								11:00
<b>PM Classes</b>								
6:00	Strength	MRT	Strength	MRT				6:00
6:30	Cardio		Cardio					6:30
7:00	Core&Restore		Core&Restore					7:00
7:30								7:30

### Metabolic Resistance Training (MRT) - 60 Min.

This class targets an extensive range of fitness components: strength, endurance, power, flexibility, agility and balance. Designed to improve comprehensive fitness and body composition, it is an intense, highly-effective workout. To achieve maximum results, participants should try to attend this class 1-2 times per week. *24-Hour Cancellation Policy*

### Strength - 30 Min.

Individuals seeking improvements in strength will find this structured strength class a perfect complement to their existing exercise program. Small class sizes help to ensure participants receive personalized instruction and appropriate exercise selection, based on needs and abilities. Following a short, tailored warm-up, classes use functional, whole-body exercises to help promote strength and lean muscle. *24-Hour Cancellation Policy*

### Cardio - 30 Min.

This structured interval training class is designed to improve conditioning and burn calories. Not only is this class designed to take the boredom out of aerobic exercise; it is completely unique to each individual. By using heart rate and perceived exertion, instructors coach participants at an individual level, regardless of fitness. Participants are strongly encouraged to utilize a heart rate monitor, e.g., the MYZONE, Polar, etc. *24-Hour Cancellation Policy*

### Core & Restore - 30 Min.

Designed for individuals interested in improving balance, mobility and core strength; this class combines whole-body, functional core training exercises, with effective strategies for improving mobility and balance. Core strength, mobility, and movement efficiency are cornerstone to healthy training and advanced fitness. This class helps individuals maximize the results of their entire exercise regimen. *24-Hour Cancellation Policy*

## RATES

### PACKAGES

Available to Liberty members only. Packages may be purchased through the Concierge or Front Desk.

#### 60 Minute Class Packages

4/per Month	\$59	Recurring Monthly Fee
8/per Month	\$94	Recurring Monthly Fee
*Unlimited	\$119	Recurring Monthly Fee
<i>*May be used for both 30 and 60 minute classes</i>		

#### 30 Minute Class Packages

4/per Month	\$34	Recurring Monthly Fee
8/per Month	\$49	Recurring Monthly Fee
*Unlimited	\$64	Recurring Monthly Fee
<i>*May only be used for 30 minute classes</i>		

### PER CLASS FEE (without package)

Open to Liberty members and non-members

60 Minute Class	30 Minute Class
\$20(\$22 non)/per class	\$11(\$12.50 non)/per class

The CFX package is valid from date of purchase to the last day of the month (first month cost and number of sessions will be prorated and charged on the date of purchase). \*The CFX package is a recurring charge, charged automatically on the last day of every month for the following month's services.

### BILLING

Members will be charged on the last day of the month for the following month's package. This is a recurring charge unless you cancel or change your package selection before the last day of the prior month.

### CANCELLATION POLICY

Future packages may be cancelled at any time, but once a package has been billed it is non-refundable. If you do not use monthly package sessions the remaining sessions cannot be applied to the next month's services.

### NONTRANSFERABLE

Members cannot share packages or transfer sessions to other members within the same membership.

### REFUNDS AND CREDITS

In the case of medical restrictions, the cancellation policy and fees will be taken into consideration, and a partial or full refund may be issued. All classes require a 2 person minimum. Participants will be notified 24 hours in advance of a cancellation.

## FAQ'S

### How do I purchase a package?

Stop by the Front Desk or Concierge, ask for the CFX agreement, and select the number of classes you would like to take each month. Packages may not be purchased online.

### How do I cancel or change my monthly package?

Your original CFX program form will be used to process any changes you would like to make. Just stop by the front desk or concierge to make the necessary changes.

### May I combine my 30 minute package sessions to take a 60 minute class, or split my 1 hour package session to take two 30 minute classes?

Unfortunately, we are not able to accommodate the use of 30 or 60 minute package sessions interchangeably. If you are interested in both class types, we highly recommend considering the unlimited 60 minute package. This offering will provide you with access to both class types, each month.

### May I rollover my unused sessions?

In order to help keep you accountable, as well as obtain your desired result, the rollover of unused sessions is not permitted. With over 40 class offerings per week, we are confident you will have plenty of opportunities to use your sessions each month, even if unexpected circumstances force you to miss one or more classes.

### How do I sign up for classes?

You may sign up for classes at the Front Desk, Concierge, or through our Online Services Portal (*located on our website*). Once you have logged onto the portal, utilize the Group Fit 10 Icon. Classes may be scheduled up to 30 days in advance.

### What happens if I'm forced to miss one of my classes?

Unfortunately, due to limited class sizes, any enrollment/registration that is not cancelled 24 hours or more in advance will result in losing the value of that class.

### What happens if the classes I want to go to are all full?

With over 40 class offerings each week, we are confident you will have the opportunity to make excellent use of our monthly package options.

### Do I need to be in great shape to take CFX classes?

Absolutely not! One of the outstanding benefits of the CFX small group training program is our instructors' ability to modify the workout for any fitness level. Whether you have trouble running or difficulty with push-ups, we will make sure each workout pushes you, but doesn't punish you.

SMALL GROUP TRAINING



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