

## FITNESS SOLUTIONS

### TRX Suspension Training Ages 15-up

TRX Suspension Training is a high energy class designed for members who are looking for a challenging full body workout. This class uses functional movements incorporating the TRX Suspension Trainer® to deliver a metabolically challenging workout aiming to improve strength, power, flexibility and endurance. *2-day cxl policy*

Wednesdays	10:00-10:50am <i>RJ Meske</i>
	5:00-5:50pm <i>Nancy Arnold</i>



9/7-12/28 \$24 (\$30) *register per class*

Thursdays	6:00-6:50pm <i>RJ Meske</i>
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9/8-12/29 \$24 (\$30) *register per class*

### A2Z Group Training Ages 15-up

Small group training is an alternative to one-on-one training. Our drop-in small group training offers the benefits of working with a personal trainer at a fraction of the cost of the private rate with the flexibility to find a time that fits into your schedule. Whether you are trying to tone, improve general conditioning, or enhance your athletic ability, these small groups of up to four people will help you get the most out of your time in the gym. The flexibility of these sessions allow you to train with friends, family, co-workers or simply join other members looking to improve their fitness. *2-day cxl policy*

Tuesdays	6:00-7:00pm <i>RJ Meske</i>
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9/6-12/27 \$26 (\$32) *register per class*

Thursdays	6:00-7:00am <i>Rich Fernandez</i>
	10:00-11:00am <i>Marty Betts</i>

9/8-12/29 \$26 (\$32) *register. per class - no mtg. 11/24*

### Meet the Kettlebell Ages 15-up

**This small group program is all about the Kettlebell!** Learn proper form and technique when working out with Kettlebells to maximize this unique training tool's effect on your body. Workouts in this program will incorporate the principles of interval training, and aim to improve strength, endurance and body composition. *2-day cxl policy*

Tuesdays	6:00-7:00pm <i>Chad Eisner</i>
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10/4-10/25 4mtgs \$99 (\$119)  
11/1-11/22 4mtgs \$99 (\$119)  
11/29-12/20 4mtgs \$99 (\$119)

Thursdays	9:00-10:00am <i>Chad Eisner</i>
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10/6-10/27 4mtgs \$99 (\$119)  
11/3-11/17 3mtgs \$74.25 (\$89.25)  
12/1-12/22 4mtgs \$99 (\$119)



## FITNESS SOLUTIONS

### The Superhero Workout Ages 15-up

A total body workout that incorporates the use of cables, free weights, and body weight to deliver a challenging and fresh way of getting in super-shape. Some of the exercises bare such names as "Superman", "Catwoman", "Spiderman", and "Incredible Hulk". *2-day cxl policy*

Tuesdays	6:00-7:00pm <i>Rich Fernandez</i>
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9/13-10/4 4mtgs \$99 (\$119)  
10/11-11/1 4mtgs \$99 (\$119)

Saturdays	9:00-10:00am <i>Rich Fernandez</i>
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9/17-10/8 4mtgs \$99 (\$119)  
10/15-11/5 4mtgs \$99 (\$119)



### Mom to be Fitness

Appropriate for women in all stages of pregnancy, all trimesters and fitness levels are welcome! **All participants must have physician clearance and Health History forms completed before the first day of the program.** Health History forms are available at the Fitness Desk. *2-day cxl policy*

Fridays	9:00-10:00am <i>Susan Cutshaw</i>
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9/16-10/7 4mtgs \$99 (\$119)  
10/14-11/4 4mtgs \$99 (\$119)  
11/11-12/9 4mtgs \$99 (\$119) *does not meet 11/25*

### Stretch and Strength Ages 15-up

This program concentrates on weight training while utilizing free weights, Nautilus, FreeMotion, and a variety of non-traditional fitness equipment. Flexibility work will be incorporated using basic yoga principles. *2-day cxl policy*

Wednesdays	6:30-7:30pm <i>Chrissy Hanna</i>
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10/12-11/2 4mtgs \$99 (\$119)  
11/9-12/7 4mtgs \$99 (\$119) *does not meet 11/23*

## CHANGE YOUR BODY

### Fat Blasting Body Sculpt Ages 15-up

Get a total body workout designed to burn fat and sculpt your muscles! Techniques such as tempo changes, partial reps, holds and plyometrics will be used. This program will keep your heart rate elevated, enhancing cardiovascular fitness and fat-burning. **A heart rate monitor is required. Participants should have weight training experience.** *2-day cxl policy*

Mondays	12:00-1:00pm <i>Nancy Arnold</i>
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9/12-9/26 3mtgs \$74.25 (\$89.25)  
10/10-10/31 4mtgs \$99 (\$119)

## CHANGE YOUR BODY

### Triple Fat Burn Ages 15-up

A powerful and energizing workout. Triple Fat Burn combines the calorie burning effect of cardio intervals and the metabolic boost of resistance training to create an ideal workout for reducing body fat. Participants will use everything from free weights to no weights in this class designed to deliver maximum results for your effort. *2-day cxl policy*

Saturdays	10:00-11:00am <i>Josh Gordon</i>
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9/17-10/8 4mtgs \$99 (\$119)  
10/15-11/5 4mtgs \$99 (\$119)  
11/12-12/10 4mtgs \$99 (\$119) *does not meet 11/26*



### Beach Body Bound Ages 15-up

This class is designed for individuals looking for a core-focused workout that also stimulates your metabolism. This four-week class will utilize a combination of strength and cardio intervals to keep heart rates elevated. Designed to burn as many calories as possible while utilizing the metabolism boosting power of strength training. *2-day cxl policy*

Saturdays	9:30-10:30am <i>Nancy Drenning</i>
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9/17-10/8 4mtgs \$99 (\$119)  
10/15-11/5 4mtgs \$99 (\$119)  
11/12-12/10 4mtgs \$99 (\$119) *does not meet 11/26*

## SPORT SPECIFIC PROGRAMS

### Swim Technique - Triathlon Conditioning Ages 16-up

This class is for participants that can swim but really want to improve their swim stroke by learning proper technique. Each participant will get some one-on-one swim coaching that will focus on individual needs. Swimming has the distinction among endurance sports of being the most technique oriented. A one percent increase in efficiency can lead to a 25% yield in performance gain. *2-day cxl policy*

Wednesdays	10:00-11:00am <i>Barb Figurski</i>
	6:30-7:30pm <i>Barb Figurski</i>

10/5-10/26 4mtgs \$50 (\$60)  
11/2-11/16 3mtgs \$37.50 (\$45.00)  
11/30-12/21 4mtgs \$50 (\$60)

Sports Specific Programs continued on back panel >>>

## SPORT SPECIFIC PROGRAMS cont...

### Learn to Love Running I

**Ages 15-up**

The program includes a step-by-step process to begin running safely and successfully while avoiding injury. Each class will begin with a warm-up, followed by an appropriate and progressive running workout. Classes will finish with a short strength and core training session to assist participants in preparing their bodies for running. *2-day cxl policy*

<b>Fridays</b>	<b>12:30-1:30pm</b> <i>Marty Betts</i>
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9/16-10/7	4mtgs	\$99 (\$119)
10/14-11/4	4mtgs	\$99 (\$119)
11/11-12/9	4mtgs	\$99 (\$119) <i>does not meet 11/25</i>

### Learn to Love Running II

**Ages 15-up**



The program builds from the lessons learned in Learn to Love Running I and introduces more intermediate running techniques and programming strategies to help participants prepare for mid-distance running. This program will also include a progressively more challenging core component to supplement the increase in running. Each class will begin with a warm-up, followed by an appropriate and progressive running workout. Classes will finish with a short strength and core training session to assist participants in maintaining total body balance during their training. *2-day cxl policy*

<b>Fridays</b>	<b>9:00-10:00am</b> <i>Marty Betts</i>
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9/16-10/7	4mtgs	\$99 (\$119)
10/14-11/4	4mtgs	\$99 (\$119)
11/11-12/9	4mtgs	\$99 (\$119) <i>does not meet 11/25</i>

### Brick Workout

**Ages 16-up**



The Brick Workout complements the triathlon conditioning program. This class consists of two or more different cardio exercises used for strengthening and building cardio and muscular endurance. The class is 1-1/2 hours long. Each workout is different and will build upon the last workout. Heart rate monitors are highly recommended. Class content will be bike and running. Workouts will include intervals, hills and endurance rides. What a great way to stay in shape for the winter and keep up your cycling fitness! *2-day cxl policy*

<b>Wednesdays</b>	<b>11:00am-12:30pm</b> <i>Barb Figurski</i>
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10/5-10/26	4mtgs	\$50 (\$60)
11/2-11/16	3mtgs	\$37.50 (\$45.00)
11/30-12/21	4mtgs	\$50 (\$60)

## RECREATIONAL

Contact Kim Brodie for more information about the following programs. 734-665-3738 ext. 57  
email: [programs@libertyathletic.net](mailto:programs@libertyathletic.net)



### Family Tri-Fit Ages 12-up

Tri-Fit for families is an action packed 4 week training session incorporating swimming, cycling and running. Participating in this clinic is a fun way to train and prepare for a triathlon. On week 5 (November 29th) a final triathlon will be run with some unique family flare! The final tri date will give you a chance to combine all the skills you have mastered in a Liberty hosted triathlon. *2-day cxl policy*

<b>Tuesdays</b>	<b>5:30-6:30pm</b> <i>Lizzy Shurmur</i>	<b>NEW!</b>
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11/1-11/29	5mtgs	\$75 (\$94)
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### Volleyball Ages 17-up

**Bump, Set, Spike - for FUN!**

Liberty's volleyball program gives adults an opportunity to stay fit, socialize and have a great time playing this team sport! The first half hour will focus on improving specific skills, while the rest of the time will be spent playing the game. Play will be competitive (*we're keeping score!*) yet friendly in nature. **Good sportsmanship is a must!** Volleyball-specific knee pads are recommended. Meets at the basketball court. *2-day cxl policy*

<b>Fridays</b>	<b>6:30-7:30pm</b> <i>Lizzy Shurmur</i>
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10/7-10/28	4mtgs	\$35 (\$45)
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### Belly Dancing Ages 18-up

Learn the beautiful art of belly dancing while you pop, roll and shimmy your way to a slimmer core. This class consists of innovative mat work as well as choreography set to traditional music. No experience is required, bare feet and hip scarves are encouraged. *2-day cxl policy*

<b>Wednesdays</b>	<b>7:30-8:15pm</b> <i>Lori Stefanic</i>	<b>NEW!</b>
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9/14-9/28	3mtgs	\$30 (\$37.50)
10/5-10/26	4mtgs	\$40 (\$50)
11/2-11/16	3mtgs	\$30 (\$37.50)
11/30-12/21	4mtgs	\$40 (\$50)

### Swing Dancing

This clinic is designed to be taken without any prior dance experience and is perfect if you want a crash course on swing dancing. No partner necessary. *2-day cxl policy*

<b>Fridays</b>	<b>7:00-7:45pm</b> <i>Dorian Deaver</i>
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10/7-10/28	4mtgs	\$48 (\$60)
11/4-11/18	3mtgs	\$36 (\$45)

# Adult Fitness & Programs

Fall 2011

revised September 13, 2011

### Program Policies

#### Program Registration

Registration for all programs is done through our Concierge Desk. Both members and nonmembers must complete a registration form, and nonmembers must pay upon registration. Registration is accepted as space is available. You will be notified if a program is full and we cannot accept your registration. We reserve the right to cancel a program at any time; any registered participants will be notified in the event of program cancellation.

Registration forms may be faxed **-however-** faxing a registration form does not guarantee enrollment. Faxed forms will be processed Monday-Friday. You will receive a confirmation call, along with your registration status once your form has been processed. Please direct questions about faxed registration forms to Program Director, Kim Brodie, at 734-665-3738 ext. 57. **FAX: 734-665-6353**

#### Payment

Members: We will automatically bill programs and services to member accounts unless we receive an alternate method of payment before the program begins.

Nonmembers: Nonmembers must pay at the time of registration, **and** provide valid credit card information to keep on file (encrypted in our system). Liberty accepts nonmember payment by cash, Mastercard, Visa or Discover.

#### Proration based on Late Enrollment

Should you choose to register for a program after it has begun, you will be charged only for the remainder of the program period. Late enrollment may not always be permitted.

#### Refunds and Credits

In the case of severe injury or emergency, the cancellation policies and fees will be taken into consideration, and a partial or full refund may be issued.

#### Cancellation Policies

##### 2-day Cancellation Policy

Should cancellation be received within two days of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.



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