


Group Fitness Schedule Effective MON., JANUARY 9 (revised February 27)

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.

All classes are held in the Group Fitness Studio unless otherwise noted. *Lagoon Activity Center (LAC) **Basketball Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 Muscle Max +Cardio Nancy	6:00-7:30 Ashtanga Yoga III Janice (90 min.)	6:00-7:00 Step Fusion * Lori (LAC)	6:00-7:00 IGNITE! *  Lori (LAC)	6:00-7:00 Fit Barre Lori	8:00-8:30 Intro to Step Lori (30 Min.) 
6:00-7:00 Spinning® Shelley	6:00-7:00 Spinning® Lacy	6:00-7:00 Muscle Max Nancy	6:00-7:00 Vinyasa Flow Yoga Angie	6:00-7:00 Boot Camp ** Nancy	8:30-9:30 Step Fusion Lori
7:00-8:00 Stott Pilates Stephanie	7:00-7:30 Intro to Spinning®  Lacy (30 min.)	6:00-7:00 Spinning® Lacy	8:00-9:00 Pilates Carole	7:00-7:30 Super Stretch & Ab Lab Lori (30 min.)	8:30-9:30 Boot Camp ** Andrea
8:15-9:15 TBC Joan	7:45-9:15 Ashtanga Yoga II Janice (90 min.)	7:00-8:00 Yoga Fundamentals  Tamiko	9:15-10:15 TBC Joan	7:30-8:00 Cardio Crunch Lori (30 min.)	9:00-10:00 Spinning® Kathy
9:15-10:15 DanceFit Lori	9:15-10:15 TBC Joan	8:00-9:00 Fit Barre Lori	9:30-10:00 Cardio Crunch** Nancy (30 min.)	8:15-9:15 Vinyasa Flow Yoga Angie	9:30-10:00 IGNITE! EXPRESS Lori (30 min.)
9:15-10:15 Spinning® Nancy	9:15-10:15 Spinning® Kathy	9:15-10:30 Step Fusion Kathy (75 min.)	9:15-10:15 Spinning® Kathy	9:15-10:15 Spinning® EJ	10:00-11:00 Muscle Max Sue, Lori or Joy
9:15-10:30 Boot Camp ** Andrea (75 min.)	9:15-10:15 Spinning® Kathy	9:15-10:15 Spinning® Sue	10:00-10:30 Super Stretch & Ab Lab** Nancy (30 min.)	9:15-10:15 Step Fusion Lea	10:30-11:30 Spinning® Lea
10:30-11:45 Vinyasa Flow Yoga II Sam L. (75 min.)	9:30-10:30 DanceFit** Ina	10:30-11:45 Vinyasa Flow Yoga II Andrea (75 min.)	10:30-11:30 Vinyasa Flow Yoga I Kathy	9:15-10:30 Boot Camp ** Andrea (75 min.)	11:00-12:00 Pilates Joy
12:00-12:45 Zumba® Gold Karen (45 min.)	10:30-11:30 Pilates Carole	12:00-1:00 Gentle Fitness Joan	5:30-6:30 Vinyasa Flow Yoga Cheryl G.	10:30-11:30 Pilates EJ	12:00-1:00 Tai Chi Chad
1:00-2:15 H₂O Fitness Joan (75 min.)	5:30-6:00 Straight up Step  Lea (30 min.)	1:00-2:15 H₂O Fitness Sam B. (75 min.)	5:45-6:45 Spinning® Chrissy	12:00-12:45 Gentle Fitness  on the Ball Karen (45 min.)	8:15-9:30 Vinyasa Flow Yoga III Sam L. (75 min.)
5:30-6:30 Spinning® Cheryl M.	6:00-6:30 Muscle Max EXPRESS Lea (30 min.)	5:30-6:30 Spinning® Cheryl G.	6:30-7:30 DanceFit Ina	1:00-2:15 H₂O Fitness Sam B. (75 min.)	9:30-10:30 Spinning® Cheryl G.
5:30-6:30 Vinyasa Flow Yoga Kathy	6:30-7:45 H₂O Fitness Joyce (75 min.)	5:30-6:00 Fit Barre EXPRESS Lori (30 min.)	6:45-7:30 Kids Basic Training *(LAC) Lizzy (Ages 8-12)	5:30-6:30 Yoga Groove  Joy	10:00-11:00 Step Challenge Rob
6:30-7:30 IGNITE!  Lori	6:30-7:30 Boot Camp Chrissy	6:00-6:30 TKO Cardio Lori (30 min.)	7:30-8:30 Beyond Balance: Yoga for your Core  Tamiko	5:30-6:30 Spinning®  Cheryl M.	11:00-12:00 Yoga Latte Cheryl G.
7:30-8:00 Super Stretch & Ab Lab Joy (30 min.)	6:45-7:30 Kids Basic Training *(LAC) Keely (Ages 4-7)	6:30-7:30 Yoga Latte Cheryl G.			1:00-2:00 Family Yoga Chrissy
8:00-8:45 Yoga Groove Joy (45 min.)	7:30-9:00 Iyengar Yoga Liz (90 min.)				5:00-6:30 Iyengar Yoga Liz (90 min.)
					5:00-6:00 Spinning® Cheryl M.

SUNDAY

Class Descriptions

BEYOND BALANCE: Yoga for your Core.

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 CRUNCH: One of our **NEW "express" classes**, Cardio Crunch is 100% pure cardio that will get you moving!

DANCEFIT 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! *Mondays only.

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 that incorporate slower movement with an emphasis on proper technique and posture.

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.

IGNITE! Is a new class designed to fire up your metabolism with a series of progressive intervals that focus on both slow and fast twitch muscle fibers. Specifically created for our members, IGNITE is an all in one, multi-level workout that will challenge seasoned athletes and beginners alike. Running is not incorporated into any IGNITE class.

INTRO TO SPIN This thirty minute class takes you through the basics of spinning, from learning how to adjust your seat, to proper hand placement and basic form, you'll get it all plus great ride.

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. Various props, such as a magic circle, theraband, weighted ball or foam roller may be utilized to bring additional focus to your 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. Our 75 minute step fusion class is step aerobics with intervals of weight training followed by 25 minutes of yoga based stretch.

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.

TAI CHI uses slow and even movements in order to increase balance, body awareness, and posture. Gentle progressions make it suitable for all levels and ages.

TKO CARDIO: Knock out calories in this fast and furious half hour of cardio.

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 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.

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 FUNDAMENTALS: Have you ever wanted to try Yoga, but don't know where to start? This class is for you. Learn the terms and poses with correct form in a laid back class where you can ask questions and get the information you need to begin your yoga practice safely.

YOGA GROOVE: Not your average yoga! Energetic music and new twists on standard poses take this class to a whole new level.

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

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.



Effective Monday, January 9

revised February 27, 2012

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 Spinning®, are open to participants age 12 and up. Spinning® participants must be 15 years of age or older.

All classes and instructors are subject to change. When possible class cancellations will be posted on the Website and Group Fitness Bulletin Board.



2975 W. Liberty Rd., Ann Arbor, MI 48103
Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net