

NEW! **A2Z GROUP TRAINING**
REGISTER FOR EACH CLASS YOU WISH TO ATTEND

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.

Small group personal training sessions are 1 hour in length. Custom designed workouts are created specifically to meet the needs of each small group. Along with the experience and expert guidance of our certified trainers you will receive increased accountability, motivation and support from your trainer and fellow participants. *2-day cxl policy*

Tuesdays, 9:00am-10:00am *Nancy Drenning*
 June 21 - August 30 \$26 (\$32)

Tuesdays, 6:00pm-7:00pm *Amir Celik*
 June 21 - August 30 \$26 (\$32)

Thursdays, 6:00am-7:00am *Rich Fernandez*
 June 23 - Sept. 1 \$26 (\$32)

Thursdays, 10:30am-11:30am *RJ Meske*
 June 23 - Sept. 1 \$26 (\$32)

Thursdays, 5:30pm-6:30pm *Amir Celik*
 June 23 - August 4 \$26 (\$32)

Fridays, 9:00am-10:00am *Nancy Drenning*
 June 24 - Sept. 2 \$26 (\$32)

TRX F.I.T.
Functionally Intense Training

RJ Meske

TRX Functionally Intense 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®, kettlebells, plyometrics, and bodyweight training to deliver a metabolically challenging workout aiming to improve strength, power, flexibility and ignite the metabolic affect associated with high intensity exercise. *2-day cxl policy*

Wednesdays, 10:00am-11:00am

June 22 - July 13 \$99 (\$119)
 July 27 - August 17 \$99 (\$119)

Thursdays, 6:00pm-7:00pm

June 23 - July 14 \$99 (\$119)
 July 28 - August 18 \$99 (\$119)

TRX SUSPENSION TRAINING INTRODUCTION **NEW!**

Suspension Training is a revolutionary method of leveraged body weight exercise. In this single session class participants will learn how to easily set up the TRX® Suspension Trainer™ and perform a variety of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity they choose. This hands-on class is designed for all fitness levels, regardless of training experience. While participants will have the opportunity to experience the TRX this class is not designed to be a workout, but an opportunity to learn how to properly use the TRX. *2-day cxl policy*

Thursdays, 10:00am-10:50am *RJ Meske or Nancy A.*
 July 14 - Sept. 1 \$19 (\$24)

Saturdays, 9:00-9:50am *Rich Fernandez*
 July 16 - August 27 \$19 (\$24)

KUNG FU for adults
all levels

Chad Eisner

Shaolin Kung Fu is widely considered the “grandfather” of all traditional sequence of training that has been practiced in China for centuries. You will learn the stances, basic kicks and punches, as well as the traditional forms that are the hallmark of Chinese kung fu. Build the discipline for fitness, meditation, self defense, and peace of mind as you forge the unity of mind, body, and spirit. Meets at the indoor, full-size basketball court. Please wear black, loose-fitting pants, and tennis shoes. *2-day cxl policy*

Mondays and Wednesdays, 4:00pm-5:00pm

July 11 - July 27 \$48 (\$60)
 August 1 - August 10 \$32 (\$40)

BEACH BODY BOUND

Nancy Drenning

This program is designed for one thing: get your body ready for the beach! Class will combine strength and cardio intervals to keep your heart rate elevated, burn as many calories as possible and boost your metabolism. *2-day cxl policy*

Wednesdays, 6:00pm-7:00pm

June 22 - July 13 \$99 (\$119)
 July 20 - August 10 \$99 (\$119)
 August 17 - August 31 \$74.25 (\$89.25)



**JOIN IN THE FUN
WITH ONE OF OUR
TFIT CLASSES!**

TFit Foundations Ideal for beginners or seasoned athletes, this class introduces participants to the FreeMotion Tower equipment. The class focuses on practicing proper body alignment and positioning to insure each and every muscle is worked the way it was meant to. As with all TFit classes, **TFit Foundations** offers different progressions for each client, and is designed to meet the needs of individual fitness levels.

TFit AM Blast A whole-body workout in just 25 minutes! Includes strength, flexibility and cardiovascular exercises.

TFit CardioSculpt This fast-paced, high-intensity class is designed for those looking to take their fitness and physiques to the next level. The combination of cardio and strength intervals makes this an ideal class for experienced exercisers looking to get a complete workout in less than one hour!

TFit CardioChallenge Instead of using a treadmill, bike or elliptical for a cardio workout, Cardio Challenge uses full-body strength training intervals to improve stamina and burn calories.

TFit Fusion This high energy class combines strength, cardio and plyometric training to deliver a challenging and effective 50-minute workout.

TFit Glutes A 25 minute lower-body blast focusing on glute-specific moves.

TFit Peak Performance Looking to improve strength, stamina and boost your metabolism? Peak Performance is for you! This high energy class uses varying combinations of strength and endurance training to reach these goals.

See TFIT brochure for more details!

SUMMER SESSION 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

24-hour Cancellation Policy

Applicable to: Private/Semi-Private Swim Lessons, Personal Training, Spa Services, Tennis Court Reservations, Private/Semi-Private Tennis Lessons and Tennis Practices

A minimum of 24 hours is required for cancellation of the above services. Same-day cancellations or failure to cancel will result in the entire fee being retained. Should you arrive more than 15 minutes late for an appointment, the remainder of your time will be forfeited and the entire fee will be retained.

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.

5-day Cancellation Policy

Should cancellation be received within five 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.

14-day Cancellation Policy

Should cancellation be received within fourteen days (*two weeks*) 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.

Adult Fitness 
Summer 2011

revised July 26, 2011



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