

SUMMER GROUP FITNESS SCHEDULE

BBC - Basketball Court | GFS - Group Fitness Studio | MBS - Mind Body Studio

MON

Bootcamp w/ Andrea W.
6:00-7:00am **BBC**

Spin w/ Maria
8:30-9:15am **BBC**

new time

Aqua Bootcamp w/ Sara
8:30-9:30am **Lap Pool**

Bootcamp w/ Libby
9:30-10:30am **BBC**

Vinyasa Yoga w/ Marty
9:30-10:30am **MBS**

Pilates w/ Tricia
10:30-11:30am **MBS**

Gentle Fitness w/ Joan
12:00-1:00pm **GFS**

Stretch for Life w/ Joan
1:00-1:30pm **GFS**

new time

Express Spin w/ Donna
6:00-6:30pm **BBC**

new time

Power 30 w/ Donna
6:30-7:00pm **BBC**

TUE

Spin w/ Shelley
6:00-7:00am **BBC**

Upper/Lower
w/ Lisa
8:30-9:15am **BBC**

Cardio Tone w/ Lea
9:30-10:30am **GFS**

Yin Yoga
w/ Cheryl or Irina
10:30-11:30am **MBS**
or **Virtual ZOOM**

H2O Fitness w/ Irina
1:00-2:00pm **Lap Pool**

Pilates w/ Tricia
5:00-6:00pm **MBS**

new time

Bootcamp w/ Donna
6:00-7:00pm **BBC**

Reset + Restore
Yoga w/ Laurie D.
6:00-7:00pm **MBS**

Dance Fit w/ Justin
6:00-7:00pm **GFS**

WED

Bootcamp w/ Anna
6:00-7:00am **BBC**

Spin w/ Cheryl
8:30-9:15am **BBC**

new time

Aqua Bootcamp w/ Sara
8:30-9:30am **Lap Pool**

new format

Surge Fit w/ Libby
9:30-10:30am **BBC**

Vinyasa Yoga w/ Marty
9:30-10:30am **MBS**

Barre Blend w/ Tricia
10:30-11:30am **GFS**

Gentle Fitness w/ Joan
12:00-1:00pm **GFS**

Stretch for Life w/ Joan
1:00-1:30pm **GFS**

Saber Academy
w/ Chad
5:00-6:00pm **MBS**
Excludes 7/27 & 8/17

new class

Express Spin w/ Lisa
6:00-6:30pm **BBC**

new class

Power 30 w/ Lisa
6:30-7:00pm **BBC**

Adult Kung Fu w/ Chad
6:00-7:00pm **MBS**
Excludes 7/27 & 8/17

THU

Spin w/ Shelley
6:00-7:00am **BBC**

Upper/Lower w/ Anna
8:30-9:15am **BBC**

Cardio Tone w/ Lea
9:30-10:30am **GFS**

Vinyasa Yoga w/ Jen
10:30-11:30am **MBS**

H2O Fitness w/ Irina
1:00-2:00pm **Lap Pool**

Barre Blend w/ Irina
5:00-6:00pm **GFS**

Reset + Restore
Yoga w/ Jen
6:00-7:00pm **MBS**

new class

Pump + Jump w/ Lisa
6:00-7:00pm **GFS**

FRI

Bootcamp w/ Kristi
6:00-7:00am **BBC**

Spin w/ Maria
8:30-9:15am **BBC**

new time

Step w/ Lea
9:00-10:00am **GFS**

new format

Bootcamp w/ Anna
9:30-10:30am **BBC**

Core & Power
Yoga w/ Irina
9:30-10:30am **MBS**

Yin Yoga w/ Cheryl
10:30-11:30am **MBS**
or **Virtual ZOOM**

SAT

Spin w/ Staff
8:00-9:00am **BBC**

Cardio Tone w/ Lea
8:00-9:00am **GFS**

Bootcamp w/ Lisa
9:00-10:00am **GFS**

Yoga Latte w/ Cheryl
9:00-10:00am **MBS**

Reset + Restore
Yoga w/ Cheryl
10:00-11:00am **MBS**
or **Virtual ZOOM**

Power 45 w/ Lisa
10:00-10:45am **GFS**

youth class w/ Chad
Kids Kung Fu (8-12)
11:00-11:30am **GFS**
Excludes 7/30 & 8/20

youth class w/ Chad
Younglings Saber
Academy (7-12)
11:30am-12:00pm **MBS**
Excludes 7/30 & 8/20

Championship Light
Fencing w/ Chad
12:00-1:00pm **MBS**
Excludes 7/30 & 8/20

Sword Lab w/ Chad
1:00-2:00pm **MBS**
Excludes 7/30 & 8/20

SUN

Express Pump & Jump
w/ Staff
9:00-9:30am **GFS**

Power 30 w/ Staff
9:30-10:00am **GFS**

Yin Yoga w/ Irina
10:00-11:00am **MBS**

new class

Spin w/ Matthew
10:00-11:00am **BBC**
Effective Aug. 7

youth class

Youth Yoga w/ Irina
11:15-11:45am **GFS**

Effective Monday, June 13

revised July 18, 2022

Registration is required for all classes, and is open 2-days in advance of each class through the Liberty Mobile App or [Online Services](#). Classes are subject to change.

Virtual and on-demand classes can be found at <https://liberty.daxkoondemand.com/>

Aqua Bootcamp *(high intensity, low impact, light weights)*

A high intensity pool-based aerobic class. Great for cross training and those with joint or back limitations. Appropriate for all fitness levels.

Barre Blend *(high intensity, low impact, light weights)*

Combines the disciplines of Barre Pilates + Yoga to provide a comprehensive full-body core + toning workout. Use of props (bands, light weights, bar, etc.) may be used to enhance participant experience. Appropriate for all fitness levels.

Bootcamp *(high intensity, high impact, medium-heavy weights)*

A pulse pounding workout experience! It combines anaerobic athletic drills (think sprints + jumping) with strength and stabilization exercises. Due to the extreme training elements performed, please check in with the instructor before your first class.

Cardio Tone *(high intensity, low impact, light-medium weights)*

Low impact does not have to be defined as low intensity! Expect energetic, rhythmic cardio that is both challenging and fun with resistance intervals. Specifically made for those who like a great workout, but prefer not to jump. Appropriate for all fitness levels.

Dance Fit *(medium intensity, medium impact, no weights)*

A fun, high energy class that combines the hit music you love with easy to learn dance styles like swing, hip hop, and salsa. If you can march, you can do Dance Fit! Appropriate for all fitness and experience levels.

Gentle Fitness *(low intensity, no impact, light weights)*

Geared toward beginning exercisers and those with neuromuscular tightness, injury, or restricted movement. Improve your overall fitness with exercises utilizing your own body weight and various props such as a mat, ball, and bands. Appropriate for all fitness levels.

Stretch for Life *(formerly 'Longevity' - no intensity, no impact, no weights)*

The perfect class for post workout or improving flexibility! Come in for a quick, relaxing and lengthening stretch. Appropriate for all fitness levels.

Pilates *(low intensity, no impact, light weights)*

A mat based workout geared towards building a strong core through strength, flexibility, and stability exercises. Utilization of props adds focus and variety to the class. Appropriate for all fitness levels.

Power 30, 45 *(medium intensity, low impact, heavy weights)*

An intense muscle-building, strength training class. Expect all muscle groups to be challenged with heavier weight and lower repetitions to achieve an athletically sculpted body. Some weight training experience necessary.

Pump + Jump *(high intensity, high impact, medium-heavy weights)*

A class that combines athletic strength training with plyometric drills (jumping) to improve strength and cardio endurance via cardio circuits and intervals. Modifications available. Appropriate for all fitness levels.

H2O Fitness *(medium intensity, low impact, light weights)*

This class works your body against the 3-dimensional resistance of water. You'll expend energy and gain toning in this "kind-to-your-joints" format. Appropriate for all fitness and swimming experience levels.

Spin & Express Spin *(high intensity, no impact, no weights)*

A class performed on a stationary bike to simulate an outdoor ride. Motivational instructors and exciting music will take you on a journey up hills, along flat terrain, over jumps, and through imaginary landscapes, all while increasing aerobic endurance and strength. Appropriate for all fitness levels.

Step *(medium-high intensity, medium-high impact, no weights)*

A fun, well-choreographed fat-burning workout using an adjustable step platform. Appropriate for all fitness levels although some coordination is helpful.

Surge Fit *(high intensity, high impact, medium to heavy weights)*

An energizing interval workout that intertwines high intensity cardio tracks with targeted weight training tracks, all set to music you know and love! Appropriate for all fitness levels.

Upper/Lower *(low intensity, low impact, medium weights)*

A strength training class focusing on muscular endurance through high repetition. Enjoy moving through multi-joint exercises while using a variety of equipment. Appropriate for all fitness levels.

YOGA

Core + Power Yoga *(low intensity, no impact, light weights)*

Vinyasa flow yoga with a focus on core powered transitions and the optional use of light weights to improve your strength, balance, and flexibility. Appropriate for all fitness levels.

Reset + Restore Yoga *(low intensity, no impact, no weights)*

This class combines the principles of Hatha and Yin to reset and restore balance to the body and mind. Appropriate for all fitness levels.

Vinyasa Yoga *(low intensity, no impact, no weights)*

A popular style of yoga in which the breath is synchronized with a flowing sequence of postures. Each instructor brings their own unique variation, including music, to enhance the flow and rhythm of class. This is a challenging and empowering practice emphasizing breath connection, core strength, and awareness. Appropriate for all fitness levels.

Yin Yoga *(low intensity, no impact, no weights)*

A non-flow yoga in which poses are held for long periods. The asanas in Yin target the connective tissue, allowing for an overall increase in joint circulation and improvement in flexibility. Appropriate for all fitness levels.

Yoga Latte *(low intensity, no impact, no weights)*

A combination of Pilates-based movements and Power Yoga to enhance strength, flexibility, and core stability. Appropriate for all fitness levels.

Youth Yoga *(low intensity, no impact, no weights)*

This class will introduce children to mindfulness, yoga, and breathwork. Utilizing games, books, and playful movement, children will explore yoga exactly where they are at developmentally to build confidence and greater awareness of themselves and the world around them. Children are encouraged to attend on their own, though we are flexible. Appropriate for ages 5-10.

