

FITNESS SERVICES

Please contact **RJ Meske** at **665-3738 ext. 29** for more information about these services.

MAT - Muscle Activation Techniques

30minutes: members \$60 nonmembers \$65
60minutes: members \$95 nonmembers \$100

MAT looks at muscle tightness as a form of protection in the body. Weak or inhibited muscles can create the need for other muscles to tighten up in order to help stabilize the joints. MAT gets to the root of pain or injury by addressing muscle weakness rather than muscle tightness. This helps restore normal body alignment, thereby decreasing pain and reducing the risk of injury. Providers Kelly Moug and Jason Hoey are qualified to identify and correct biomechanical imbalances that relate to pain or injury. Kelly and Jason are both certified MAT Specialists as well as certified Personal Trainers. Services will be performed in The Spa.

Contact Kelly at ext. 53 or Jason at ext. 37.

Personal Fitness Assessment

members \$64 ; nonmembers \$72

The most comprehensive assessment we offer, these results provide the 'big picture' for you and your trainer. Your fitness assessment may include:

- ★ Blood Pressure, Body Weight & Resting Heart Rate
- ★ Body Composition Analysis*
- ★ Postural Assessment
- ★ Functional Movement Screening
- ★ BMI (Body Mass Index = Height-to-Weight Ratio)
- ★ Cardiovascular Fitness: 3-minute Step Test or Sub VO₂ Max Bike Test
- ★ Upper Body Endurance: Bench Press or Pushup Test

Body Composition Analysis

members \$37 ; nonmembers \$42

This analysis allows you to check two of the most popular indicators of fitness success: percentage bodyfat and circumference measurements.

Your body composition analysis may include:

- ★ Circumference Measurements (with tape measure)
- ★ Body Composition: Skinfold Calipers or Tanita scale

PERSONAL TRAINERS

RJ Meske, Director of Personal Training

734.665.3738 ext. 29

email: rj.meske@libertyathletic.net

B.A. in Political Science
NSCA CSCS, NASM CES & PES, ACE Personal Trainer
Sports-Specific Training, Core Conditioning, High Intensity Strength and Conditioning Protocol, Weight Management

TRAINERS ARE LISTED ALPHABETICALLY BY FIRST NAME

Chrissy Hanna, ext. 47

NASM CPT & PES
Interval Training, Youth Training, Special Needs, Sports-Specific Training

Jason Hoey, ext.37

B.A. Anthropology/Archaeology
MAT Certified Specialist, RTS Certified
Joint Health, Flexibility, Post-rehabilitation, Interval Training

Josh Gordon, ext. 56

B.S. Exercise Physiology
NSCA CSCS
Sports-Specific Training, High Intensity Strength and Conditioning Protocol, Youth Training, Core Conditioning

Kate Lambright, ext. 40

B.S. Health & Physical Education
NASM CPT, ACE Certified Personal Trainer,
AIFE Older Adult Certification
Seniors, Post-rehabilitation, Core Conditioning

Kelly Moug, ext. 53

B.S. Movement Science
RTS Certified Specialist, MAT Certified
Flexibility, Pain Management, Joint Health, Post-rehabilitation

Maria Thomas, ext. 44

B.A. Psychology, M.S.W. Clinical Social Work
NASM CPT, STOTT Pilates Instructor
Exercise for Beginners, Mid-life Adults, Weight Management, Core Conditioning



PERSONAL TRAINERS

Mark Middaugh, ext. 33

B.A. Sociology
NASM CPT
Interval Training, High Intensity Strength and Conditioning Protocol, Weight Management, Endurance Sports-Specific Conditioning

Marty Betts, ext. 64

B.F.A. Graphic Design/Photography
NASM CPT
Postural Assessment, Joint Health, Core Conditioning, Running middle-to-long distance

Nancy Arnold, ext. 39

B.S. Sports Medicine
AASDN Certified Nutrition Specialist, NATA ATC & LAT,
NASM CPT, NSCA CSCS
Weight Management, Post-rehabilitation, Sports-Specific Training

Nancy Drenning, ext. 42

B.S. Computer Science, B.A. Elementary Education
ACSM CPT, ACE Group Fitness Instructor
Weight Management, Interval Training, Sports-Specific Training in Field Hockey, Soccer and Lacrosse

Rich Fernandez, ext. 51

B.S. Candidate in Exercise Science
NASM CPT
SuperSlow Training, High Intensity Strength and Conditioning Protocol, Post-rehabilitation, Sports-Specific Training

Susan Cutshaw, ext. 46

B.S. Kinesiology, Candidate M.S. Human Nutrition
ACSM Health Fitness Specialist, NASM CPT
Weight Management, Pre/Post Natal, Arthritis, Autoimmune Diseases

Susan M. Reyes, ext. 36

B.S. Nursing
NASM Certified Personal Trainer
ACE Certified Group Fitness Instructor
Interval Training, Youth Training, Sports-Specific Training, Core Conditioning-Stabilization and Balance



PERSONAL TRAINING

WHY PERSONAL TRAIN?

You may be training to lose weight, gain strength, improve your blood pressure, or any other wide range of goals.

Please see our list of personal trainers in this brochure for detailed certifications and specialties.

RATES

60 minutes	member	nonmember
Private	\$64.00	\$72.00
2 People	\$37.00ea	\$44.00ea
3 People	\$28.00ea	\$35.00ea
4 People	\$26.00ea	\$32.00ea

30 minutes	member	nonmember
Private	\$37.00	\$42.00
2 People	\$21.50ea	\$27.00ea

TO SCHEDULE

To schedule private or semi-private personal training, please contact your preferred personal trainer directly.

If you are unsure of which trainer to work with, contact RJ Meske, Director of Personal Training, at rj.meske@libertyathletic.net or 734.665.3738 x29.

PACKAGES

Available to Liberty members only. Packages may be purchased through the Concierge.

734.665.3738 ext. 34

60 minute Private 5-pack	\$315	reg. \$320
60 minute Private 10-pack	\$620	reg. \$640
60 minute Private 15-pack	\$915	reg. \$960
30 minute Private 10-pack	\$360	reg. \$370
30 minute Private 15-pack	\$525	reg. \$555

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.



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