

# WINTER GROUP FITNESS SCHEDULE

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

## MON

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

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

**Aqua Bootcamp** w/ Sara  
8:30-9:30am **Lap Pool**

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

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

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

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

**Spin** w/ Laura M.  
5:45-6:30pm **SS**

**new class**

**Express Pump & Jump**  
w/ Laura L.  
6:00-6:30pm **GFS**

**new format**

**Core & Power Yoga**  
w/ Claire  
6:00-7:00pm **MBS**

**new format**

**Power 30** w/ Laura L.  
6:30-7:00pm **GFS**

## TUE

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

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

**Cardio Tone** w/ Lea  
9:00-10:00am **GFS**

**Yin Yoga**  
w/ J.T.  
10:30-11:30am **MBS**

**new class**

**Spin** w/ Matthew  
12:00-12:30pm **SS**

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

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

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

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

## WED

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

**new class**

**Core & Power Yoga**  
w/ Claire  
7:00-8:00am **MBS**

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

**Aqua Bootcamp** w/ Sara  
8:30-9:30am **Lap Pool**

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

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

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

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

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

**new class**

**WERQ** w/ Dana  
5:30-6:30pm **GFS**

**new time**

**Spin** w/ Lisa  
5:45-6:30pm **SS**

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

**Power 30** w/ Lisa  
6:30-7:00pm **GFS**

## THU

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

**Upper/Lower** w/ Laura L.  
8:30-9:15am **BBC**

**Cardio Tone** w/ Lea  
9:00-10:00am **GFS**

**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**

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

**Bootcamp** w/ Lisa  
6:00-7:00pm **GFS**

## FRI

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

**Spin** w/ Maria/Andrea K.  
8:30-9:15am **SS**

**Step** w/ Lea  
9:00-10:00am **GFS**

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

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

**Yin Yoga**  
w/ Cheryl/Laurie  
10:30-11:30am **MBS**

## SAT

**Cardio Tone** w/ Lea  
8:00-9:00am **GFS**

**new class**

**Spin** w/ Andrea K.  
8:45-9:45am **SS**

**Bootcamp** w/ Lisa  
9:00-10:00am **GFS**

**Yoga /Pilates Fusion**  
w/ Cheryl/Claire  
9:00-10:00am **MBS**

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

**Power 45** w/ Lisa  
10:00-10:45am **GFS**

**new class**

**Reset + Restore**  
**Yoga** w/ J.T.  
11:00-11:50am **MBS**

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

**new location**

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

**Championship Light**  
**Fencing** w/ Chad  
12:00-1:00pm **MBS**

**Sword Lab** w/ Chad  
1:00-2:00pm **MBS**

## SUN

**Express Pump & Jump**  
w/ Kristi  
9:00-9:30am **GFS**

**Power 30** w/ Kristi  
9:30-10:00am **GFS**

**Spin** w/ Matthew  
10:00-11:00am **SS**

**WERQ** w/ Dana  
10:00-11:00am **GFS**

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

**youth class** Ages 5+  
**Youth Yoga** w/ Irina  
11:15-11:45am **GFS**

# Group Fitness

## Winter 2023



**Effective Monday, January 9**

*revised January 2, 2023*

*Club Closed  
Sunday, April 9 (Easter)*

*Alternate Schedule  
Monday, May 29 (Memorial Day)*

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.

Group Fitness classes, with the exception of Spinning, are open to participants age 12 and up. Spinning participants must be 15 years of age or older.



2975 W. Liberty Rd., Ann Arbor, MI 48103  
Phone 734.665.3738 • Fax 734.665.6353  
[www.libertyathletic.net](http://www.libertyathletic.net)

### **Aqua Bootcamp** *(high intensity, low impact, light weights)*

A high intensity pool-based aerobic class. Great for cross training and those with joint or back limitations. Appropriate for all fitness levels.

### **Barre Blend** *(high intensity, low impact, light weights)*

Combines the disciplines of Barre Pilates + Yoga to provide a comprehensive full-body core + toning workout. Use of props (bands, light weights, bar, etc.) may be used to enhance participant experience. Appropriate for all fitness levels.

### **Bootcamp** *(high intensity, high impact, medium-heavy weights)*

A pulse pounding workout experience! It combines anaerobic athletic drills (think sprints + jumping) with strength and stabilization exercises. Due to the extreme training elements performed, please check in with the instructor before your first class.

### **Cardio Tone** *(high intensity, low impact, light-medium weights)*

Low impact does not have to be defined as low intensity! Expect 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. Appropriate for all fitness levels.

### **Dance Fit** *(medium intensity, medium impact, no weights)*

A fun, high energy class that combines the hit music you love with easy to learn dance styles like swing, hip hop, and salsa. If you can march, you can do Dance Fit! Appropriate for all fitness and experience levels.

### **Gentle Fitness** *(low intensity, no impact, light weights)*

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, and bands. Appropriate for all fitness levels.

### **Pilates** *(low intensity, no impact, light weights)*

A mat based workout geared towards building a strong core through strength, flexibility, and stability exercises. Utilization of props adds focus and variety to the class. Appropriate for all fitness levels.

### **Power 30, 45** *(medium intensity, low impact, heavy weights)*

An intense muscle-building, strength training class. Expect all muscle groups to be challenged with heavier weight and lower repetitions to achieve an athletically sculpted body. Some weight training experience necessary.

### **Pump + Jump** *(high intensity, high impact, medium-heavy weights)*

A class that combines athletic strength training with plyometric drills (jumping) to improve strength and cardio endurance via cardio circuits and intervals. Modifications available. Appropriate for all fitness levels.

### **H2O Fitness** *(medium intensity, low impact, light weights)*

This class works your body against the 3-dimensional resistance of water. You'll expend energy and gain toning in this "kind-to-your-joints" format. Appropriate for all fitness and swimming experience levels.

### **Spin** *(high intensity, no impact, no weights)*

A class performed on a stationary bike to simulate an outdoor ride. Motivational instructors and exciting music will take you on a journey up hills, along flat terrain, over jumps, and through imaginary landscapes, all while increasing aerobic endurance and strength. Appropriate for all fitness levels. Offered in 30, 45, and 60 minute formats.

### **Step** *(medium-high intensity, medium-high impact, no weights)*

A fun, well-choreographed fat-burning workout using an adjustable step platform. Appropriate for all fitness levels although some coordination is helpful.

### **Surge Fit** *(high intensity, high impact, medium to heavy weights)*

An energizing interval workout that intertwines high intensity cardio tracks with targeted weight training tracks, all set to music you know and love! Appropriate for all fitness levels.

### **Upper/Lower** *(low intensity, low impact, medium weights)*

A strength training class focusing on muscular endurance through high repetition. Enjoy moving through multi-joint exercises while using a variety of equipment. Appropriate for all fitness levels.

**WERQ®** is a high-energy cardio dance fitness class based on pop and hip hop music. No dance or WERQ experience is required. There are no weights, mats, or props - just come in for some fun movement and to get your heart pumping! The warm-up previews some of the moves used in the class, and the cool-down uses a combination of yoga-inspired stretching and some balance poses.

## **YOGA**

### **Core & Power Yoga** *(low intensity, no impact, light weights)*

Vinyasa flow yoga with a focus on core powered transitions and the optional use of light weights to improve your strength, balance, and flexibility. Appropriate for all fitness levels.

### **Reset + Restore Yoga** *(low intensity, no impact, no weights)*

This class combines the principles of Hatha and Yin to reset and restore balance to the body and mind. Appropriate for all fitness levels.

### **Vinyasa Yoga** *(low intensity, no impact, no weights)*

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. Appropriate for all fitness levels.

### **Yin Yoga** *(low intensity, no impact, no weights)*

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. Appropriate for all fitness levels.

### **Yoga /Pilates Fusion** *(low intensity, no impact, no weights)*

A combination of Pilates-based movements and Power Yoga to enhance strength, flexibility, and core stability. Appropriate for all fitness levels.

### **Youth Yoga** *(low intensity, no impact, no weights)*

This class will introduce children to mindfulness, yoga, and breathwork. Utilizing games, books, and playful movement, children will explore yoga exactly where they are 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. Appropriate for ages 5-10.