

Group Fitness Schedule Effective TUES., SEPT. 6 (revised September 12)

Club Hours: Mon-Thurs 5:30am-10:00pm
 Friday 5:30am-9:00pm
 Saturday 7:30am-7:30pm
 Sunday 7:30am-9:00pm

Lori Stefanic, Group Fitness Director ext.67 email: groupfitness@libertyathletic.net

All classes are 60 minutes in duration unless otherwise noted.

Classes are subject to change based on participation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am Cardio Fusion Nancy	6:00am (90min) Ashtanga Yoga III Janice	6:00am MuscleMax Nancy	6:00am Lauren Vinyasa Flow Yoga II	6:00am Fit Barre Lori		
6:00am Spinning® Shelley		6:00am **DanceFit Fusion Lori		6:00am **Boot Camp Nancy		
7:00am Stott Pilates Stephanie		NEW! 6:00am Spinning® Terri		7:00am (30min) Lori Super Stretch/Ab Lab		
	7:45am (90min) Ashtanga Yoga II Janice	7:00am (30min) Stott Pilates Stephanie		7:30am Cardio Crunch Lori		
8:15am TBC Joan		8:00am Fit Barre Lori	8:00am Pilates Carole	8:15am Lauren Vinyasa Flow Yoga II	8:00am Step Fusion Bronwyn	8:15am (75min) Vinyasa Flow Yoga III Sam
					9:00am Boot Camp Andrea	
NEW! 9:15am DanceFit Fusion Lori					Time Change 9:00am Spinning® Kathy	
9:15am (75min) **Boot Camp Andrea	NEW! 9:15am TBC Joan	9:15am (75min) Step Fusion Kathy	9:15am TBC Joan	9:15am Step Fusion Bronwyn		
9:15am Spinning® Nancy	**Salsaerobics Ina	9:15am (75min) Spinning® *Samantha	9:15am (30min) **Cardio Crunch Nancy	9:15am (75min) **Boot Camp Andrea		
	9:15am Spinning® Kathy	*Chrissy Starting 9/21/11 (60min)	9:15am Spinning® Kathy	9:15am Spinning® Terri		
			9:45am (30min) Nancy **Super Stretch/Ab Lab			9:30am Spinning® Cheryl G.
10:30am Samantha Vinyasa Flow Yoga II	10:30am Pilates Carole	10:30am Andrea Vinyasa Flow Yoga II	10:30am Vinyasa Flow Yoga I Kathy	10:30am Pilates Lori	10:00am MuscleMax Joy	10:00am Step Challenge Rob
11:45am (45min) Zumba® Gold Karen					11:00am Pilates Joy	11:00am Yoga Latte Cheryl G.
1:00pm (75min) H ₂ O Fitness Joan		12:00pm Gentle Fitness Joan		12:00pm (45min) Gentle Fitness Barb		FREE! FAMILY YOGA ages 7&up Oct 9-Dec 18 3:00-4:00pm Chrissy
5:30pm Sandra Vinyasa Flow Yoga II	5:30pm Fit Barre Lori	1:00pm (75min) H ₂ O Fitness Joan/Sam		1:00pm (75min) H ₂ O Fitness Sam		5:00pm (90min) Iyengar Yoga Liz
5:30pm Spinning® Noura	6:30pm Boot Camp Lori	5:30pm Zumba® Karen	5:30pm Vinyasa Flow Yoga I Kathy	5:30pm Stott Pilates Stephanie		5:00pm Spinning® Cheryl M.
	6:30pm H ₂ O Fitness Joyce	5:30pm Spinning® Cheryl G.	NEW! 5:45pm Spinning® Chrissy	5:30pm Spinning® Cheryl M.		
	FREE! KIDS BASIC TRAINING ages 4-7 Activity Center Begins Sept 20 -Dec 20 6:45-7:30pm		6:30pm Salsaerobics Ina			
6:45pm AB Fusion Noura		6:30pm Yoga Latte Cheryl G.	FREE! KIDS BASIC TRAINING ages 8-12 Activity Center Begins Sept 22 -Dec 22 6:45-7:30pm			
7:30pm Pilates Joy	7:30pm (90min) Iyengar Yoga Liz		7:30pm Stott Pilates Stephanie			

Classes marked with
**
are held on
basketball court

**LIBERTY
ATHLETIC
CLUB**
www.libertyathletic.net
 (734)665-3738

Class Descriptions

All classes are 60 minutes in duration unless otherwise noted.

AB FUSION: Tired of the same old abdominal workouts? Challenge and define your core with a variety of creative exercises using everything from the bosu to gliding discs.

BOOT CAMP is the ultimate cross-training challenge. This pulse-pounding workout includes weight training along with athletic drills, calisthenics, and plyometrics, for those who want intensity without complexity.

CARDIO FUSION: Your one stop workout! Cardio Fusion combines gym style conditioning exercises with high intensity aerobic intervals. Simple, straight forward and incredibly effective!

CARDIO CRUNCH: One of our **NEW "express" classes**, Cardio Crunch is 100% pure cardio that will get you moving! No more excuses - this half hour session of classic floor aerobics will have you sweating without running drills or tricky choreography.

DANCEFIT FUSION 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 Fusion!

FIT BARRE: Experience one of the hottest trends in fitness. Men and women alike will benefit from this creative muscle conditioning class which combines Pilates technique and the lifted, lengthened, muscles achieved through basic barre exercises.

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.

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.

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.

SALSAEROBICS: Bust out of your cardio rut with cool Latin beats and energetic choreography. You'll dance and sweat your way through an hour so fun it feels more like a party than a workout.

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. A heart rate monitor is recommended.

STEP FUSION is a fun, fat-burning workout that alternates between step aerobics and muscle conditioning. It uses intervals in order to provide both cardiovascular and strength benefits. An adjustable step platform is used for the step portion of the class.

STEP FUSION (75 Mins): Our 75 minute step fusion class is step aerobics with intervals of weight training followed by 25 minutes of yoga based stretch. Knowledge of basic step terminology is a plus.

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.

SUPER STRETCH / AB LAB: Another addition to our "express" series. This half hour strength and flexibility class can be combined with any number of workouts for a well-rounded fitness routine, or stand on its own as a great way to lengthen and lean out your body.

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!

YOGA: Ashtanga Yoga: This method of Yoga involves synchronizing the breath with a sequential and progressive series of postures. It differs from other methods of Yoga because the order of poses remains the same, with one posture preparing you for the next in the sequence. The practice can be especially invigorating as it is taught in a warm room and teaches breath control and energy locks to produce an internal heat, detoxifying the muscles and organs. Classes are voice guided, with a particular focus on back bending, spinal twisting and inversions in order to maintain spinal alignment and strengthen posture.

Vinyasa Flow 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.

Level 1: Provides the foundation for a safe and effective Yoga practice. It teaches proper alignment, breathing techniques and incorporates modifications. Yoga I is designed for participants of all levels.

Level II: Designed for participants who are ready to build upon their existing Yoga foundation. Explore and develop greater endurance, strength, flexibility, and balance.

Level III: A strong Yoga foundation is recommended for level III. Bring greater focus to your personal practice.

Iyengar Yoga: Iyengar created by B.K.S. Iyengar, is a form of Hatha (no flow) yoga characterized by great attention to detail and precise focus on body alignment. Iyengar pioneered the use of props such as cushions, blankets, blocks, straps, and even chairs, which function as aids to allow participants to experience poses more easily. The Iyengar practice holds poses over a longer period of time, rather than moving quickly from one pose to another.

YOGA LATTE is a combination of Pilates-based movements and Power Yoga set to music to enhance strength, flexibility and core stability.

ZUMBA® classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

ZUMBA GOLD® targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton.



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revised September 12, 2011

FOR YOUR SAFETY:

Crosstrainers or Court Shoes are best for all cardio and strength training classes. For your safety, **please no running shoes**, as they are not designed for the impact and multidirectional nature of most group fitness classes.

STUDIO ETIQUETTE

- Please be on time. Coming into class late can be disruptive.
- Be considerate of another member's space to avoid crowding.
- Classes are a group exercise. We ask that you follow the instructor's routine.
- Keep conversation to a minimum.
- Please, **NO PERFUME/COLOGNE!** Many people have allergies to these products and scents.
- Cell phones and pagers are not to be used in the studio. Please silence them during class.

Group Fitness classes, with the exception of cycling, are open to participants age 12 and up. Spinning participants must be 15 years of age or older.



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