

Class Descriptions

Cycling 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, and an excellent challenge for athletic training. If the weather is nice, this class may be held outdoors.

CYCLING simulates a road biking experience through motivational and visualization techniques accompanied by music. This format is suitable for all levels of conditioning with emphasis upon individual goals. **Please call or stop by the front desk to register up to 6 days in advance. Padded shorts, stiff-soled shoes and a heart rate monitor are recommended. 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 3-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.

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 Variety One bench, two, three, box, line, circle... this class could be any of the above!

TAI CHI The gentle, even movements practiced in this format increase balance, body awareness, and posture. Gradual 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 teaches the proper alignments for each pose with modifications, proper breathing, as well as provides participants with a foundation for a safe and effective Yoga practice. This practice teaches relaxation techniques while exploring the connection between the mind and body. Poses are held longer and the movement is gentle. Yoga I is appropriate for participants at all Yoga levels.

Yoga II is a vinyasa style yoga which moves with fluid movements through the breath. Building endurance through strength, flexibility, and balance are highlighted. Designed for participants who have comfortably experienced Level I Yoga and are ready to expand in their yoga practice.

Yoga III concentrates on strong fluid movements with an emphasis on strength, muscular balance and meditative breathing. This practice is an athletic style of Yoga, which is challenging and provides a cardiovascular workout. Yoga levels I and II are recommended prior to this format.

Iyengar 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.

Yoga Latte is a fusion of pilates and yoga. This format focuses on core strength, flexibility and achieving a stronger connection for the mind and body.

ZUMBA This fusion class is inspired by latin dance. It combines slow and fast rhythms, with footwork and body movements from flamenco, salsa and other latin dances.

Group Fitness Schedule Summer 2009

effective Tuesday, Sept 1

(revised August 27)

- 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** available 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. For detailed cycling policies, please see the bulletin board outside the cycling studio.



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 Tuesday, September 1, 2009.

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 - BOOT CAMP Nancy	6:00 - YOGA II Rebecca	6:00 - CYCLING Cheryl G		
8:15 - TBC Joan	7:50 - YOGA III Janice (75min)		8:00 - PILATES Carole	8:45 - YOGA III Rachel	8:00 - STEP & STRENGTH Staff	8:45 - YOGA III Rachel (75 min)
9:30 - BOOT CAMP Andrea 9:30 - CYCLING Samantha	9:15 - TBC Joan 9:15 - CYCLING Kathy	9:30 - STEP & STRENGTH Kathy 9:30 - CYCLING Samantha	9:15 - TBC Joan 9:15 - CYCLING Kathy	9:45 - BOOT CAMP Andrea 9:45 - CYCLING Chuck	9:00 - MUSCLE CONDITIONING Staff 9:00 - CYCLING Chuck	9:30 - CYCLING Cheryl G
10:30 - YOGA II Andrea	10:30 - PILATES Barbara B.	10:30 - YOGA II Rachael	10:30 - YOGA I Kathy	10:45 - PILATES Alexi	10:00 - BOOT CAMP Staff	10:00 - STEP CHALLENGE Rob
					11:00 - PILATES Alexi	11:00 - YOGA LATTE Cheryl G
12:00 - GENTLE FITNESS Barb F (45min)	12:00 - TAI CHI Chad	12:00 - GENTLE FITNESS Barb F. (45min)		12:00 - GENTLE PILATES Alexi (45min)		
1:00 - H ₂ O FITNESS Joan		1:00 - H ₂ O FITNESS Allison		1:00 - H ₂ O FITNESS Allison		
						4:00 - TAI CHI Chad
5:30 - YOGA I Rebecca 5:30 - CYCLING Noura	5:30 - ZUMBA Doris 5:30 - CYCLING Rob	5:30 - TBC Joan	5:00 - YOGA LATTE Cheryl G 5:30 - CYCLING Chrissy	5:30 - PILATES Alexi		5:00 - IYENGAR YOGA Liz (90min) 5:00 - CYCLING Chrissy
6:30 - BOOT CAMP Noura	6:30 - BOOT CAMP Andrea 6:30 - H ₂ O FITNESS Joyce	6:30 - PILATES Barbara B.	6:30 - BOOT CAMP Andrea			
7:30 - PILATES Barbara B.	7:30 - IYENGAR YOGA Liz (90min)					



www.libertyathletic.net (734)665-3738

Rebecca Olsen, Group Fitness Director 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.

Alexi Love Allison Hoff Andrea Kahn Barbara Bassett Barb Figurski Bonnie Voss Carole Pfeiffer Chad Eisner Cheryl Gulbranson
 Chrissy Hanna Chuck Roth Doris Farrugia Janice Hallquist Joan Johnstone Joyce Vivirski Kathy Ernsberger Liz Brauer Nancy Drenning
 Noura Bashshur Rachel Portnoy Rob Marshke Samantha Lieberman Shelley Bruder Sue Reyes

**New Fall schedule
will go into effect
Monday, October 5
and will be available for
reference mid-September.**