

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

**RATES**

<b>60 minutes</b>	<b>member</b>	<b>non-member</b>
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>	

<b>30 minutes</b>	<b>member</b>	<b>non-member</b>
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>



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## SPECIALTY CLASSES



### Tech Neck Solutions

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

<b>Saturdays</b>	<b>11:30am-12:15pm</b> Lori Stefanic
1/12-1/26	3 mtg \$75 (\$100)

### 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.*

<b>Wednesdays</b>	<b>8:30am-9:15am</b> Lori Stefanic
1/2-3/20	\$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>MON</b>	10:30am - 11:15am	<b>Cardio Pilates</b> Starts 1/7-3/18	Lori Stefanic
	11:15am - 12:00pm	<b>Pilates Reformer</b> Starts 1/7-3/18	Lori Stefanic
<b>TUE</b>	7:05am - 7:50am	<b>Cardio Pilates</b> Starts 1/8-3/19	Lori Stefanic
<b>THU</b>	8:30am-9:15am	<b>Pilates Reformer</b> 1/3-3/21	Lori Stefanic
	9:30am-10:30am	<b>Pilates Reformer</b> 1/3-3/21	Katie Graff
<b>FRI</b>	7:05am - 7:35am	<b>Pilates Reformer</b> Starts 1/4-3/22	Lori Stefanic
	7:35am - 8:05am	<b>Pilates Reformer</b> Starts 1/4-3/22	Lori Stefanic
<b>SAT</b>	9:10am - 10:10am	<b>Pilates Reformer</b> Starts 1/5-3/23	Lori Stefanic



## 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.



## CLASS DESCRIPTIONS

### 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.