

SPRING GROUP FITNESS SCHEDULE | Effective Thursday, April 1

MON

Bootcamp
6:00-7:00am
w/ Nicholas H.
Basketball Court
or **VIRTUAL-Zoom**
Alt - Back Parking Lot*
No class on 5/31

Bootcamp
9:30-10:30am
w/ Sara P.
Basketball Court
or **VIRTUAL-Zoom**
Alt - Back Parking Lot*
No class on 5/31

Vinyasa Yoga
9:30-10:30am
w/ Marty B.
Group Fit Studio
or **VIRTUAL-Zoom**
No class on 5/31

Gentle Fitness
12:30-1:30pm
w/ Joan J.
Group Fit Studio
or **VIRTUAL-Zoom**
No class on 5/31

Muscle Max & Cardio
6:00-7:00pm
w/ Hailey T.
Basketball Court
or **VIRTUAL-Zoom**
Alt - Back Parking Lot*
Class runs 4/5-4/26

TUE

new class
Spin
6:00-7:00am
w/ Shelley B.
Basketball Court

Spin
8:00-9:00am
w/ Kathy E.
Basketball Court

Yin Yoga
11:00am-12:00pm
w/ JT Q.
VIRTUAL-Zoom

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

youth class
Fitness & Fun
4:00-4:45pm
w/ Arianne E.
Lagoon Activity Ctr.

Pilates
4:30-5:30pm
w/ Tricia W.
Group Fit Studio
or **VIRTUAL-Zoom**

new class
Yin Yoga
7:00-8:00pm
w/ Nicole Y.
Group Fit Studio
or **VIRTUAL-Zoom**

WED

Bootcamp
6:00-7:00am
w/ Nicholas H.
Basketball Court
or **VIRTUAL-Zoom**
Alt - Back Parking Lot*

Surge Fit
9:30-10:30am
w/ Libby S.
Basketball Court
or **VIRTUAL-Zoom**
Alt - Back Parking Lot*

Vinyasa Yoga
10:30-11:30am
w/ Marty B.
Group Fit Studio
VIRTUAL-Zoom

Gentle Fitness
12:30-1:30pm
w/ Joan J.
Group Fit Studio
or **VIRTUAL-Zoom**

Muscle Max & Cardio
5:30-6:30pm
w/ Lisa C.
Basketball Court
or **VIRTUAL-Zoom**
Alt - Back Parking Lot*

THU

new class
Spin
6:00-7:00am
w/ Shelley B.
Basketball Court
Class begins 4/8

Spin
8:00-9:00am
w/ Lisa C.
Basketball Court

Hatha Yoga
10:30-11:30am
w/ Kathy E.
Group Fit Studio
or **VIRTUAL-Zoom**

youth class
Fitness & Fun
4:00-4:45pm
w/ Arianne E.
Lagoon Activity Ctr.

Barre
4:30-5:30pm
w/ Tricia W.
Group Fit Studio
or **VIRTUAL-Zoom**

WERQ
5:30-6:30pm
w/ Dana S.
VIRTUAL-Zoom

FRI

Bootcamp
6:00-7:00am
w/ Hailey T.
Basketball Court
or **VIRTUAL-Zoom**
Alt - Back Parking Lot*
Class runs 4/2-4/30

Step
9:00-10:00am
w/ Lea M.
VIRTUAL-Zoom

Bootcamp
9:30-10:30am
w/ Sara P.
Basketball Court
or **VIRTUAL-Zoom**
Alt - Back Parking Lot*

Yin Yoga
10:45-11:45am
w/ Nicole Y.
Group Fit Studio
or **VIRTUAL-Zoom**

SAT

Spin
8:00-8:45am
w/ Cheryl G.
Basketball Court

Muscle Max & Cardio
9:00-10:00am
w/ Lisa C.
Basketball Court
or **VIRTUAL-Zoom**
Alt - Back Parking Lot*

Yogalatte
9:00-10:00am
w/ Cheryl G.
Group Fit Studio
or **VIRTUAL-Zoom**

Low Impact Cardio+
10:00-11:00am
w/ Lea M.
Group Fit Studio
or **VIRTUAL-Zoom**

SUN

Spin
9:00-10:00am
w/ Lisa C.
Basketball Court
No class on 4/4

WERQ
10:00-11:00am
w/ Dana S.
VIRTUAL-Zoom
No class on 4/4

Reset + Restore Yoga
10:30-11:30am
w/ Liz E.
Group Fit Studio
or **VIRTUAL-Zoom**
No class on 4/4

youth class
Youth Yoga
11:45am-12:15pm
w/ Liz E.
Group Fit Studio
No class on 4/4

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/>.

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.

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.

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.

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

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. **Stretch, Balance & Move:** Learn to move without pain and stiffness, increase athletic performance, and protect yourself from injury with stretches and movement patterns made for everyBODY. Participants may want to bring a towel along with a mat to class. Shoes will be worn.

Yoga for All: A great place to begin or continue your yoga practice. With no set flow and options given for everyone, this class is the perfect way to compliment your wellness routine. Please bring your own mat.

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.

Group Fitness
Spring 2021

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