

Group Fitness Schedule Effective MONDAY, JUNE 20 (revised June 13)

Andrea Kahn, Group Fitness Director ext.67 email: groupfitness@libertyathletic.net

Cycling classes are 50 minutes in duration. All others are 60 minutes in duration unless otherwise noted.

Classes are subject to change based on participation.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00am Cardio Fusion Nancy	6:00am Yoga III (90min) Janice	6:00am Boot Camp Nancy	6:00am Yoga II Lauren	6:00am MuscleConditioning Nancy			
6:00am Cycling Shelley		6:00am Cycling Terri					
	8:00am Yoga II (75min) Janice	NEW 8:00am Fit Barre Lori	8:00am Pilates Carole		8:00am Step Fusion Bronwyn		
					8:00am Cycling Kathy		
8:15am TBC Joan				8:15am Yoga II Lauren		8:15am Yoga III (75min) Sam	
9:15am Boot Camp (75min) Andrea	9:15am TBC Joan	9:15am Step Fusion (75min) Kathy	9:15am TBC Joan	**Boot Camp (75min) Andrea	9:00am Boot Camp Andrea		
	9:15am **Zumba Karen			9:15am Step Fusion Bronwyn			
9:15am Cycling Nancy	9:15am Cycling Kathy	9:15am Cycling (75min) Samantha	9:15am Cycling Kathy	9:15am Cycling Terri			
					9:30am Cycling Nancy	9:30am Cycling Cheryl G.	
					10:00am MuscleConditioning Joy	10:00am Step Challenge Rob	
10:30am Yoga II Samantha	10:30am Pilates Carole	10:30am Yoga II Andrea	10:30am Yoga I Kathy	10:30am Pilates Sandra			
					11:00am Pilates Joy	11:00am Yoga Latte Cheryl G.	
12:00pm Zumba Gold (45min) Karen		12:00pm Gentle Fitness Joan		12:00pm Gentle Pilates(45min) Sandra		12:00pm Tai Chi Chad	
1:00pm H ₂ O Fitness (75min) Joan		1:00pm H ₂ O Fitness (75min) Allison		1:00pm H ₂ O Fitness (75min) Allison			
						5:00pm Iyengar Yoga (90min) Liz	
						5:00pm Cycling Cheryl M.	
5:30pm Yoga II Sandra	5:30pm Strength & Flexibility Joy	5:30pm Zumba Karen	5:30pm Yoga I Kathy				
5:30pm Cycling Noura		5:30pm Cycling Cheryl G.					
6:45pm AB Fusion Noura	6:30pm Boot Camp Chrissy	6:30pm Yoga Latte Cheryl G.	6:30pm Latin Dance Ina	<div style="border: 1px dashed black; padding: 5px; text-align: center;"> Classes marked with ** are held on basketball court </div>			
	6:30pm H ₂ O Fitness Joyce						
7:30pm Pilates Joy	7:30pm Iyengar Yoga (90min) Liz						



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

Class Descriptions

Cycling classes are 50 minutes in duration. All others are 60 minutes in duration unless otherwise noted.

AB FUSION Enjoy a variety of abdominal exercises to define your core muscles (abs and back) using a selection of equipment including the gliding disks, resist-a-balls, BOSU balance trainer, etc. The entire body will be used to strengthen and tone the abdominal region allowing for a total body workout. Appropriate for all fitness levels.

BOOTCAMP 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.

CARDIO FUSION combines high intensity cardio intervals with creative strength training and abdominal work providing a powerful interval workout.

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.**

FIT BARRE: Lifted, lean, strong and balanced. Fit Barre is a fun, effective and challenging workout that uses an innovative fusion of ballet and pilates to reshape your body. Suitable for all levels of fitness; can be modified for those with injury or limitations, no experience necessary. Tools used: mat, light weights, body bar, bands.

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.

LATIN DANCE A fun and energetic workout set to the cool rhythms of Latin music. Similar to Zumba, participants will sweat to well choreographed dance routines for 60 minutes. Final stretch and cool down are included and this class is appropriate for all fitness levels.

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 neuro-muscular tightness, and is designed to safely build core strength and

increase flexibility.

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 Fusion (75 min) - This high intensity class gives you a 50 minute strength and cardio workout, followed by 25 minutes of yoga-based stretching.

Step Fusion (60 min) - This interval based class fuses step moves and strength training. Abdominal work and stretching complete this total body workout.

STRENGTH & FLEXIBILITY Great for any level this total body workout uses weights, bands and balls to strengthen and align your body. Yoga and athletic stretches are combined to increase your range of motion in every joint and muscle.

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.

TBC (TOTAL BODY CONDITIONING) 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.

ZUMBA An energetic cardio workout with exciting choreography to latin beats. Zumba routines include fast and slow dance moves, used to tone and sculpt your body. Light resistance training may be included.

ZUMBA GOLD Designed for those new to Zumba, this workout includes easy to follow Latin-style dance moves. Simplified rhythm-based moves are appropriate for all fitness levels.

Group Fitness Schedule



Summer 2011

effective Monday, June 20

revised June 13

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



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

www.libertyathletic.net • 734.665.3738

FAX • 734.665.6353