

Complimentary Classes | For Adults

Basketball Court (BBC) Group Fitness Studio (GFS) Lagoon Activity Center (LAC) Mind Body Studio (MBS) Spinning Studio (SS)*
**Registration Required*

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM
6:00-7:00	Muscle Max +Cardio	Nancy	(GFS)	6:00-7:00	Vinyasa Flow Yoga	Andrea	(MBS)	6:00-7:00	Muscle Max	Del	(GFS)	6:00-7:00	Vinyasa Flow Yoga	Sam	(GFS)	5:50-6:35	Spinning®	Shelley	(SS)*	8:00-9:00	Step Fusion	Lori	(GFS)
6:00-7:00	Spinning®	Shelley	(SS)*	8:30-9:15	Upper/Lower	Jamie	(GFS)	7:30-8:00	Abs & Stretch	Del	(GFS)	8:00-9:00	Pilates	Fran	(GFS)	6:00-7:00	Extreme Pump & Jump	Nancy	(BBC)	9:00-10:00	Muscle Max +Cardio	Nancy	(GFS)
8:15-9:00	TBC	Del	(GFS)	9:15-10:15	Spinning®	Kathy	(SS)*	8:15-9:15	Barre Blend	Lori	(GFS)	8:15-9:15	TBC	Lori	(GFS)	8:15-9:00	PowerFit	Kathy	(GFS)	9:00-10:00	Spinning®	Chrissy	(SS)*
9:15-10:15	DanceFit	Lisa	(GFS)	9:15-10:15	Pilates	Lori	(GFS)	8:30-9:15	Spinning®	Andrea	(SS)*	9:15-10:15	Spinning®	Kathy	(SS)*	9:15-10:15	Spinning®	Kathy	(SS)*	9:00-10:00	Pilates	Fran	(MBS)
9:30-10:30	Spinning®	Nancy	(SS)*	10:20-11:15	TKO Cardio	Lori	(GFS)	9:30-10:30	Vinyasa Flow Yoga	Marty	(MBS)	10:30-11:30	Vinyasa Flow Yoga	Kathy	(MBS)	9:15-10:15	Step Fusion	Lea	(GFS)	10:10-11:10	Yin Yoga	Chrissy	(MBS)
9:15-10:15	Extreme Pump & Jump	Andrea	(BBC)	5:45-6:45	Spinning®	Katie	(SS)*	9:30-10:30	Step Fusion	Lori	(GFS)	5:45-6:45	Spinning®	Cheryl M.	(SS)*	9:15-10:15	Extreme Pump & Jump	Andrea	(BBC)	10:15-11:15	Muscle Max +Cardio	Lori	(GFS)
10:30-11:00	Barre Blend	Laura	(GFS)	6:00-7:00	DanceFit	Laura	(GFS)	12:00-1:00	Gentle Fitness	Joan	(GFS)	6:00-7:00	Upper/Lower	Del	(GFS)	10:20-11:15	TKO Cardio	Lori	(GFS)	12:30-1:30	Tai Chi	Chad	(MBS)
10:45-11:45	Vinyasa Flow Yoga	Sam	(MBS)	6:00-7:00	Tai Chi	Chad	(MBS)	1:15-2:15	H ₂ O Fitness	Kathy H.	(Pool)	6:00-7:00	Adult Kung Fu	Chad	(MBS)	10:30-11:30	Vinyasa Flow Yoga	Marty	(MBS)	SUNDAY			
11:30-12:30	LONGevity	Joan	(GFS)	7:00-7:30	Barre Blend	Katie	(GFS)	5:30-6:30	Spinning®	Cheryl G.	(SS)*	7:00-8:00	Reset + Restore Yoga	Sarah	(MBS)	12:00-1:00	Gentle Fitness	Joan	(GFS)				
1:15-2:15	H ₂ O Fitness	Joan	(Pool)					5:30-6:30	Total Body Blast	Rob	(GFS)					1:15-2:15	H ₂ O Fitness	Kathy H.	(Pool)	9:30-10:30	Spinning®	Cheryl G.	(SS)*
5:30-6:30	Spinning®	Cheryl M.	(SS)*																	9:45-10:30	Power Fit	Rob	(GFS)
5:30-6:30	Candle Light Yoga	Kathy	(MBS)																	10:30-11:15	Step Challenge	Rob	(GFS)
6:00-7:00	Muscle Max +Cardio	Lori	(GFS)																	11:00-12:00	Yoga Latte	Cheryl G.	(MBS)

Complimentary Classes | For Family & Kids *(Registration is required for Family & Kid classes, excludes 11/25-11/29)*

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			
TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM	TIME	CLASS	INST.	ROOM
9:45-10:30am	Shake-Rattle -Roll	Inst.	(LAC)	6:30-7:15pm	Kid Fit	Inst.	(LAC)	5:00-5:30pm	Younglings Lightsaber	Chad	(MBS)	6:30-7:15pm	Tween Fit	Inst.	(LAC)	9:45-10:30am	Shake-Rattle -Roll	Inst.	(LAC)	11:30-12:15	Family Yoga	Chrissy	(GFS)
4:15-5:15pm	Kung Fu Kids	Chad	(MBS)					5:30-6:30pm	Saberfit	Chad	(MBS)												

Liberty reserves the right to cancel any group fitness class that is consistently low on enrollment.

Adult Classes

DanceFit is a fun, high energy class that combines the hit music you love with easy to learn dance styles like swing, hip hop, and salsa. Get your total body workout with intervals of weight training* and abdominal work. Suitable for all levels of fitness, no experience needed. If you can march, you can do DanceFit!

Extreme Pump & Jump: The ultimate cross-training challenge! This pulse-pounding workout includes weight training along with athletic drills and calisthenics, for those who want intensity without complexity. Please note that this class includes extreme training elements like sprints and plyometrics, therefore we ask that you speak with the instructor before your first class.

Family Yoga: Description listed in Youth Programs Brochure.

Barre Blend: Fit Barre is now Barre Blend. Expand the possibilities with a creative blend of basic barre, pilates, yoga and strength training.

Gentle Fitness is geared toward beginning exercisers and those with neuromuscular tightness, injury or restricted movement. Improve your overall fitness with exercises utilizing your own body weight and various props such as a mat, ball or bands. If you can appreciate a class with slower movement with an emphasis on proper technique and posture, Gentle Fitness is the class for you.

Hard Core Cardio: Don't let the name fool you, this class is for everyone! Run, jump, push and pull your body weight while training your core muscles. No weights will be used during this class and modifications will be given to accommodate all fitness levels. Come have fun and be challenged.

H2O Fitness works your body against the three-dimensional resistance of water. No swimming experience is necessary. You'll expend more energy and gain greater toning in this "kind-to-your-joints" format.

LONGevity: The smart workout for keeping you long, strong, and balanced for life!

Muscle Max: No nonsense here, just pure muscle conditioning! Muscle Max uses free weights, resistance bands, body bars, and more to build strength and endurance.

Pilates is a no impact, mat-based workout that is suitable for all fitness levels. Build a strong core, increase strength and flexibility, and improve posture, stability and alignment. Runners, golfers, tennis enthusiasts, cyclers, and swimmers will find increased speed and stamina as well as a greater sense of muscular balance. Various props, such as a magic circle, theraband, weighted ball or foam roller may be utilized to bring additional focus to your workout.

PowerFit: A complete workout using the bosu, weights, body bar, and step. Fast paced and fun, this workout will challenge your whole body!

Spinning® simulates a road biking experience through motivational and visualization techniques accompanied by music. Your instructor will guide you through hills, flat terrain, jumps and changes in speed and intensity. This format is suitable for all levels of conditioning with emphasis upon individual goals. Please sign up for a bike at the front desk.

Step Fusion is a fun, fat-burning workout using an adjustable step platform and challenging weight training intervals. Our step fusion class includes 25 minutes of yoga based stretch.

Step Challenge: Non-stop step! Step challenge is a high intensity class that consists of intricate choreography at a fast pace. Step Challenge is for the advanced step participant.

TKO Cardio: Knock out calories in this fast and furious 40 minutes of cardio.

Total Body Blast: Work your entire body in this energetic, ever changing blend of cardio and strength intervals. Get ready to sweat!

Total Body Conditioning (TBC) is designed to condition the major muscle groups with the use of hand-held weights, bars, bands, an adjustable platform, and a resist-a-ball. High repetitions, low weight and moderate resistance will aid in sculpting the body. A member favorite!

Upper/Lower: Whether coupled with another class, your personal training session, or a little time on the fitness floor, this class is a great option for working the upper or lower body. Various tools including weights, bars, and bands will be used to focus on specific muscle groups while paying attention to proper form. Stretches will also be included in this multi-level classes.

Yoga

Reset & Restore Yoga: The things we do every day, office work, acting as chauffeur for our family, pushing through a tough workout, or all of the above, lead us to create structural imbalances in our bodies and form habits in our minds. Reset & Restore Yoga combines the principles of Hatha and Yin to undo that conditioning, restoring balance to the body and mind.

Vinyasa Flow Yoga/Candle Light Yoga: A popular style of yoga in which the breath is synchronized with a flowing sequence of postures. Each instructor brings their own unique variation, including music to enhance the flow and rhythm of class. This is a challenging and empowering practice emphasizing breath connection, core strength, and awareness.

Yin Yoga is a non-flow yoga in which poses are held for long periods. The asanas in Yin target the connective tissue, allowing for an overall increase in joint circulation and improvement in flexibility.

Yoga Latte is a combination of Pilates-based movements and Power Yoga to enhance strength, flexibility and core stability.

Your Pace Yoga: This unique multilevel class allows you to adjust the pace and flow of your practice for your body, for that day. Each class will include an anatomical theme and the instructor will provide pose guidance and variation. Begin, elevate or evolve your practice with Your Pace Yoga

Family & Kid Classes

Family Yoga: This class will teach basic yoga poses to help improve focus, relaxation and self-awareness. Parents are encouraged to participate with their children, but are not required to do so.

Kid Fit introduces sports, conditioning, obstacle play and more to children ages 4-6. With different activities each week, it's sure to keep them moving.

Kung Fu Kids: Come learn the beautiful art of Chinese Kung fu. Develop lower body strength, coordination, and a strong core with this fun and exciting class! Everything from basic footwork to jumping and spinning kicks will be covered. All levels are welcome and you work at your own pace. Please wear loose comfortable clothing and bring indoor footwear.

Saberfit is a workout like no other! Use the weapon of the Jedi to battle your way to fitness and fun with this non-contact high energy class. Fun for the entire family! Ages 7-up (5 if with a parent) are welcome and no experience is necessary. Wear loose comfortable clothing and stay attuned to the Force. Lightsabers are provided.

Shake-Rattle-Roll: This playtime is designed to include a variety of activities for children ages 2-4. Parachute games, ball games, obstacle courses and tumbling will all help to improve strength, flexibility and coordination.

Tween Fit introduces sports, conditioning, obstacle play and more to children ages 7-11. With different activities each week, it's sure to keep them moving.

Younglings Lightsaber: This 30 minute class teaches lightsaber basics and the discipline that goes with it. Participants will practice and learn in a safe environment. This is the perfect class for the aspiring young Jedi and Sith to ready them for more advanced classes. Loose comfortable clothing is recommended.



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