

MARTIAL ART TRAINING

NEW for Winter 2012!

Why Martial Arts?

Traditional martial arts offer something that is difficult to find in other sports or fitness regimens; for in addition to fostering physical health, it also produces a calmer mind, better balance and focus, and improved body awareness. The exercises and drills can be practiced for life, by all ages.

Why Liberty Martial Arts?

We take a unique approach by combining the best of traditional practices and infusing them with the latest in scientific research. By doing so, we can maximize results, while minimizing injuries. This keeps lost training time to a minimum and allows one to progress faster.

Who can join?

Anyone! We accept all ages and levels. We have comprehensive training programs and pay per class programs to meet everyone's needs. Private instruction and training is also available. (If you wish to enroll children, under the age of six, they must be accompanied by a parent in class, at no extra charge)

Our Commitment to Excellence

Liberty Athletic Club is committed to bringing you the highest quality in training, knowledge, and expertise. All students receive individualized coaching in an atmosphere of team work and community. We strive to provide the highest level of instruction in a safe, supportive environment. This will allow you to not only achieve your goals, but surpass them!

Chad Eisner Director and Head Instructor

Head Instructor, Chad Eisner, has over 15 years experience in traditional Chinese martial arts and has studied with some of the top masters in the world. In addition, Eisner is a Certified Trainer and Corrective Exercise Specialist with the National Academy of Sports Medicine (NASM). He brings a unique combination of tradition and science to all training.



COMPREHENSIVE PROGRAMS

Liberty Athletic Club is proud to offer comprehensive training in traditional martial arts. In addition to fostering physical health, the practice of martial arts can help to achieve a calmer mind, better balance and focus, and improved body awareness. Exercises learned in martial arts may be used by people of all ages and continued throughout life.

At Liberty, we are committed to offering the highest quality training, knowledge, and expertise. All students will receive personalized coaching in a safe, supportive atmosphere. All ages and skill levels are welcome to participate. Private instruction is also available. For questions, contact Chad Eisner, Director and Head Instructor, at (734) 665-3738, ext. 59.



Traditional Kung fu

Ages 6-up
(under 6 must be accompanied by parent)

Having been practiced since antiquity, kung fu is considered the origin of all Asian martial arts practice. Explore this well-respected art, beginning with

its most basic elements and working up to its highest form. Training will consist of solo practice, partner exercises, weapons, self-defense, and fitness.

Monday	4:00-6:00pm Basketball Court
Tuesday Wednesday	4:00-5:00pm Basketball Court
Thursday	4:00-6:00pm Lagoon Activity Center
Saturday	1:00-2:00pm Basketball Court

1/9 - 4/7 \$80 (\$96) per month
Classes do not meet 2/20 thru 2/26 & 4/2 thru 4/8

Tai Chi Fitness For members only!

Ages 12-up

The soft, flowing movements of taijiquan (tai chi) are practiced throughout the world. Medical science recognizes the benefits of taijiquan in reducing stress, lowering blood pressure, increasing energy and flexibility, and as an aide to modern medical treatments. Taijiquan is also an extremely effective martial arts practice and system of defense. Improve your overall health and reduce your stress level with this gentle, controlled approach to wellness.

Ages 12-up Group Fitness Studio

Saturdays	12:00-1:00pm
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1/14-4/7 No sign-up necessary -JUST DROP IN!



PAY-PER-CLASS

At Liberty, we understand that offering a number of pay per class programs can best meet your needs. Come and get a great workout, learn something, and have fun, by taking advantage of some of the dynamic, challenging, and fun classes we have to offer. *2-day cxi policy*

Family Kung fu Ages 6-up

Improve your fitness and practice technique with your whole family! This class will teach basic kung fu movements, stances, drills, and the first kung fu routine.



Tuesday	4:00-4:30pm Basketball Court
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1/10 - 3/27 \$10 (\$12) per class

Practice of Self Defense Ages 12-up

Learn how to defend yourself from an attack using the most effective strikes and defensive technique. Discover the secret to remaining aware of your surroundings and averting confrontations before they occur. This class will help you achieve the fitness base upon which self defense is built and cultivate an attitude of confidence to help ensure your safety.

Wednesday	5:00-5:30pm Basketball Court
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1/11 - 3/28 \$10 (\$12) per class

Master Fitness Ages 12-up

Join us for the ultimate martial arts workout! Cardio kickboxing, dynamic core and strength training, and mat work combine to give you a workout like none other. This intense, thirty-minute class is guaranteed to get your heart pumping, improve your core strength, and allow you to reach a new level of fitness.



Wednesday	5:30-6:00pm Basketball Court
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1/11 - 3/28 \$10 (12) per class

WINTER SESSION 2012

Program Policies

Program Registration

Registration for all programs is done through our Concierge Desk. Both members and nonmembers must complete a registration form, and nonmembers must pay upon registration. Registration is accepted as space is available. You will be notified if a program is full and we cannot accept your registration. We reserve the right to cancel a program at any time; any registered participants will be notified in the event of program cancellation.

Registration forms may be faxed **-however-** faxing a registration form does not guarantee enrollment. Faxed forms will be processed Monday-Friday. You will receive a confirmation call, along with your registration status once your form has been processed. Please direct questions about faxed registration forms to Alison Eisner, at 734-665-3738 ext. 57. **FAX: 734-665-6353**

Payment

Members: We will automatically bill programs and services to member accounts unless we receive an alternate method of payment before the program begins.

Nonmembers: Nonmembers must pay at the time of registration, **and** provide valid credit card information to keep on file (encrypted in our system). Liberty accepts nonmember payment by cash, Mastercard, Visa or Discover.

Proration based on Late Enrollment

Should you choose to register for a program after it has begun, you will be charged only for the remainder of the program period. Late enrollment may not always be permitted.

Refunds and Credits

In the case of severe injury or emergency, the cancellation policies and fees will be taken into consideration, and a partial or full refund may be issued.

Cancellation Policies

2-day Cancellation Policy

Should cancellation be received within two days of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

5-day Cancellation Policy

Should cancellation be received within five days of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

PROGRAM FEES ARE BASED ON THE PARTICIPANT'S MEMBERSHIP STATUS.
1ST FEE = MEMBER RATE
2ND FEE (IN PARENTHESES) = NONMEMBER RATE
Unless otherwise noted advance registration is required through the Concierge. Thank you.

Martial arts have been practiced for centuries. Far from being merely about fighting, martial arts have evolved into sophisticated and effective systems of personal growth, discipline, and mastery of mind and body. The practice of martial arts brings you a complete system of not only fitness, but of self defense, mental focus and mastery of self.



Experience the challenge that only martial arts can provide. Explore your natural abilities and build the skills that you have always wanted. Hone your discipline, focus, endurance and resolve.

Begin your journey to a new you with Liberty Martial Arts.



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