



## What's Happening this summer!

### Member Appreciation

Because we love our members, we have organized an entire month of fun!

### 1/2 Off One Guest

Members, bring a guest to Liberty! After 11:00 a.m. on select Fridays, enjoy half off guest fees for one guest per membership.

### Special Kids' Activities

- Bounce House
- Kids' Tattoos
- Kids' Night Out
- Free Freeze Pops
- Face Painting
- Nail Painting
- Root Beer Floats
- DIY Pet Rocks
- DIY Paper Airplanes

## Special Group Fitness Classes!

### Group Run

Meet Liberty's running coach Matthew Chaloux for a fun out-and-back course that starts right at Liberty's doors. Matt will guide participants through a warm up, run, and cool down. All levels and paces are welcomed... even walkers!

### Belly Dancing

Sway and sweat in this belly dance class that comes from the Middle Eastern folk style. Work your hips, abs, back, and arms while challenging your mind, muscles, and balance. The main focus is staying in motion rather than perfecting technique.

### Ride through the Ages

Ride through the Ages to your favorite songs. Come sweat while you travel through the generations from the '60s to '90s on a 50-min ride followed by a 10-min stretch with Cheryl. Appropriate for all fitness levels.

### Glow Stick Core & Power Yoga

This vinyasa flow yoga class focuses on core-powered transitions to improve strength, balance, and flexibility. Appropriate for all fitness levels.

### Dance Fit Party

Dance your way fit! Come hang with Justin and Lisa for this blast of a class! Appropriate for all fitness levels.

### Battle of the Bikes/Ride

Be ready to battle it out with two of your favorite instructors - Andrea and Shelley! Appropriate for all fitness levels.

### Ultimate Run and Ride Bootcamp

Be prepared to take your cardio and strength training to the next level using not only the track but also the spin bikes. Push yourself a bit further in this high-intensity workout!

### Line Dancing

Line dancing is a great way to have fun while exercising! Participants will learn simple choreography and dance to a variety of music in line formations. Appropriate for all fitness levels.

### Battle of the Bikes/Ride

Be ready to battle it out with two of your favorite instructors - Laura and Lisa! Appropriate for all fitness levels.

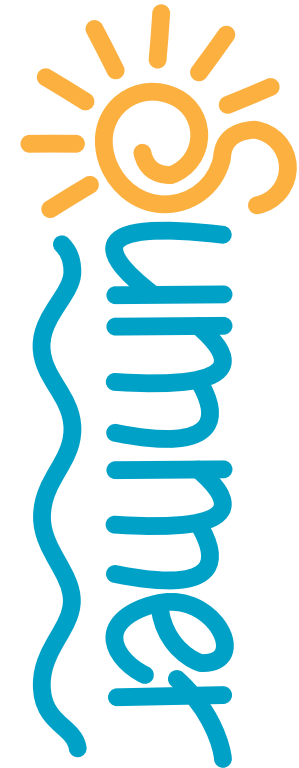
### Cardio Drumming

What do you get when you mix a pair of drumsticks and a giant fitness ball? Cardio drumming! This class is a fun, moderate, cardio workout. Appropriate for all fitness levels.

# Let's have fun!

## Summer 2024

*revised June 6, 2024*



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# MAY

\*Registration required for classes

- 5/25 SAT **Opening weekend**  
10am-8:30pm | Outdoor Facility  
1-4pm | Bounce House Outdoors
- 5/26 SUN **Opening weekend**  
10am-8:30pm | Outdoor Facility Hours  
2-4pm | Youth Crafts | White Tent
- 5/27 MON **Opening Weekend - Memorial Day**  
10am-6pm | Outdoor Facility  
1-3pm | Youth Games Outdoors
- 5/31 FRI **Group Run\* with Matt**  
5:45-6:45pm | Front Door

# JUNE

- 6/7 FRI **Belly Dancing\* with Nanci - Cancelled**  
5:30-6:30pm | Group Fit Studio (ages 12+)
- Ride through the Ages\* with Cheryl**  
5:30-6:30pm | Spin Studio (ages 15+)
- 6/13 THU **Freeze Pops (while supplies last)**  
1pm | Splash Café
- 6/14 FRI **1/2 Off One Guest (one per membership)**  
11am-Close | Check-In (indoors or outdoors)
- Glow Stick Core & Power Yoga\* with Claire**  
5:30-6:30pm | Mind Body Studio (ages 12+)
- 6/15 SAT **Bounce House**  
1-4pm | Bounce House Outdoors
- 6/18 TUE **Kids' Tattoos**  
1:30-3:30pm | Outdoor Playground Area
- 6/21 FRI **Kids' Night Out\***  
5:30-8pm | \$25
- Dance Fit Party\* with Lisa & Justin**  
5:30-7pm | Group Fit Studio (ages 12+)
- 6/23 SUN **Freeze Pops (while supplies last)**  
12pm | Splash Café
- 6/26 WED **Swim Team Mid-Season Party**  
5:30pm | Lagoon Activity Center
- 6/27 THU **Face Painting**  
1:30-3:30pm | Outdoor Playground Area

- 6/28 FRI **Battle of the Bikes/Ride\***  
with Andrea & Shelley (ages 15+)  
5:30-6:30pm | Spin Studio

# JULY

- 7/1-7/31 **Member Appreciation Month!**
- 7/2 TUE **Sharpie Tie Dye Bandanas (while supplies last)**  
1:30-3:30pm | Outdoor Playground Area
- 7/3 WED **Bounce House**  
1-4pm | Outdoor Facility
- 7/4 THU **July 4th**  
10am-6pm | Outdoor Facility Hours  
1-3pm | Youth Games Outdoors
- 7/5 FRI **Youth Crafts**  
11am-1pm | White Tent
- 7/10 WED **DIY Pet Rocks**  
5-7pm | White Tent
- 7/12 FRI **1/2 Off One Guest (one per membership)**  
11am-Close | Check-In (indoors or outdoors)
- Ultimate Run & Ride Bootcamp\***  
with Andrea & Lisa (ages 15+)  
5:30-6:45pm | Basketball Court
- 7/14 SUN **Root Beer Floats (while supplies last)**  
3pm | Outdoor Facility
- 7/16 TUE **Kids' Nail Painting**  
1:30-3:30pm | Outdoor Playground Area
- 7/19 FRI **Kids' Night Out\***  
5:30-8pm | \$25
- Line Dancing\* with Lea & Lisa (ages 12+)**  
5:30-6:30pm | Group Fitness Studio
- 7/25 THU **Duck Races**  
2pm | Outdoor Activity Pool
- 7/26 FRI **Swim Team Banquet**  
Outdoor Facility reserved from 6pm-Close
- Battle of the Bikes/Ride\***  
with Laura & Heather (ages 15+)  
5:30-6:30pm | Spin Studio
- 7/27 SAT **Bounce House**  
1-4pm | Bounce House Outdoors
- 7/29 MON **Kids' Tattoos**  
5-7pm | White Tent



# AUGUST

- 8/1 THU **DIY Pet Rocks**  
1:30-3:30pm | Outdoor Playground Area
- 8/7 WED **Face Painting**  
5-7pm | White Tent
- 8/9 FRI **Cardio Drumming\* with Lea**  
5:30-6:15pm | Group Fit Studio
- 8/13 TUE **DIY Paper Airplanes**  
1:30-3:30pm | Outdoor Playground Area
- 8/19 MON **Kids' Nail Painting**  
5-7pm | White Tent
- 8/22 THU **Free Freeze Pops**  
2pm | Splash Café (while supplies last)
- 8/23 FRI **1/2 Off One Guest (one per membership)**  
11am-Close | Check-In (indoors or outdoors)
- 8/25 SUN **Root Beer Floats (while supplies last)**  
3pm | Outdoor Facility
- 8/31 SAT **Bounce House**  
1-4pm | Outdoor Facility

# SEPT

- 9/1 SUN **Youth Crafts**  
2-4pm | White Tent
- 9/2 MON **Labor Day**  
10am-6pm | Outdoor Facility Hours  
1-3pm | Youth Games Outdoors