

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 <i>(each)</i>	\$47.00 <i>(each)</i>
3 People	\$31.00 <i>(each)</i>	\$38.00 <i>(each)</i>
4+ People	\$25.00 <i>(each)</i>	\$30.00 <i>(each)</i>
Family 3+	\$86.00 <i>(must be on same membership)</i>	

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

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	<i>(save \$8)</i>
Private 8-pack	\$528	<i>(save \$24)</i>
Private 16-pack	\$1,024	<i>(save \$80)</i>
Private 20-pack	\$1,250	<i>(save \$130)</i>

30 minute Packages

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

Cardio Pilates

Cardio Pilates features the “Cardio Tramp” by Stott®. A piece of equipment that allows for an extremely low impact cardio workout suitable for almost anyone. All the benefits of Pilates Reformer with the added cardio element.

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.

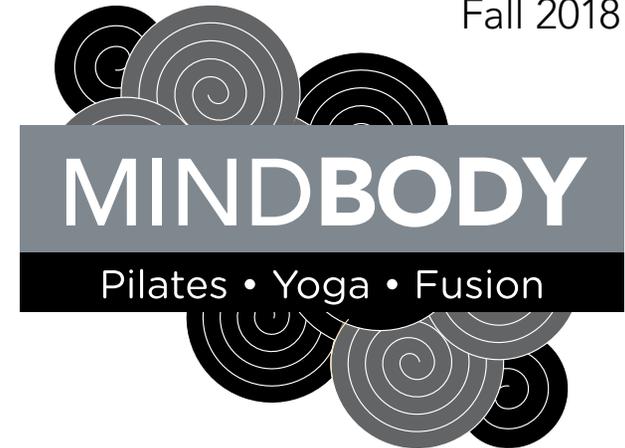
Tech Neck Solutions new class

Learn exercises and simple pain free solutions to live in harmony with your body and your devices.

Daily use of technology has led to an increase in the time spent with our heads down increasing the amount of pressure on the spine by up to 60 lbs. The symptoms of this added pressure and its related side effects are referred to as forward head posture or “tech neck” and can be seen rapidly increasing in adults and children and range in severity from jaw pain and headaches to shoulder pain, back pain, muscle spasms, general fatigue and even arthritis. Be proactive! Do something to stop “tech neck” now.

Xtraining on the Wall

A creative fusion of yoga, strength training, and Pilates taught with focus on alignment, balance and precision. Fun, tough and totally different!



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www.libertyathletic.net

SPECIALTY CLASSES



Tech Neck Solutions **new class**

Learn exercises and simple pain free solutions to live in harmony with your body and your device.

Daily use of technology has led to an increase in forward head posture among children and adults. Forward head posture is technically when your neck pushes forward more than an inch over your first vertebrae. Every inch your neck pushes forward increases the weight on your neck by 10 pounds. Symptoms can exhibited as sever shoulder pain, headaches, back pain, jaw pain, muscle spasms, general fatigue and arthritis. *48-Hour Cancellation Policy*

Tech Neck Solutions for Adults **Ages 13-up**

Thursdays	7:05am-8:05am <i>Lori Stefanic</i>
10/11-10/25	3 mtg \$75 (\$100)

Saturdays	11:30am-12:30pm <i>Lori Stefanic</i>
11/3-11/17	3 mtg \$75 (\$100)

Tech Neck Solutions for Youth **Ages 6-12**

Mondays	3:45pm-4:30pm <i>Lori Stefanic</i>
10/15-10/29	3 mtg \$60 (\$85)

Saturdays	12:30pm-1:15pm <i>Lori Stefanic</i>
11/3-11/17	3 mtg \$60 (\$85)

PILATES CLASS SCHEDULE

FEES

30 minute class	\$13 members	\$17 non-members
45 minute class	\$17 members	\$20 non-members
60 minute class	\$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
MON	10:30am - 11:15am	Cardio Pilates Starts 9/10-12/17	Lori Stefanic
	11:15am - 12:00pm	Pilates Reformer Starts 9/10-12/17	Lori Stefanic
TUE	7:05am - 7:50am	Cardio Pilates Starts 9/4-12/18	Lori Stefanic
THU	8:30am-9:15am	Pilates Reformer Starts 9/6-12/27 <i>*Excludes 11/22</i>	Lori Stefanic
	9:30am-10:30am	Pilates Reformer Starts 9/13-12/20 <i>*Excludes 11/22</i>	Katie Graff
FRI	7:05am - 7:35am	Pilates Reformer Starts 9/7-12/28 <i>*Excludes 11/23</i>	Lori Stefanic
	7:35am - 8:05am	Pilates Reformer Starts 9/7-12/28 <i>*Excludes 11/23</i>	Lori Stefanic
SAT	9:10am - 10:10am	Pilates Reformer Starts 9/8-12/29	Lori Stefanic



Pilates Reformer

SPECIALTY CLASSES

Xtraining on the Wall **Ages 15-up**

A creative fusion of yoga, strength training, and Pilates taught with focus on alignment, balance and precision. Fun, tough and totally different! *24-Hour cancellation policy.*

Wednesdays	8:30am-9:15am <i>Lori Stefanic</i>
9/5-12/19	\$17 (\$20) <i>Register per Class</i>



The Great Yoga Wall

MIND BODY PROGRAMS DIRECTOR

Lori Stefanic
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.



Lori Stefanic