

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

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.



Winter 2020

MINDBODY

Pilates • Yoga • Fusion

revised November 19, 2019



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Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net

SPECIALTY CLASSES

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.

Wednesdays | **8:45am-9:15am** | *Lori Stefanic*

1/8-3/25 | \$13 (\$17) *Register per Class*



Mind Body Studio



The Great Yoga Wall

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
TUE	7:30am - 8:00am	Pilates Reformer 1/7-3/24	Lori Stefanic
	11:45am - 12:30pm	Pilates Reformer 1/7-3/24	Lori Stefanic
THU	8:30am-9:15am	Pilates Reformer 1/9-3/26	Lori Stefanic
	9:30am-10:30am	Pilates Reformer 1/9-3/26	Katie Graff
FRI	7:00am - 7:30am	Pilates Reformer 1/10-3/27	Lori Stefanic
	7:30am - 8:00am	Pilates Reformer 1/10-3/27	Lori Stefanic
SAT	9:05am - 10:05am	Pilates Reformer 1/11-3/28	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 <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>