

# SUMMER GROUP FITNESS SCHEDULE | Effective Tuesday, June 1

## MON

**Bootcamp** w/ Nicholas  
6:00-7:00am **THE SLAB**  
Alt - Basketball Court

**Spin** w/ Maria  
8:30-9:15am **THE SLAB**  
Alt - Basketball Court

**Low Impact Cardio+** w/ Lea  
8:30-9:30am **South Lot**  
Alt - Group Fit Studio

**Bootcamp** w/ Sara  
9:30-10:30am **South Lot**  
Alt - Basketball Court

**Vinyasa Yoga** w/ Marty  
9:30-10:30am **THE SLAB**  
Alt - Mind Body Studio

**HIGH Fitness** w/ Libby  
10:30-11:30am **THE SLAB**  
Alt - Basketball Court

**Yogalatte** w/ Irina  
10:30-11:30am  
**Mind Body Studio**  
or **Virtual ZOOM**

**Gentle Fitness** w/ Joan  
12:30-1:30pm  
**Group Fit Studio**  
or **Virtual ZOOM**

**Spin** w/ Amy  
5:30-6:30pm **THE SLAB**  
Weather Dependant

**Bootcamp** w/ Donna S.  
6:00-7:00pm **South Lot**  
Alt - Basketball Court

## TUE

**Spin** w/ Shelley  
6:00-7:00am **THE SLAB**  
Alt - Basketball Court

**Xpress Bootcamp**  
w/ Andrea  
8:30-9:00am **THE SLAB**  
Alt - Basketball Court  
Class starts 6/8

**Xpress Upper/Lower**  
w/ Andrea  
9:00-9:30am **THE SLAB**  
Alt - Basketball Court  
Class starts 6/8

**Yin Yoga** w/ JT  
10:30-11:30am  
**Mind Body Studio**  
or **Virtual ZOOM**

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

**Pilates** w/ Tricia  
4:30-5:30pm  
**Mind Body Studio**  
or **Virtual ZOOM**

**youth class** w/ Arianne  
**Fitness & Fun**  
5:00-5:45pm  
**Grass Field**  
Class runs 6/8-8/31

**Dance Fit** w/ Nicole  
5:30-6:30pm **THE SLAB**  
Alt - Basketball Court

**Reset + Restore**  
**Yoga** w/Jen  
6:00-7:00pm  
**Mind Body Studio**  
or **Virtual ZOOM**  
Class starts 6/8

## WED

**Bootcamp** w/ Nicholas  
6:00-7:00am **THE SLAB**  
Alt - Basketball Court

**Spin** w/ Amy  
8:30-9:15am **THE SLAB**  
Alt - Basketball Court

**Surge Fit** w/ Libby  
9:30-10:30am **South Lot**  
Alt - Basketball Court

**Vinyasa Yoga** w/ Marty  
9:30-10:30am **THE SLAB**  
Alt - Mind Body Studio

**Barre Blend** w/ Tricia  
10:30-11:30am  
**Group Fit Studio**  
or **Virtual ZOOM**

**Gentle Fitness** w/ Joan  
12:30-1:30pm  
**Group Fit Studio**  
or **Virtual ZOOM**

**Muscle Max & Cardio** w/ Lisa  
5:30-6:30pm **THE SLAB**  
Alt - Basketball Court

## THU

**Spin** w/ Shelley  
6:00-7:00am **THE SLAB**  
Alt - Basketball Court

**Xpress Bootcamp**  
w/ Andrea  
8:30-9:00am **THE SLAB**  
Alt - Basketball Court  
Class starts 6/10

**Xpress Upper/Lower**  
w/ Andrea  
9:00-9:30am **THE SLAB**  
Alt - Basketball Court  
Class starts 6/10

**Dance Fit** w/ Lisa  
9:30-10:30am  
**Group Fit Studio**  
or **Virtual ZOOM**

**Hatha Yoga** w/ Jen  
10:30-11:30am  
**Mind Body Studio**  
or **Virtual ZOOM**

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

**Barre Blend** w/ Irina  
4:30-5:30pm  
**Group Fit Studio**  
or **Virtual ZOOM**

**WERQ** w/ Dana  
5:30-6:30pm  
**Virtual ZOOM Only**  
Class starts 6/10

## FRI

**Vinyasa Yoga** w/ J.T.  
6:00-7:00am  
**Mind Body Studio**  
or **Virtual ZOOM**

**Spin** w/ Maria  
8:30-9:15am **THE SLAB**  
Alt - Basketball Court

**Step** w/ Lea  
8:30-9:30am **South Lot**  
Alt - Group Fit Studio

**TKO** w/ Nicole  
9:30-10:15am **THE SLAB**  
Alt - Group Fit Studio

**Bootcamp** w/ Sara  
9:30-10:30am **South Lot**  
Alt - Basketball Court

**Yin Yoga** w/ Cheryl  
10:30-11:30am  
**Mind Body Studio**  
or **Virtual ZOOM**

## SAT

**Spin** w/ Cheryl  
8:30-9:30am **THE SLAB**  
Alt - Basketball Court

**Muscle Max & Cardio** w/ Lisa  
9:30-10:30am **South Lot**  
Alt - Basketball Court

**Yogalatte** w/ Cheryl  
9:45-10:45am  
**Mind Body Studio**  
or **Virtual ZOOM**

## SUN

**Spin** w/ Lisa  
9:00-10:00am **THE SLAB**  
Alt - Basketball Court

**Yin Yoga** w/ Irina  
10:00-11:00am  
**Mind Body Studio**  
or **Virtual ZOOM**

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

**youth class** w/ Morgan  
**Fitness & Fun**  
10:00-10:45  
**Grass Field**  
Class runs 6/6-9/5  
No class on 7/4

**youth class** w/ Irina  
**Youth Yoga**  
11:00-11:30pm  
**Group Fit Studio**

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.

\*Participants will be notified by e-mail if an alternate outdoor class will take place.

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

**THE SLAB** - North side of building by indoor basketball court  
**South Lot** - Back Parking Lot

**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.

**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!

**Fitness & Fun** introduces physically distanced sports, conditioning, games and more to kids ages 7-11. With different activities each week, it's sure to keep them moving and smiling. Classes will be structured to ensure physical distancing with a maximum class capacity of 10.

**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.

**HIGH Fitness:** Think Old School Aerobics made Modern. Cardio and toning meets Jane Fonda with a side of Richard Simmons. You will have a blast, see real results both physically and mentally, and leave this class wanting more because it's so much fun! Things to expect in a HIGH Fitness Class: Nostalgic and fun music from all decades and genres that will motivate you, simple and easy to follow fitness choreography. Interval training moves: jump squats, burpees, tuck jumps, etc. Take it HIGH or take it low! Options given for all levels of fitness.

**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.

**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.

**XPress Bootcamp:** The ultimate quick workout! 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.

**XPress 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

**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.

**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.

**Yogalatte** is a combination of Pilates-based movements and Power Yoga to enhance strength, flexibility and core stability.

**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 Tuesday, June 1**

*revised June 1, 2021*



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