

Class Descriptions

Spin classes are 50 minutes in duration and all others are 60 minutes in duration, unless otherwise noted on the schedule.

BOOT CAMP is the ultimate cross-training workout for those who want intensity without complexity. This class includes cardio segments, calisthenics, fireman drills, etc. A great change of pace from regular aerobics, and an excellent challenge for athletic training. If the weather is nice, this class may be held outdoors.

BOSU TOTAL BODY is designed to train the whole body working all major muscle groups, while improving balance through the use of the Bosu trainer. Additional resistance training equipment may be used.

CARDIO DANCE is a fun aerobic exercise class that will get your heart pumping and your body moving as you learn great dance moves to exciting music. The class will conclude with a cool down, abdominal exercises and stretching.

CYCLING CLASSES simulate a road biking experience through motivational and visualization techniques accompanied by music. You will climb hills and ride along the flat, incorporating jumps and changes in speed and intensity. This format is suitable for all levels of conditioning with emphasis upon individual goals. Classes are 50 minutes long unless otherwise noted, and a heart rate monitor is recommended. **Call or stop by the front desk to register up to 6 days in advance. A water bottle is required for all cycling classes.**

GENTLE FITNESS is geared toward beginning exercisers and those with neuromuscular tightness. Emphasizing proper stretching techniques and posture work, a variety of equipment is incorporated to improve muscle tone.

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 CONDITIONING builds strength and endurance using free weights, resistance bands, body bars and more.

PILATES focuses on core strength, spinal alignment and stability training along with breathing techniques. Pilates will help in maintaining lean, long musculature of the body and overall awareness from head to toe. Suitable for all levels.

Gentle Pilates is tailored to participants with neuromuscular tightness, and is designed to safely build core strength and increase flexibility.

QI GONG uses slow graceful movements and controlled breathing techniques in order to increase flexibility and strength. The practice of Qi Gong will bring the body into balance and enhance overall health in a gradual and natural way.

STEP uses an adjustable platform to increase aerobic endurance.

Step Challenge is a high intensity class with challenging choreography, designed for the advanced step participant.

Step & Strength is a combination of step intervals and weight training.

Step, Strength & Stretch 50 minutes of step and strength training intervals, followed by 25 minutes of yoga-based stretching.

TAI CHI The slow, even movements practiced in this format increase balance, body awareness, and posture. Gentle progressions make it suitable for all levels and ages.

TOTAL BODY CONDITIONING (TBC) is designed to sculpt the body using high repetitions with lower weight and resistance. Focus is on the major muscle groups with hand-held weights, bars, bands, the step, and resist-a-ball.

YOGA All classes are best performed in bare feet. Some classes may not use music.

Yoga I 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.

Yoga II combines fluid movements and breathing techniques. The focus is on endurance, strength, flexibility, and balance. Yoga II is designed for participants who are ready to build upon their existing Yoga foundation.

Yoga III is an athletic style of Yoga that provides a challenging cardiovascular workout. Strong fluid movements will build strength, promote muscular balance and foster meditative breathing. A strong Yoga foundation is recommended for Yoga III.

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

Iyengar Yoga emphasizes the use of "props" such as cushions, blankets, blocks, straps, and even chairs, which help participants experience poses more easily. The Iyengar practice holds poses over a longer period of time (essentially no flow), rather than moving quickly from one pose to another, and is practiced without music.

Group Fitness Schedule Summer 2010

effective through October 3

revised August 6

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. Cycling participants must be 15 years of age or older.

CYCLING CLASSES have advanced sign-up due to the limited number of bikes. Sign up is available six days in advance, and you may do so by calling during business hours or stopping by the Front Desk. Participants may only sign up themselves and their significant other. Should you arrive late for cycling class please be aware that your reservation has been forfeited. You are of course welcome to attend if space is still available. There is a 24 hour cancellation policy for full cycling classes. Should you fail to cancel the day before, or no-show, you will be billed a \$7 fee.



2975 W. Liberty Rd. • Ann Arbor, MI 48103

www.libertyathletic.net • 734.665.3738

Group Fitness Schedule - also available online at www.libertyathletic.net

Effective through Sunday, October 3 (revised August 6)

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

Classes are subject to change based on participation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - STEP & STRENGTH Nancy 6:00 - CYCLING Shelley	6:00 - YOGA III Janice (90 min)	6:00 - BOOTCAMP Nancy		6:00 - BOSU TOTAL BODY Nancy 6:00 - CYCLING Cheryl G		
8:15 - TBC Joan	7:50 - YOGA II Janice (75min)		8:00 - PILATES Carole		8:00 - STEP & STRENGTH Bronwyn	8:45 - YOGA III Rachel (75 min)
9:30 - BOOT CAMP Andrea 9:30 - CYCLING Samantha	9:15 - TBC Joan 9:15 - CYCLING Kathy	9:15 - STEP, STRENGTH & STRETCH Kathy (75min) 9:30 - CYCLING Samantha	9:15 - TBC Joan 9:15 - CYCLING Kathy	9:30 - BOOT CAMP Andrea (75 min) 9:45 - CYCLING Chuck	9:00 - MUSCLE CONDITIONING Andrea 9:30 - CYCLING Chuck	9:30 - CYCLING Cheryl G
10:30 - YOGA III Sandra	10:30 - PILATES Allison W	10:30 - YOGA II Andrea	10:30 - YOGA I Kathy	10:45 - PILATES Joy	10:00 - BOOT CAMP Andrea	10:00 - STEP CHALLENGE Rob
					11:00 - PILATES Joy	11:00 - YOGA LATTE Cheryl G
12:00 - GENTLE FITNESS Barb F (45min)		12:00 - QI GONG Chad		12:00 - GENTLE PILATES Joy (45min)	12:00 - YOGA III Sandra	12:00 - TAI CHI Chad
1:00 - H ₂ O FITNESS Joan		1:00 - H ₂ O FITNESS Joyce		1:00 - H ₂ O FITNESS Staff		
5:30 - CYCLING Noura	5:35 - CARDIO DANCE Joy 5:30 - CYCLING Rob	5:30 - TBC Joan	5:30 - YOGA I Kathy 5:30 - CYCLING Chrissy			5:00 - IYENGAR YOGA Liz (90min) 5:00 - CYCLING Cheryl M
6:30 - MUSCLE CONDITIONING Noura	6:30 - BOOT CAMP Chrissy 6:30 - H ₂ O FITNESS Joyce	5:30 - CYCLING Chrissy 6:30 - PILATES Alesia	6:30 - BOOT CAMP Samantha			
7:30 - PILATES Alesia	7:30 - IYENGAR YOGA Liz (90min)					



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Group Fitness ext.67 email: groupfitness@libertyathletic.net

Our instructors each hold one or more nationally recognized certifications. They maintain these certifications with continuing education seminars and workshops to offer the most current research and trends in group exercise instruction.

Alesia Lapinsky, Allison Hoff, Allison Walacavage, Andrea Kahn, Barb Figurski, Bronwyn Holman, Carole Pfeiffer, Chad Eisner, Cheryl Gulbranson, Cheryl Moyer, Chrissy Hanna, Chuck Roth, Doris Farrugia, Janice Hallquist, Joan Johnstone, Joy Morris, Joyce Virirski, Kathy Ernsberger, Liz Brauer, Nancy Drenning, Noura Bashshur, Rachel Portnoy, Raymee Leitz, Rob Marshke, Samantha Lieberman, Sandra Allen, Shelley Bruder