



revised February 25, 2019

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 *(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)*



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

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

Thursdays	7:05am-7:50am <i>Lori Stefanic</i>
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4/4-4/18 3 mtg \$75 (\$100)

Saturdays	11:30am-12:15pm <i>Reformer Studio</i>
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3/30-4/13 3 mtg \$75 (\$100)

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	8:35am - 9:05am	Pilates Reformer Starts 4/1-6/10 Excludes 5/27	Lori Stefanic
	11:15am - 12:00pm	Pilates Reformer Starts 4/1-6/10 Excludes 5/27	Lori Stefanic
WED	7:30am - 8:00am	Pilates Reformer 4/3-6/12	Lori Stefanic
THU	8:30am-9:15am	Pilates Reformer 4/4-6/13	Lori Stefanic
	9:30am-10:30am	Pilates Reformer 3/28-6/13	Katie Graff
FRI	7:05am - 7:35am	Pilates Reformer Starts 3/29-6/14	Lori Stefanic
	7:35am - 8:05am	Pilates Reformer Starts 3/29-6/14	Lori Stefanic
SAT	9:10am - 10:10am	Pilates Reformer Starts 3/30-6/15	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

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.