



October is Breast Cancer Awareness month!

During the month of October, the front desk will be accepting donations for the American Cancer Society. Your donation can be billed to your member account, and will appear on your monthly statement as such for tax purposes.

Also, **Sunday, October 25** we are observing **Breast Cancer Awareness day**. All guest fees collected on this day will be donated directly to the American Cancer Society. Bring a friend for a workout or for a swim in the Lagoon, and benefit this great cause!

FACT: Liberty Athletic Club launders over 2,000 towels a day

We care about the environment and we know you do, too, and that's why we are asking you to help us 'go green' by reducing towel usage. It's a fact that our locker room staff currently launders **over 2,000 towels per day!**

In an effort to save water, energy, and help the environment, we ask that you limit your towel usage to a maximum of two per day. Thank you in advance for doing this 'small thing' to help protect the planet's resources.



**Save water, save energy,
save the planet.**

With the cold and flu season upon us

and in an effort to reduce the spread of germs in the club, we ask that you adhere to the following:

- Please do not come to the club if you are sick
- Wash your hands frequently with soap and water
- Please wipe off all cardio equipment after use
- We are encouraging all of our Group Fitness participants to purchase their own Yoga mats.
- Children should remain at home if they are running a temperature or exhibiting any flu like symptoms. Sudden fever (over 100 degrees) sore throat, runny nose, body aches, diarrhea or vomiting.

Childcare staff will be taking the temperature of any child who exhibits any of the above symptoms. For the health and welfare of all children we will strongly enforce our policy of not allowing sick children in the Tree House.

Thank you in advance for your cooperation.

IMPORTANT DATES

Monday, Oct 5 and Tuesday, Oct 6

Liberty Lagoon Indoor Waterpark is CLOSED for maintenance.

Monday, October 5

New Group Fitness schedule goes into effect.

Tuesday, October 20

Complimentary Equipment Orientation for FreeMotion @ 9:00am

Thursday, October 22

Complimentary Equipment Orientation for Nautilus @ 5:00pm

Sunday, October 25

Breast Cancer Awareness day, observed! See top of page for more information.

Sunday, November 1

Daylight Saving Time ends - Fall Back

Tuesday, November 17

Complimentary Equipment Orientation for FreeMotion @ 6:00pm

THANK
YOU!

SAFEHOUSE Backpack Collection Results

The August backpack collection for kids at SafeHouse brought in **52 backpacks and several bags of school supplies**. SafeHouse and Liberty Athletic Club thank you for your generosity!

THE SPA OCTOBER SPECIAL

AT LIBERTY

Receive a 90 Minute Massage in October and get a free '30 Minute Makeover' at a later date!

30 Minute Makeover is valued at \$30.



Schedule your 90 Minute Massage NOW!

OCTOBER PROGRAMS

Call 734.665.3738 x57. Nonmembers are welcome!

fees apply to most programs shown here

MR. PEE WEE TENNIS *ages 4-7*

Due to popular demand, a
NEW time and day have
been added!

Tuesdays 10:30-11:30am

Wednesdays 1:00-2:00pm

begins **October 20**

ADVENTURES IN ART *ages 4-6*

In this 45 minute art class kids
will experiment with paint, chalk,
watercolors and a variety of
other materials. Send the kids in
clothing that can get messy!

Saturdays 10-10:45am

begins **October 24**

JUMP MANIA *ages 8-14*

Discover the fun of jump roping
with Kathy Green, the area-
famous instructor for St. Francis'
competitive jump rope team
'The Heartbeats!'

Tuesdays 5:15-6:00pm

begins **October 20**

SCUBA PARTY *ages 8 & up (incl adults)*

A super fun introduction to scuba
equipment and diving for the
whole family.

October 18th only!

1:00, 3:00 or 5:00pm

TUMBLING TYKES *ages 3-5*

Gymnastics for preschoolers!

Saturdays 11:00-11:30am

begins **October 24**

YOUNG DRAGONS KUNG FU *ages 6-13*

Kids will gain focus, discipline,
strength and flexibility. Try your first
class for free! Call for details.

Tuesdays & Thursdays

4:30-5:15pm

begins **October 20**

JACK'O'LANTERN JAMBOREE *ages 4-11*

A seasonal favorite for the kids.
Register in advance to secure
your space - this event
fills up quickly!

October 23rd only!

6:00-9:00pm

Have your BIRTHDAY PARTY at the LIBERTY LAGOON INDOOR WATERPARK!

Call Kim Brodie at

665-3738 ext. 57

to schedule
your party!

COSTUME PARADE *ages 2mos-11yrs*

The kids get to show off their costumes
while they Trick-or-Treat at Liberty!
Sign up your children in the Treehouse
Activity Center to participate in this
FREE event.

October 30th only!

10:30am

**More
programs
are available
for kids and
families!**

MORE PROGRAMS!

SOON-TO-BE MOMS AND NEW MOMS: special programs for you in October!



Mom-to-Be Fitness

begins Oct. 9th

Women in all stages of pregnancy, of all fitness levels are welcome to this semi-private personal training program. Health History forms and physician clearance are required. Meets at the Fitness Gazebo; 2-day cxl policy applies; register through the Concierge

Fridays from 9:00-10:00am

trainer: Susan Cutshaw

10/9-10/30 4wks \$88 (\$108)

Pilates: Postnatal

begins October 5th

Postnatal Pilates can help to strengthen your pelvic floor, protect your lower back, flatten your tummy and restore your energy.

Please check with your healthcare provider but generally, this class is great for Moms from 4 weeks after delivery, or 6 weeks after a c-section.

2-day cxl policy applies; register through the Concierge

Mondays, 1:30pm-2:30pm in the Group Fitness Studio

10/5-11/2 5wks \$106 (\$125)



Pilates: Mom & Baby

begins October 8th

This class is ideal for Moms with babies younger than 12 months old and we'll have plenty of toys to play with.

Please check with your healthcare provider but generally this class is great for Moms from 4 weeks after delivery, or 6 weeks after a c-section.

2-day cxl policy applies; register through the Concierge

Thursdays, 11:30am-12:30pm in the Group Fitness Studio

10/8-11/5 5wks \$106 (\$125)



FLEX-TECH Flexibility Clinics

with Personal Trainer, Chad Eisner

Using the latest techniques and knowledge, FLEX-TECH will help to increase flexibility, range of motion in joints, and improve overall muscle function. Members and nonmembers are welcome.

The next round of FLEX-TECH begins October 20 and meets on Tuesdays from 9:30-10:30am. fees apply

Register in advance at the Concierge Desk! See the Fall Adult Programs brochure for additional FLEX-TECH dates.

Why Tai Chi?

Current research suggests that Tai Chi may offer a number of health benefits such as:

- Reduce the incidence of depression and anxiety
- Boost the immune system
- Relieve chronic pain
- Lower blood pressure
- Slow bone loss in post-menopausal women
- Improve sleep quality
- Improve balance and coordination, thus reducing falls
- Improve cardiovascular function
- Improve everyday physical functioning

Tai Chi is held on Sundays at 4:00pm in the Group Fitness studio.

Also try Qi Gong on Tuesdays at Noon!

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.



Liberty offers Tai Chi as a Group Fitness class, so it's free with membership!

T.G.I.F. FRIDAYS

Tennis Guest Is Free Fridays!

Several Fridays each season are designated as TGIF Fridays! From 5:30-9pm, each membership is invited to bring **one tennis-only guest at no charge** and enjoy **half-off tennis court rental fees!**

Contact the front desk to reserve your court as usual, up to six days in advance. 734.665.3738 ext. -0-

T.G.I.F. Fridays, 5:30-9:00pm:

October 9 & 30, November 6 & 20, December 4 & 18



BALLROOM DANCE!

ages 16 and up 2-day cxl policy applies

In this program you will learn the traditional styles of Ballroom Dance, including the Fox Trot, Tango, Waltz, Cha-Cha, Rhumba and Jive. No experience necessary! 'Ballroom Dance' is geared towards partnered participants. If you don't have a partner, contact Kim at 734-665-3738 ext. 57.

Fridays, 7:15-8:00pm

10/23-11/20 5wks \$60 (\$75)

12/4-12/18 3wks \$36 (\$45)

Starts October 23!