How do Lift Club classes accommodate different fitness levels?

Lift Club FAQs · https://physeq.com/phys-eq-faq/how-do-lift-club-classes-accommodate-different-fitness-levels/

How do Lift Club classes accommodate different fitness levels?

At Physical Equilibrium, we understand that every individual has unique fitness levels and goals. Our Lift Club classes are designed to cater to different fitness levels, creating a supportive and inclusive environment for all participants.

1. Intro Lift Club Class

If you are new to weightlifting or are just coming back from an injury or lots of time off, we suggest you take the Intro to Lift Club class which is offered. The personal trainer for the intro class can assess how long you would need to stay in the intro class before moving up to the general and open level Lift Club class that is offered several times per week. You also may want to consider private personal training, in addition to the Intro to Lift Club class so that you get more personalized attention and work on your weaknesses before progressing to the general class.

2. Small Group Setting

Our Lift Club classes are conducted in small groups (max of 4 participants), allowing our trainers to provide personalized attention to each participant. This enables us to modify exercises and provide proper guidance and support based on your fitness level.

3. Progression and Adaptation

We believe in gradual progression and adaptation. As you continue attending Lift Club classes, our trainers will monitor your progress and adjust the intensity and difficulty of the exercises accordingly. This ensures that you are constantly challenged and making progress while avoiding any risk of injury.

4. Modification Options

If you have any specific limitations or injuries, our trainers will provide modification options for certain exercises. This allows you to still participate in the class and work towards your fitness goals while taking care of your individual needs. It is advised to try the Intro to Lift Club class before moving onto the general open level Lift Club class.

5. Supportive Community

Our Lift Club classes foster a supportive and friendly community. Regardless of your fitness level, you will find encouragement and motivation from both our trainers and fellow participants. This positive atmosphere makes it easier to stay committed and enjoy your workout sessions.

Join us at Physical Equilibrium in Midtown Manhattan, New York City, and experience the inclusive and accommodating nature of our Lift Club classes. Contact us at (text or call) +1(917) 873-6100 or visit our contact page for any further questions or to book a session. We look forward to helping you achieve your health and fitness goals!

Find the Lift Club schedule Here!