

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*

Mondays	10:00-10:50pm <i>RJ Meske</i>
1/2-4/2	\$24 (\$30) <i>register per class</i>

Wednesdays	10:00-10:50am <i>RJ Meske</i>
	5:30-6:20pm <i>Nancy Arnold</i>
1/4-4/4	\$24 (\$30) <i>register per class</i>

Thursdays	6:00-6:50pm <i>RJ Meske</i>
1/5-4/5	\$24 (\$30) <i>register per class</i>

Strength & Conditioning for Young Women Ages 12-17



This comprehensive 4-week program will help young women, between the ages of 12-17, develop a sound understanding of safe and effective techniques for improving strength, agility, coordination, and endurance. Our certified Performance Enhancement Specialist will use exercises and conditioning strategies that focus on the most common problems in young females, such as the increasing abundance of knee injuries. By establishing higher levels of conditioning, increasing strength, and better coordination, this program is beneficial to every young woman. *2-day cxl policy*

Sundays	12:30-1:30pm <i>Sue Reyes</i>
1/22-2/12	4mtgs \$99 (\$119)
3/4-3/25	4mtgs \$99 (\$119)

TRANSFORMATION CHALLENGE
starts January 29, 2012

Check additional brochure for details.

FITNESS SOLUTIONS

Builders & Boomers: Functional Training for the Golden Years Ages 50-up



Maintaining strength, balance, and flexibility are vitally important to enjoying an active lifestyle during the Golden Years. In this 4-week program, our experienced fitness professional will lead participants through a progressive functional training program which accounts for the multitude of changes that accompany the aging process. From mild arthritis to joint replacement, there is a functional training program that can make a difference. *2-day cxl policy*

Tuesdays	12:30-1:30pm <i>Kate Lambright</i>
1/24-2/14	4mtgs \$99 (\$119)
2/21-3/13	4mtgs \$99 (\$119)

Low Impact Strength Training Ages 15-up



This unique program is designed specifically for novice exercisers or individuals concerned with the stress that weight training may place on joints. Centered around the Superslow method of training, this low-impact strength training program will use the FreeMotion and Nautilus equipment to deliver effective results, by emphasizing slow repetitions. After four weeks of training participants will have a sound understanding of how to incorporate a thorough strength training program, which minimizes joint stress. *2-day cxl policy*

Mondays	6:00-7:00pm <i>Rich Fernandez</i>
1/23-2/6	3mtgs \$74.25 (\$89)
2/13-2/27	3mtgs \$74.25 (\$89)
3/5-3/26	4mtgs \$99 (\$119)

INFORMATION

Contact Director of Personal Training,
RJ Meske, or the program's noted instructor,
for further information.

RJ Meske 734-665-3738 ext. 29
email: rj.meske@libertyathletic.net

Register for programs through the Concierge.

Program fees are based on the participant's membership status. 1st fee = Member rate; 2nd fee (in parentheses) = Nonmember rate

*Complete Program Policies Available at Front Desk

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 burning fat. **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>
1/16-2/6	4mtgs \$99 (\$119)
2/13-3/5	4mtgs \$99 (\$119)

Beach Body Bound Ages 15-up

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

Saturdays	10:00-11:00am <i>Nancy Drenning</i>
1/21-2/11	4mtgs \$99 (\$119)
2/18-3/10	4mtgs \$99 (\$119)
3/17-3/31	3mtgs \$74 (\$89)



SPORT SPECIFIC PROGRAMS

Strength Training for Golf Ages 15-up



This 4-week strength training program is designed to help increase power and counteract imbalances that are inherent with swinging a club. Sessions begin with developing a solid foundation by incorporating a variety of exercises including free weights, cables, and bands. This foundation is important for shifting toward the more golf-specific exercises in the remaining program. Participants looking to maximize the benefits of the program will be given supplemental exercise suggestions to be practiced on the days when class does not meet. *2-day cxl policy*

Wednesdays	7:00-8:00pm <i>Mark Middaugh</i>
1/25-2/15	4mtgs \$99 (\$119)
2/22-3/14	4mtgs \$99 (\$119)

Sundays	10:00-11:00am <i>Mark Middaugh</i>
1/29-2/19	4mtgs \$99 (\$119)
2/26-3/18	4mtgs \$99 (\$119)

Sports Specific Programs continued on back panel >>>

SPORT SPECIFIC PROGRAMS cont...

Learn to Love Running

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*

Fridays	9:00-10:00am	<i>Marty Betts</i>
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1/20-2/10	4mtgs	\$99 (\$119)
2/17-3/9	4mtgs	\$99 (\$119)
3/16-3/30	3mtgs	\$74 (\$89)

Swim Technique -

Triathlon Conditioning **Ages 16-up**

This class is for participants that can swim, but seek to improve their swim stroke by learning proper technique. Each participant will receive 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 1% increase in efficiency can lead to a 25% performance gain. *2-day cxl policy*

Wednesdays	10:00-11:00am	<i>Barb Figurski</i>
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1/25-2/15	4mtgs	\$50 (\$60)
2/22-3/14	4mtgs	\$50 (\$60)
3/21-4/4	3mtgs	\$37.50 (\$45)

Wednesdays	7:30-8:30pm	<i>Barb Figurski</i>
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1/25-2/15	4mtgs	\$50 (\$60)
2/22-3/14	4mtgs	\$50 (\$60)
3/21-4/4	3mtgs	\$37.50 (\$45)

Tri-Fit Brick Workout

The Brick Workout complements the triathlon conditioning program. This 1½ hour class consists of two or more differing cardio exercises, used for strengthening and building cardio and muscular endurance. Each workout is different and will build upon the previous workout. Heart rate monitors are highly recommended. Class content includes cycling 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*

Sundays	8:30-10:00am	<i>Barb Figurski</i>
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1/22-2/12	4mtgs	\$50 (\$60)
2/19-3/11	4mtgs	\$50 (\$60)
3/18-4/1	3mtgs	\$37.50 (\$45)

RECREATIONAL

Hoop it up Fitness **Ages 16-up**

What was once your favorite toy is now your favorite way to workout! Studies show that hoop classes burn as many calories per minute as step aerobics, boot camp, or cardio kickboxing, but have none of the impact. Requires no experience or special skill. So grab your hoop and join us for a calorie blasting journey back to your childhood. You will need to bring your own hula hoop. Meets in the Lagoon Activity Center. *2-day cxl policy*

Thursdays	9:15-10:00am	<i>Lori Stefanic</i>
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1/12-1/26	3mtgs	\$24 (\$30)
2/2-2/16	3mtgs	\$24 (\$30)
3/1-3/29	5mtgs	\$40 (\$50)

Bollywood Dance **Ages 14-up**

Bollywood is a fun, energetic and colorful mix of Eastern and Western dance styles set to club style hindi music. A little shimmy-shake, a little hip hop and a lot of fun! Laugh and have fun while you break a sweat and whittle your waist. No experience needed. Meets in the Activity Center. *2-day cxl policy*

Tuesdays	7:30-8:15pm	<i>Lori Stefanic</i>
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1/10-1/24	3mtgs	\$30 (\$37.50)
1/31-2/14	3mtgs	\$30 (\$37.50)
2/28-3/27	5mtgs	\$50 (\$62.50)

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*

Wednesdays	7:30-8:30pm	<i>Lori Stefanic</i>
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1/11-1/25	3mtgs	\$30 (\$36)	<i>Group Fit Studio</i>
2/1-2/15	3mtgs	\$30 (\$36)	
2/29-3/28	5mtgs	\$50 (\$62.50)	

Thursdays	8:15-9:15am	<i>Lori Stefanic</i>
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1/12-1/26	3mtgs	\$30 (\$36)	<i>Activity Center</i>
2/2-2/16	3mtgs	\$30 (\$36)	
3/1-3/29	5mtgs	\$50 (\$62.50)	

Scuba Party **Ages 8-up**

Join instructor Brian Bonday for this super fun introduction to scuba equipment and diving! Learn the basics while playing underwater frisbee and using other inventive techniques. *5-day cxl policy*

Available one day only! Sunday, February 5th -
 from **1:15-2:45pm, 2:45-4:15pm** at the indoor lap pool
FEE: \$27 (\$37)

Adult Fitness & Programs

Winter 2012

revised January 16, 2012

 **LIBERTY ATHLETIC CLUB**
 LIVE LIFE WELL

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