

OCTOBER GROUP FITNESS SCHEDULE | Effective Monday, October 5

**MON**

**Bootcamp\***

6:00-7:00am  
w/ Nicholas H.  
Outdoor - Back Parking Lot  
Alt - Indoor BB Court

**Yoga\***

9:30-10:30am  
w/ Marty B.  
Outdoor - Parking Lot  
Alt - Indoor BB Court

**Stretch Balance & Move**

12:30-1:30pm  
w/ Instructor  
Indoor - Basketball Court

**Stretch Balance & Move**

**VIRTUAL-Zoom**  
12:30-1:30pm  
w/ Instructor

**Muscle Max & Cardio**

6:00-7:00pm  
w/ Hailey T.  
Outdoor - Back Parking Lot

**Yoga for All**

6:00-7:00pm  
w/ Nicole Y.  
Indoor - Basketball Court

**Yoga for All**

**VIRTUAL-Zoom**  
6:00-7:00pm  
w/ Nicole Y.

**TUE**

**Spin\***

6:00-7:00am  
w/ Shelley B.  
Outdoor - Front Entrance  
Alt - Indoor BB Court

**Spin\***

9:30-10:30am  
w/ Cheryl G.  
Outdoor - Front Entrance  
Alt - Indoor BB Court

**Step**

9:30-10:30am  
w/ Lea M.  
Outdoor - Back Parking Lot

**Yin Yoga**

11:00am-12:00pm  
w/ Cheryl G.  
Indoor - Basketball Court

**Yin Yoga**

**VIRTUAL-Zoom**  
11:00am-12:00pm  
w/ Cheryl G.

**Pilates**

4:30-5:30pm  
w/ Tricia W.  
Indoor - Basketball Court

**Pilates**

**VIRTUAL-Zoom**  
4:30-5:30pm  
w/ Tricia W.

**Bootcamp**

6:00-7:00pm  
w/ Sara P.  
Outdoor - Back Parking Lot

**WED**

**Bootcamp\***

6:00-7:00am  
w/ Nicholas H.  
Outdoor - Back Parking Lot  
Alt - Indoor BB Court

**Yoga\***

10:30-11:30am  
w/ Marty B.  
Outdoor - Tennis Court  
Alt - Indoor BB Court

**Stretch Balance & Move**

12:30-1:30pm  
w/ Instructor  
Indoor - Basketball Court

**Stretch Balance & Move**

**VIRTUAL-Zoom**  
12:30-1:30pm  
w/ Instructor

**Muscle Max & Cardio\***

5:30-6:15pm  
w/ Lisa C.  
Outdoor - Back Parking Lot  
Alt - Indoor BB Court

**Yin Yoga**

6:30-7:30pm  
w/ Nicole Y.  
Indoor - Basketball Court

**Yin Yoga**

**VIRTUAL-Zoom**  
6:30-7:30pm  
w/ Nicole Y.  
Indoor - Basketball Court

**THU**

**Spin\***

8:30-9:30am  
w/ Kathy E.  
Outdoor - Front Entrance  
Alt - Indoor BB Court

**Hatha Yoga**

10:00-11:00am  
w/ Kathy E.  
Indoor - Basketball Court

**H2O!!**

12:00-1:00pm  
w/ Lea M.  
Indoor - Lap Pool

**Barre**

3:15-4:00pm  
w/ Instructor  
Indoor - Basketball Court

**Barre**

**VIRTUAL-Zoom**  
3:15-4:00pm  
w/ Instructor

**WILD Card\***

4:15-4:45pm  
w/ Instructor  
Outdoor - Back Parking Lot  
Alt - Indoor BB Court

**WERQ**

**VIRTUAL-Zoom**  
5:30-6:30pm  
w/ Dana S.

**Adult Kung Fu**

6:00-7:00pm  
w/ Chad E.  
Mind Body Studio or  
**VIRTUAL-Zoom**

**FRI**

**Spin\***

6:00-7:00am  
w/ Shelley B.  
Outdoor - Front Entrance  
Alt - Indoor BB Court

**Bootcamp**

6:00-7:00am  
w/ Haily T.  
Outdoor - Back Parking Lot

**Bootcamp**

9:00-10:00am  
w/ Sara P.  
Outdoor - Back Parking Lot

**Spin\***

9:30-10:30am  
w/ Maria  
Outdoor - Front Entrance  
Alt - Indoor BB Court

**Yin Yoga**

10:45-11:45am  
w/ Nicole Y.  
Indoor - Basketball Court

**Yin Yoga**

**VIRTUAL-Zoom**  
10:45-11:45am  
w/ Nicole Y.

**SAT**

**Low Impact Cardio+**

**VIRTUAL-Zoom**  
8:00-9:00am  
w/ Lea M.

**Muscle Max & Cardio**

8:30-9:30am  
w/ Instructor  
Outdoor - Back Parking Lot

**Spin\***

10:00-11:00am  
w/ Lisa C.  
Outdoor - Front Entrance  
Alt - Indoor BB Court

**SUN**

**Spin\***

9:00-10:00am  
w/ Cheryl G.  
Outdoor - Front Entrance  
Alt - Indoor BB Court

**WERQ**

**VIRTUAL-Zoom**  
10:00-11:00am  
w/ Dana S.

**Yogalatte**

10:30-11:30am  
w/ Cheryl G.  
Indoor - Basketball Court

**Spin**

10:30-11:30am  
w/ Maria  
Outdoor - Front Entrance

Registration is required for all classes, and is open 2-days in advance of each class through the Liberty Mobile App or [Online Services](#). Classes are subject to change.

**Outdoor classes marked with an \*asterisk will come indoors to the basketball court** if the weather is inclement. **Outdoor classes that are not marked with an \*asterisk** will be cancelled if the weather is inclement.



**Adult Kung Fu** is based on five core principles: striking, sticking, moving, throwing and returning. These concepts are explored through various styles with a focus on the basics of traditional Chinese Kung Fu. The traditional forms and modern applications will be explored in detail.

**Barre** uses targeted movement to fatigue and sculpt the muscles combined with large range motion to increase the heart rate.

**Bootcamp:** The ultimate challenge! This pulse-pounding workout includes weight training along with athletic drills and calisthenics, for those who want intensity without complexity. Please note that this class includes extreme training elements like sprints and plyometrics, therefore we ask that you speak with the instructor before your first class.

**H2O!!** works your body against the three-dimensional resistance of water. No swimming experience is necessary. You'll expend more energy and gain greater toning in this "kind-to-your-joints" format.

**Low Impact Cardio+:** Low impact, not low intensity! Energetic, rhythmic cardio that is both challenging and fun with resistance intervals. Specifically made for those who like a great workout, but prefer not to jump.

**Muscle Max & Cardio:** Free weights, resistance bands, body bars, and more to build strength and endurance. Keep your heart rate up with fun and challenging cardio circuits and intervals.

**Pilates** is a no impact, mat-based workout that is suitable for all fitness levels. Build a strong core, increase strength and flexibility, and improve posture, stability and alignment. Runners, golfers, tennis enthusiasts, cyclers, and swimmers will find increased speed and stamina as well as a greater sense of muscular balance. Various props may be utilized to bring additional focus to your workout.

**Spin** simulates a road biking experience through motivational and visualization techniques accompanied by music. Your instructor will guide you through hills, flat terrain, jumps and changes in speed and intensity. This format is suitable for all levels of conditioning with emphasis upon individual goals.

**Step** is a fun, fat-burning workout using an adjustable step platform.

**Stretch, Balance & Move:** Learn to move without pain and stiffness, increase athletic performance, and protect yourself from injury with stretches and movement patterns made for everyBODY. Participants may want to bring a towel along with a mat to class. Shoes will be worn.

**WERQ®** is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

**WILD Card:** You never know what you might get in this half hour fitness experience, but you will work! What can you accomplish in a half hour? You might be surprised when you take a chance on the WILD card.

## Yoga

**Hatha Yoga** is about creating balance and uniting opposites. Learn to develop strength and flexibility and balance effort with release as you move through each pose.

**Yin Yoga** is a non-flow yoga in which poses are held for long periods. The asanas in Yin target the connective tissue, allowing for an overall increase in joint circulation and improvement in flexibility.

**Yoga** combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress

**Yoga for All:** A great place to begin or continue your yoga practice. With no set flow and options given for everyone, this class is the perfect way to compliment your wellness routine. Please bring your own mat.

**Yogalatte** is a combination of Pilates-based movements and Power Yoga to enhance strength, flexibility and core stability.



**Effective Monday, October 5**

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