

MIND BODY PROGRAMS DIRECTOR

Lori Stefanic

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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.



Summer 2019

MINDBODY

Pilates • Yoga • Fusion

revised April 30, 2019



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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.



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 6/17-8/26	Lori Stefanic
	11:15am - 12:00pm	Pilates Reformer 6/17-8/26	Lori Stefanic
WED	7:30am - 8:00am	Pilates Reformer 6/19-8/28	Lori Stefanic
THU	8:30am- 9:15am	Pilates Reformer 6/20-8/29 Excludes 7/4	Lori Stefanic
	9:30am- 10:30am	Pilates Reformer 6/20-8/29 Excludes 7/4	Katie Graff
FRI	7:05am - 7:35am	Pilates Reformer 6/21-8/30	Lori Stefanic
	7:35am - 8:05am	Pilates Reformer 6/21-8/30	Lori Stefanic
SAT	9:10am - 10:10am	Pilates Reformer 6/22-8/24	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 <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>