

GENERAL INFORMATION

Unless otherwise noted, Small Group Tower Training is open to ages 15 and up.

All Tower Training 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 Tower Training class/program.

WINTER/SPRING SESSION 2010 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 Program Director, Kim Brodie, at 734-665-3738 ext. 57.

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. *Eff. 7/1/09, we no longer accept nonmember checks.*

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 Swim, Private Tennis, Personal Training, Spa Services and Tennis Court Reservations

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.

Tower Training Programs & Classes

Winter/Spring 2010

applicable through
Sunday, June 20, 2010

revised April 20, 2010



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TOWER TRAINING PROGRAMS

Winter/Spring 2010

These seasonal, four-week, get-in-shape tower programs are simply awesome!

The programs include:

- pre-and post- program measurements with a personal trainer
- three one-hour tower workouts per week
- workout tracker and nutrition log
- one winner per program receives a free personal training session for losing the most inches when comparing pre- to post- measurements.

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

2-day cxi policy applies to each program

SHAPE UP FOR SUMMER

Meets Tuesdays, Thursdays and Saturdays:

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

DATES: 4/20 - 5/15
FEE: \$299 (\$360)

SPRING INTO SHAPE

Meets Tuesdays, Thursdays and Saturdays:

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

DATES: 3/2 - 3/27

FULL!

JUMPSTART JANUARY

Meets Tuesdays, Thursdays and Saturdays:

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

DATES: 1/19 - 2/13

FULL!

TOWER TRAINING CLASSES

applicable through Sunday, June 20, 2010

TOWER CLASS 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. Details to the right. →

DAY	TIME	CLASS	LEVEL	TRAINER
MON	6:10am - 7:00am	Whole Body 50 minutes	II	Nancy Arnold
	9:10am - 10:00am	Whole Body 50 minutes	II	Nancy Arnold
	10:00am - 10:50am	Whole Body 50 minutes	III	Jeff Yeakey
	6:30pm - 7:20pm	Whole Body 50 minutes	I	Jason Hoey
TUE	6:10am - 7:00am	Whole Body 50 minutes	I	Chrissy Hanna
	7:00am - 7:50am	Whole Body 50 minutes	II	Rebecca Olsen
	10:00am - 10:50am	Whole Body 50 minutes	III	Jeff Yeakey
WED	6:30am - 6:55am	AM Blast 25 minutes	III	Nancy Arnold
	9:00am - 9:50am	Whole Body 50 minutes	III	Jeff Yeakey
	6:30pm - 7:20pm	Whole Body 50 minutes	I	Jason Hoey
THUR	6:10am - 7:00am	Whole Body 50 minutes	I	Nancy Drenning
	9:00am - 9:25am	Towers for Glutes 25 minutes	III	Jeff Yeakey
	9:30am - 9:55am	Towers for Glutes 25 minutes	III	Jeff Yeakey
FRI	6:00am - 6:50am	Whole Body 50 minutes	II	Rich Fernandez
	10:00am - 10:50am	Whole Body 50 minutes	II	Nancy Arnold
SAT	10:00am - 10:50am	Whole Body 50 minutes	II	Rich Fernandez

TOWER CLASS REGISTRATION and CANCELLATION

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 tower classes, please request a copy of your enrollment schedule.

A 2-day cancellation policy applies to tower classes. 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.

If a tower 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 tower class and have not registered for it, inquire with the Concierge for the class' status.

TOWER CLASS DESCRIPTIONS and LEVELS

Descriptions

AM Blast

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

Whole Body

A combination of strength training, flexibility and cardiovascular exercises, providing an efficient and effective workout.

Towers for Glutes

A 25 minute lower-body blast focusing on glute-specific moves.

Levels

LI: Appropriate for all participants, from those new to Tower Training through experienced attendees.

LII: Taught at a faster pace than Level I, participants should have some Tower Training experience before attending.

LIII: This is a high intensity workout for experienced Tower Training attendees.