

WINTER GROUP FITNESS SCHEDULE

BBC - Basketball Court | GFS - Group Fitness Studio | MBS - Mind Body Studio

MON

Bootcamp w/ Nicholas
6:00-7:00am **BBC**

Spin w/ Maria
8:30-9:15am **BBC**

Low Impact Cardio+ w/ Lea
9:30-10:30am **GFS**

Bootcamp w/ Sara
9:30-10:30am **BBC**

Vinyasa Yoga w/ Marty
9:30-10:30am **MBS**

Pilates w/ Tricia
10:30-11:30am **MBS**
or **Virtual ZOOM**

Gentle Fitness w/ Joan
12:00-1:00pm **GFS**

Longevity w/ Joan
1:00-1:30pm **GFS**

Bootcamp w/ Donna
6:00-7:00pm **BBC**

youth class w/ Jessica

Kids Dance Fusion (5-7)
4:15-4:45pm **GFS**

youth class w/ Jessica

Kids Dance Fusion (8-11)
4:45-5:30pm **GFS**

TUE

Spin w/ Shelley
6:00-7:00am **BBC**

Upper/Lower w/ Andrea
8:30-9:15am **BBC**

Surge Fit w/ Libby
9:30-10:30am **GFS**

Spin w/ Lisa
9:30-10:15am **BBC**

Yin Yoga w/ JT
10:30-11:30am **MBS**
or **Virtual ZOOM**

H2O Fitness w/ Lea
1:00-2:00pm **Lap Pool**

Pilates w/ Tricia
5:00-6:00pm **MBS**

new class

Express Spin w/ Donna
5:30-6:00pm **BBC**

new class

Express Upper/Lower w/ Donna
6:00-6:30pm **BBC**

Reset + Restore Yoga w/ Jen
6:00-7:00pm **MBS**

Dance Fit w/ Justin
6:00-7:00pm **GFS**

WED

Bootcamp w/ Nicholas
6:00-7:00am **BBC**

Spin w/ Cheryl
8:30-9:15am **BBC**

Step Essentials w/ Lea
9:30-10:30am **GFS**

Aqua Bootcamp
w/ Sara
9:30-10:30am **Lap Pool**

Vinyasa Yoga w/ Marty
9:30-10:30am **MBS**

Barre Blend w/ Tricia
10:30-11:30am **GFS**

Gentle Fitness w/ Joan
12:00-1:00pm **GFS**

Longevity w/ Joan
1:00-1:30pm **GFS**

Muscle Max & Cardio w/ Lisa
5:30-6:30pm **BBC**

new day

Adult Kung Fu w/ Chad
6:00-7:00pm **MBS**

THU

Spin w/ Shelley
6:00-7:00am **BBC**

Upper/Lower w/ Andrea
8:30-9:15am **BBC**

Vinyasa Yoga w/ Jen
10:30-11:30am **MBS**

H2O Fitness w/ Irina
1:00-2:00pm **Lap Pool**

Barre Blend w/ Irina
5:00-6:00pm **GFS**

Saber Academy
w/ Chad
5:00-6:00pm **MBS**

new class

Reset + Restore Yoga w/ Jen
6:00-7:00pm **MBS**

new class

Dance Fit w/ Lisa
6:00-7:00pm **GFS**

FRI

Vinyasa Yoga w/ J.T.
6:00-7:00am **MBS**

Bootcamp w/ Andrea
6:00-7:00am **BBC**

Spin w/ Maria
8:30-9:15am **BBC**

Step w/ Lea
8:30-9:30am **GFS**

Bootcamp w/ Libby
9:30-10:30am **BBC**

new class

Core & Power Yoga w/ Irina
9:30-10:30am **MBS**

Yin Yoga w/ Cheryl
10:30-11:30am **MBS**
or **Virtual ZOOM**

new day & time

WERQ w/ Dana
5:00-6:00pm
Virtual ZOOM Only

SAT

Spin w/ Andrea
8:30-9:30am **BBC**

Muscle Max & Cardio
w/ Lisa
9:00-10:00am **GFS**

Vinyasa Yoga w/ Marty
9:00-10:00am **MBS**

Reset + Restore Yoga w/ J.T.
10:00-11:00am **MBS**
or **Virtual ZOOM**

Dance Fit w/ Lisa
10:15-11:00am
Virtual ZOOM Only

youth class w/ Chad
Kids Kung Fu (8-12)
11:00-11:30am **GFS**

youth class w/ Chad
Younglings Saber Academy (7-12)
11:30am-12:00pm **MBS**

SUN

Yin Yoga w/ Irina
10:00-11:00am **MBS**

WERQ w/ Dana
10:00-11:00am
Virtual ZOOM Only

youth class

Youth Yoga w/ Irina
11:15-11:45am **GFS**

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.

Virtual and on-demand classes can be found at <https://liberty.daxkoondemand.com/>.

Aqua Bootcamp is a high intensity workout without high impact plus the added benefit of three-dimensional resistance. Great for cross-training and joint pain, this pool-based bootcamp class delivers a challenging full body workout for all fitness levels.

Barre Blend: Expand the possibilities with a creative blend of basic barre, pilates, yoga and strength training.

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.

DanceFit is a fun, high energy class that combines the hit music you love with easy to learn dance styles like swing, hip hop, and salsa. Get your total body workout with intervals of weight training* and abdominal work. Suitable for all levels of fitness, no experience needed. If you can march, you can do DanceFit!

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 Fitness 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.

Kids Dance Fusion: This upbeat dance class will include a warm-up with stretching, dance cardio to get grooving, agility & coordination exercises to popular music across the dance floor and movement games! We strive to create a love of movement, appreciation of music & rhythm, grow self-confidence, and develop the ability to learn sequences, patterns and fun dance moves!

Longevity: The smart workout for keeping you long, strong, and balanced for life!

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.

Step Essentials: Low key choreography, high energy and fun! Designed for people interested in step, but don't want to be overwhelmed by complicated moves. We use a step platform to move to music and intersperse it with strength intervals for an effective and lively workout. This class can be adapted to any fitness level.

SURGE FIT is the energizing HIIT workout that will get you results fast! High intensity cardio tracks that push fat burning systems into high gear are intertwined with high-rep strength training tracks that shape and tone your body for maximum results. Popular music driven highs and lows combined with a motivating group atmosphere will get your heart rate and muscles surging to push you to your personal best.

TKO: An hour of aerobic kick boxing, set to hard driving rhythms.

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

Upper/Lower: Whether coupled with another class, your personal training session, or a little time on the fitness floor, this class is a great option for working the upper or lower body. Various tools including weights, bars, and bands will be used to focus on specific muscle groups while paying attention to proper form. Stretches will also be included in this multi-level class.

Yoga

Core & Power Yoga: Vinyasa Flow Yoga with a focus on core powered transitions and the optional use of light weights to improve your strength, balance, and flexibility.

Refresh & Revive is slow-flow yoga combining several forms of the practice to help restore focus, energy, and mindfulness.

Reset + Restore Yoga: The things we do every day, office work, acting as chauffeur for our family, pushing through a tough workout, or all of the above, lead us to create structural imbalances in our bodies and form habits in our minds. Reset & Restore Yoga combines the principles of Hatha and Yin to undo that conditioning, restoring balance to the body and mind. Suitable for all levels of yoga experience, with modifications available.

Vinyasa Yoga: A popular style of yoga in which the breath is synchronized with a flowing sequence of postures. Each instructor brings their own unique variation, including music to enhance the flow and rhythm of class. This is a challenging and empowering practice emphasizing breath connection, core strength, and awareness.

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.

Youth Yoga: This class will introduce children ages 5-10 to mindfulness, yoga, and breathwork. Utilizing games, books, and playful movement, children will explore yoga exactly where they're at developmentally to build confidence and greater awareness of themselves and the world around them. Children are encouraged to attend on their own, though we are flexible.



Effective Sunday, January 2

revised January 21, 2022



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