



T-Fit Programs

Winter 2012

Designed to give you measurable results in just four weeks, our "Jumpstart January" and "Spring into Shape" weight-loss programs includes:

- Pre-and post- program measurements with a personal trainer.
- Three small group personal training sessions per week. That's twelve workouts with a personal trainer!
- Motivational Support and accountability from your personal trainer to help keep you on track.
- Detailed Nutrition Guide including a Diet Tracker and Activity Log.
- Free half hour personal training session will be awarded to the participant with the greatest change in body composition!

JUMPSTART JANUARY

Meets Tuesdays, Thursdays and Saturdays:
 Tuesdays & Thursdays 6:00pm-7:00pm
 Saturdays 9:00am-10:00am

DATES: January 24 - February 18
FEE: \$299 (\$349)



SPRING INTO SHAPE

Meets Tuesdays, Thursdays and Saturdays:
 Tuesdays & Thursdays 6:00pm-7:00pm
 Saturdays 9:00am-10:00am

DATES: February 28-March 24
FEE: \$299 (\$349)

Space is limited to 7 people per program.
Register now through the Concierge!

2-day cxi policy applies to each program

CLASS SCHEDULE

Monday, January 2 through
 Saturday, April 7, 2012

FEES

50 minute class \$21 members \$26 nonmembers
25 minute class \$11 members \$16 nonmembers

Register per class you wish to attend through the Concierge.

DAY	TIME	CLASS	TRAINER
MON	6:10am - 7:00am	TFit Fusion 50 minutes	Nancy Arnold
	9:10am - 10:00am	TFit Fusion 50 minutes	Nancy Arnold
	10:00am - 10:50am	TFit Cardio Sculpt 50 minutes	Rich Fernandez
TUE	6:10am - 7:00am	TFit Cardio Challenge 50 minutes	Nancy Drenning
	10:00am - 10:50am	TFit Cardio Sculpt 50 minutes	Nancy Drenning
WED	6:30am - 6:55am	TFit AM Blast 25 minutes	Nancy Arnold
	9:30am - 10:20am	TFit Cardio Sculpt 50 minutes	Nancy Drenning
	6:30pm - 7:20pm	TFit Foundations 50 minutes	Sue Reyes
THUR	6:10am - 7:00am	TFit Cardio Challenge 50 minutes	Nancy Drenning
	9:00am - 9:25am	TFit Fusion Upper Body 25 minutes	Jason Hoey
	9:30am - 9:55am	TFit Fusion Lower Body 25 minutes	Jason Hoey
	10:00am - 10:50am	TFit Cardio Sculpt 50 minutes	Sue Reyes
FRI	6:00am - 6:50am	TFit Peak Performance 50 minutes	Rich Fernandez
	10:00am - 10:50am	TFit Fusion 50 minutes	Nancy Arnold
SAT	8:00am - 8:50am	TFit Cardio Challenge 50 minutes	Nancy Drenning
	10:00am - 10:50am	TFit Peak Performance 50 minutes	Rich Fernandez

CLASS DESCRIPTIONS

All TFit classes offer different progressions for each client, and are designed to meet the needs of individual fitness levels.

TFit Foundations Ideal for beginners or seasoned athletes, TFit foundations introduces participants to the FreeMotion Tower equipment. The class focuses on practicing proper body alignment and positioning, to ensure that each muscle is trained the way that it should be used. As with all TFit classes, TFit Foundations offers different progressions for each client, and is designed to meet the needs of individual fitness levels.

TFit AM Blast A whole-body workout in just 25 minutes! Includes strength, flexibility and cardiovascular exercises.

TFit Cardio Sculpt This fast-paced, high-intensity class is designed for those looking to take their fitness and physiques to the next level. The combination of cardio and strength intervals makes this an ideal class for experienced exercisers looking to get a complete workout in less than one hour!

TFit Cardio Challenge Instead of using a treadmill, bike or elliptical for a cardio workout, Cardio Challenge uses full-body strength training intervals to improve stamina and burn calories.

TFit Fusion This high energy class combines strength, cardio and plyometric training to deliver a challenging and effective 25 & 50-minute workout.

TFit Peak Performance Looking to improve strength, stamina and boost your metabolism? Peak Performance is for you! This high energy class uses varying combinations of strength and endurance training to reach these goals.

REGISTRATION & POLICIES

PARTICIPANTS MAY REGISTER ONLY THEMSELVES AND THEIR SIGNIFICANT OTHER. Registration is taken in advance through Concierge Services, either in person or by telephone: 734.665.3738 ext. 34. If registering for multiple TFit classes, please request a copy of your enrollment schedule.

A 24-HOUR CANCELLATION POLICY APPLIES TO TFIT CLASSES. Should cancellation be received within 24 hours 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.

If a TFit class has -0- participants enrolled two days prior to its scheduled time, the class may be cancelled by the instructor. Thus, if you plan to attend a TFit class and have not registered for it, inquire with the Concierge for the class' status.

GENERAL INFORMATION

Unless otherwise noted, TFit programs are open to ages 15 and up.

All TFit classes and programs are instructed by a certified personal trainer. Instructors are subject to change without notice.

To maintain the quality of this semi-private style training, there is a maximum of 7 participants per TFit program.

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

24-hour Cancellation Policy

applicable to: Private/Semi-Private Swim Lessons, Personal Training, Spa Services, Tennis Court Reservations, Private/Semi-Private Tennis Lessons and Tennis Practices

A minimum of 24 hours is required for cancellation of the above services. Same-day cancellations or failure to cancel will result in the entire fee being retained. Should you arrive more than 15 minutes late for an appointment, the remainder of your time will be forfeited and the entire fee will be retained.

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.

14-day Cancellation Policy

Should cancellation be received within fourteen days (*two weeks*) 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.



Monday, January 2 through
Saturday, April 7, 2012

revised January 18, 2012



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