How often are Lift Club classes held?

Lift Club FAQs · https://physeq.com/phys-eq-faq/how-often-are-lift-club-classes-held/

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At Physical Equilibrium, we understand the importance of small group weight lifting classes like Lift Club. These classes provide a supportive and motivating environment for individuals to reach their fitness goals. We offer Lift Club classes at our workout facility located in Midtown Manhattan, New York City.

Frequency of Lift Club Classes

Lift Club classes are held multiple times throughout the week to accommodate different schedules and preferences. We want to make sure everyone has the opportunity to participate and benefit from this engaging workout experience. We also offer an Intro to Lift Club for individuals who are brand new to weightlifting or are coming back from a period of inactivity or injury.

Flexible Schedule

Our Lift Club classes are designed with flexibility in mind. We offer morning, afternoon, and evening sessions to cater to various time constraints. Whether you're an early bird or prefer to workout after work, we have options available for you.

Expert Guidance and Support

During Lift Club classes, you'll be guided by our experienced trainers who are passionate about helping you achieve your fitness goals. They will provide personalized instruction, ensuring proper form and technique to maximize your results while minimizing the risk of injury.

Join Us Today!

Don't miss out on the opportunity to be a part of our Lift Club community. Experience the benefits of small group weight lifting classes and take your fitness journey to the next level. Contact us via text or call at +1(917) 873-6100 to learn more, or see our Lift Club class schedule and sign up to get started.