

NOVEMBER GROUP FITNESS SCHEDULE | Effective Wednesday, November 18

MON

Bootcamp
6:00-7:00am
w/ Nicholas H.
Back Parking Lot
Alt - **VIRTUAL-Zoom**

Bootcamp
9:15-10:15am
w/ Sara P.
Back Parking Lot
Alt - **VIRTUAL-Zoom**

Tai Chi & Chi Kung
VIRTUAL-Zoom
12:30-1:30pm
w/ Chad E.

Muscle Max & Cardio
6:00-7:00pm
w/ Hailey T.
Back Parking Lot
Alt - **VIRTUAL-Zoom**

Yoga for All
VIRTUAL-Zoom
6:00-7:00pm
w/ Nicole Y.

TUE

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

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

Bootcamp
6:00-7:00pm
w/ Hailey T.
Back Parking Lot
Alt - **VIRTUAL-Zoom**

WED

Bootcamp
6:00-7:00am
w/ Nicholas H.
Back Parking Lot
Alt - **VIRTUAL-Zoom**

Yoga
VIRTUAL-Zoom
10:30-11:30am
w/ Marty B.

Gentle Fitness
VIRTUAL-Zoom
12:30-1:30pm
w/ Lea M.

Muscle Max & Cardio
5:30-6:30pm
w/ Lisa C.
Back Parking Lot
Alt - **VIRTUAL-Zoom**

Yin Yoga
VIRTUAL-Zoom
7:00-8:00pm
w/ Nicole Y.

THU

Hatha Yoga
VIRTUAL-Zoom
10:00-11:00am
w/ Kathy E.

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

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

Adult Kung Fu
VIRTUAL-Zoom
6:00-7:00pm
w/ Chad E.

FRI

Bootcamp
6:00-7:00am
w/ Hailey T.
Back Parking Lot
Alt - **VIRTUAL-Zoom**

Step
VIRTUAL-Zoom
9:00-10:00am
w/ Lea M.
Runs 11/27-12/18

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

SAT

Muscle Max & Cardio
9:00-9:45am
w/ Lisa C.
Alt - **VIRTUAL-Zoom**

Yogalatte
VIRTUAL-Zoom
9:00-10:00am
w/ Cheryl G.

Low Impact Cardio+
VIRTUAL-Zoom
10:00-11:00am
w/ Lea M.
Runs 11/28-12/19

SUN

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

Yoga
VIRTUAL-Zoom
10:30-11:30am
w/ Marty B.

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.

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.

Gentle Fitness is geared toward beginning exercisers and those with neuromuscular tightness, injury or restricted movement. Improve your overall fitness with exercises utilizing your own body weight and various props such as a mat, ball or bands. If you can appreciate a class with slower movement with an emphasis on proper technique and posture, Gentle Fitness is the class for you.

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.

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. **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.



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