

## CLASS DESCRIPTIONS

### Pilates Reformer

The Pilates Reformer is a machine that uses springs and pulleys to create resistance while performing controlled exercises. Proper form and technique are emphasized in each class while the small class size allows for individual attention and instruction. Increase the effectiveness of your other workouts, gain power and flexibility and decrease the risk of injury with Pilates Reformer.

### The Wall

A creative blend of yoga and Pilates done using the Great Yoga Wall. Elevate your resistance training, balance and stretch in a totally new and challenging way.

## MIND BODY PROGRAMS DIRECTOR

### Lori Stefanic

[lori.stefanic@libertyathletic.net](mailto:lori.stefanic@libertyathletic.net)

734.665.3738 ext. 167

As Liberty's Director of Group Fitness, Lori's background includes numerous Pilates certifications including Stott and Balanced Body, as well as a University of Michigan education and decades of experience in teaching. Alignment, posture, strength, stretch and balance are the foundation of Lori's practice and each class is derived of a combination of Pilates techniques.



Fall 2019

# MINDBODY

Pilates • Yoga • Fusion

*revised July 30, 2019*



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## SPECIALTY CLASSES

### Principles of Mat Pilates Ages 14-up **new class**

Gain a clear understanding of the principles of mat Pilates with a specific focus on control, alignment, and breathing. *48-Hour Cancellation Policy*

<b>Friday</b>	<b>8:30am-9:15am</b> Tricia Wise
10/11-10/25	3 mtg \$51 (\$60)

### The Wall Ages 15-up

A creative blend of yoga and Pilates done using the Great Yoga Wall. Elevate your resistance training, balance and stretch in a totally new and challenging way. *24-Hour cancellation policy.*

<b>Wednesdays</b>	<b>8:40am-9:10am</b> Lori Stefanic
9/4-12/18	\$17 (\$20) Register per Class



## PILATES CLASS SCHEDULE

### FEES

<b>30 minute class</b>	\$13 members	\$17 non-members
<b>45 minute class</b>	\$17 members	\$20 non-members
<b>60 minute class</b>	\$23 members	\$28 non-members

### Ages 13-up

**24-Hour cancellation policy applies to all Mind Body classes.**

**To check class availability or to register, please contact the Concierge.  
734.665.3738 ext. 134**

DAY	TIME	CLASS	TRAINER
<b>TUE</b>	7:30am - 8:00am	<b>Pilates Reformer</b> 9/3-12/17	Lori Stefanic
	11:45am - 12:30pm	<b>Pilates Reformer</b> 9/3-12/17	Lori Stefanic
<b>THU</b>	8:30am-9:15am	<b>Pilates Reformer</b> 9/5-12/19 Excludes 11/28	Lori Stefanic
	9:30am-10:30am	<b>Pilates Reformer</b> 9/5-12/19 Excludes 11/28	Katie Graff
<b>FRI</b>	7:05am - 7:35am	<b>Pilates Reformer</b> 9/6-12/20	Lori Stefanic
	7:35am - 8:05am	<b>Pilates Reformer</b> 9/6-12/20	Lori Stefanic
<b>SAT</b>	9:10am - 10:10am	<b>Pilates Reformer</b> 9/7-12/28	Lori Stefanic

## MIND BODY PERSONAL TRAINING

### PRIVATE & SEMI PRIVATE

To schedule a private or semi-private Pilates or Wall session, please contact Lori Stefanic at 734.665.3738 ext. 167 or lori.stefanic@libertyathletic.net

### RATES

60 minutes	member	non-member
Private	\$69.00	\$77.00
2 People	\$40.00 (each)	\$47.00 (each)
3 People	\$31.00 (each)	\$38.00 (each)
4+ People	\$25.00 (each)	\$30.00 (each)
Family 3+	\$86.00 (must be on same membership)	

30 minutes	member	non-member
Private	\$40.00	\$45.00
2 People	\$23.00 (each)	\$28.50 (each)
3 People	\$18.00 (each)	\$22.00 (each)
4+ People	\$16.25 (each)	\$19.75 (each)

### PACKAGES

Available to Liberty members only. Packages may be purchased through the Concierge. 734.665.3738 ext. 134

#### 60 minute Packages

Private 4-pack	\$268	(save \$8)
Private 8-pack	\$528	(save \$24)
Private 16-pack	\$1,024	(save \$80)
Private 20-pack	\$1,250	(save \$130)

#### 30 minute Packages

Private 8-pack	\$308	(save \$12)
Private 16-pack	\$592	(save \$48)
Private 20-pack	\$710	(save \$90)