

WINTER GROUP FITNESS SCHEDULE

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

MON

YinYasa Yoga w/ Julie
6:00-6:45am **MB**

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

Beat Cycle w/ Laura M.
8:30-9:15am **CS**

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

Core Conditioning
w/ Anna
8:45-9:15am **BBC**

Surge Fit w/ Anna
9:30-10:30am **BBC**

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

Dance Fit w/ Justin
9:30-10:30am **GFS**

Stretch & Recover w/ Joan
10:45-11:30am **GFS**

Hatha Yoga w/ J.T.
10:45-11:45am **MBS**

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

new class

Power Endurance Cycle w/ Matthew
5:45-6:30pm **CS**

Power 45 w/ Andrea K.
6:00-6:45pm **GFS**

Core & Power Yoga Level 2 w/ Claire
6:00-7:00pm **MBS**

Meditation & Yoga
w/ Julie
7:15-8:00pm **MBS**

TUE

Beat Cycle w/ Shelley
6:00-7:00am **CS**

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

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

Pilates w/ Tricia
9:30-10:30am **MBS**

Strength Cycle w/ Lisa
9:30-10:30am **CS**

Yin Yoga w/ J.T.
10:45-11:45am **MBS**

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

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

new time

Yin Yoga w/ Irina
6:00-7:00pm **MBS**

WED

Vinyasa Yoga w/ J.T.
6:00-6:45am **MBS**

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

Beat Cycle w/ Cheryl
8:30-9:15am **CS**

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

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

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

WERQ® w/ Dana
9:30-10:30am **GFS**

Vinyasa Yoga w/ Marty
10:15-11:15am **MBS**

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

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

Strength Cycle w/ Lisa
5:45-6:45pm **CS**

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

THU

Strength Cycle w/ Shelley
6:00-7:00am **CS**

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

Barre Blend w/ Davy
9:00-10:00am **GFS**

TKO Cardio w/ Justin
9:30-10:15am **BBC**

Pilates w/ Tricia
9:30-10:30am **MBS**

Strength Cycle
w/ Laura M.
9:30-10:30am **CS**

Meditation & Yoga
w/ J.T.
12:00-12:45pm **MBS**

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

Express Barre Blend
w/ Irina
5:15-6:00pm **GFS**

Yin Yoga w/ Irina
6:00-7:00pm **MBS**

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

FRI

Vinyasa Yoga w/ J.T.
6:00-6:45am **MBS**

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

Beat Cycle w/ Heather
8:30-9:15am **CS**

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

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

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

Yin Yoga w/ Cheryl
10:45-11:45am **MBS**

Core & Power Yoga Level 2 w/ Claire
5:30-6:30pm **MBS**

SAT

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

new class

Strength Cycle
w/ Andrea K.
9:00-10:00am **CS**

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

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

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

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

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

Championship Lightfencing 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**

Beat Cycle w/ Matthew
9:00-9:45am **CS**

Core & Power Yoga w/ Irina
9:00-10:00am **MBS**

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

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

WERQ® w/ Dana
10:15-11:15am **GFS**

youth class Ages 5-12
Youth Yoga w/ Megan
11:15-11:45am **MBS**

Group Fitness

2025

Revised December 13, 2024

Effective January 2, 2025

Aqua Bootcamp (*high intensity, low impact, light weights*) A high-intensity, pool-based aerobics class. Aqua Bootcamp is a great addition to cross training. Appropriate for all fitness levels, including those with joint or back limitations.

Barre Blend (*high intensity, low impact, light weights*) Barre Blend combines the disciplines of barre Pilates and yoga to provide a comprehensive, full-body core and toning workout. Props (e.g. bands, light weights, bar) may be used to enhance participant experience. Appropriate for all fitness levels.

Beat Cycle (*high intensity, no impact, no weights*) *Ages 12+, minimum 4'10"* A music-driven indoor cycling class, participants in Beat Cycle will use the beat of the music to increase their aerobic endurance and strength. Motivational instructors will lead participants on an upbeat cardio ride through rhythmic speed work, HIIT (high intensity interval training) drills, and endurance training. Appropriate for all fitness levels; offered in 45- and 60-minute formats.

Bootcamp (*high intensity, high impact, medium-heavy weights*) A pulse-pounding workout experience, Bootcamp combines anaerobic athletic drills (e.g. sprints and jumping) with strength and stabilization exercises. Due to the intensity of this training, a check-in with the instructor before the first class is recommended.

Cardio Strength (*high intensity, low impact, light-medium weights*) Specifically designed for those who like an intense routine but prefer not to jump, this class combines energetic, rhythmic cardio with resistance intervals to create a challenging and fun workout. Appropriate for all fitness levels.

Core Conditioning (*medium intensity, no impact, medium-light weights*) This class will focus on developing core strength by utilizing bodyweight exercises, light equipment, and free weights to create a full body workout.

Dance Fit (*medium intensity, medium impact, no weights*) Dance Fit is a fun, high energy class that combines popular music with easy-to-learn dance styles like swing, hip hop, and salsa. 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, this class focuses on improving overall fitness with exercises that use props (e.g. mat, ball, and bands) and one's own body weight. Appropriate for all fitness levels.

H2O Fitness (*medium intensity, low impact, light weights*) Working the body against the 3-dimensional resistance of water, participants will expend energy and gain toning without stressing their joints. Appropriate for all fitness and swimming levels.

Pilates (*low intensity, no impact, light weights*) Pilates is a mat-based workout geared toward building a strong core through strength, flexibility, and stability exercises. Props may be used to add variety and increase focus. Appropriate for all fitness levels.

Power 30, 45 (*medium intensity, low impact, heavy weights*) An intense, muscle-building, strength training class that challenges all muscle groups with the use of heavy weights and low repetitions with the goal of achieving an athletically sculpted body. Some weight training experience is necessary.

Power Endurance Cycle (*high intensity, no impact, no weights*) *Ages 12+, minimum 4'10"*. An intense cycling class with an emphasis on endurance, strength, and stamina, this class is aimed at increasing participants' proficiency, using the bike console to produce measurable results. Appropriate for all fitness levels; some cycling experience is recommended but not required.

Step (*medium-high intensity, medium-high impact, no weights*) A fun, well-choreographed, fat-burning workout, this class uses an adjustable step platform. Appropriate for all fitness levels, although some coordination is helpful.

Strength Cycle (*high intensity, no impact, medium to heavy weights*) *Ages 15+*. A unique class which combines advantages of a cardio spin class with the strength building of an upper body/core power class. Open to both beginners and experienced spinners; participants will increase their aerobic endurance whilst also improving their upper body and core strength.

Stretch & Recover (*low intensity, low impact, no weights*) Looking for a way to improve your flexibility, reduce stress, and relieve muscle tension? Our stretching class is the perfect solution! This class is designed for all fitness levels and abilities, and it will help you to improve your overall well-being. In this class you will work on lengthening your muscles, increasing your range of motion, and improving your posture. Leave this class feeling refreshed, relaxed, and ready to take on the day!

Surge Fit (*high intensity, high impact, medium to heavy weights*) Set to popular music, this class provides an energizing interval workout that intertwines high-intensity cardio tracks with targeted weight training tracks. Appropriate for all fitness levels.

TKO Cardio (*High intensity, high impact, no weights*) Knock out calories in this fast and furious cardio class. This high-intensity, boxing-inspired session combines cardiovascular conditioning for a full-body workout that will leave you feeling empowered and energized. TKO Cardio offers modifications to suit all levels.

Upper/Lower (*low intensity, low impact, medium weights*) A strength training class focusing on muscular endurance through high repetition, Upper/Lower combines multi-joint exercises with a variety of equipment.

WERQ® (*high intensity, high impact, no weights*) Based on pop and hip-hop music, WERQ® is a high energy, dance fitness class that will get the heart pumping! No dance or WERQ® experience is required: the warm-up will preview some of the moves used in the class. Cool down with a combination of yoga-inspired stretching and balance poses. Appropriate for all fitness levels.

Ashtanga Yoga (*low intensity, no impact, no weights*) This method of Yoga involves synchronizing the breath with a sequential and progressive series of postures. It differs from other methods of Yoga because the order of poses remains the same, with one posture preparing you for the next in the sequence. Classes are voice guided, with a particular focus on back bending, spinal twisting and inversions in order to maintain spinal alignment and strengthen posture.

Core & Power Yoga (*medium intensity, no impact, no weights*) This vinyasa flow yoga class focuses on core-powered transitions to improve strength, balance, and flexibility. Appropriate for all fitness levels. **Level 2 Core & Power** (*high intensity, no impact, no weights some experience necessary*)

Hatha Yoga (*low intensity, no impact, no weights*) Hatha Yoga is about creating balance and uniting opposites. Release stress and tension while building strength and flexibility through asanas (body position), pranayama (breath control), and meditative positions. Appropriate for all fitness levels. This class does not include flow.

Meditation & Yoga (*low intensity, no impact, no weights*) This class will combine a seated guided meditation and basic, restorative yoga postures to bring more awareness and stillness to the body and mind. No experience is necessary.

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.

Slow Flow Yoga (*low intensity, no impact, no weights*) Yoga is a workout and a work IN. This class will teach functional skills that can be taken off the mat into your day-to-day life. Balance, focus, and strengthen your body and mind while releasing stress and tension and building both functional strength and flexibility.

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, Vinyasa challenges and empowers participants to realize the connection between breath and core strength. Each instructor brings a unique variation to the practice, including music, to enhance the flow and rhythm of the class. Appropriate for all fitness levels.

YinYasa Yoga (*low intensity, no impact, no weights*) Blends the flowing movements of Vinyasa with the deep, passive stretches of Yin. It begins with dynamic sequences to warm up the body, followed by long-held stretches to improve flexibility and relaxation. Suitable for all levels.

Yin Yoga (*low intensity, no impact, no weights*) A non-flow yoga in which poses are held for several minutes. The asanas in Yin target the connective tissue, increasing joint circulation and improving flexibility. Appropriate for all fitness levels.

Yoga/Pilates Fusion (*low intensity, no impact, no weights*) This class combines 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 introduces children to mindfulness, yoga, and breathwork through the utilization of games, books, and playful movement. Differentiating instruction to meet the individual developmental needs of all participants, the instructor will support students in building confidence and greater awareness of themselves and the world around them. Children are strongly encouraged, but not required, to attend on their own.

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 are open to participants age 12 and up. Strength Cycling participants must be 15 years of age or older (*children age 14 may participate if accompanied by a parent*). Minimum height requirement for cycling classes is 4'10".



2975 W. Liberty Rd., Ann Arbor, MI 48103
Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net