

SPRING FITNESS CLASS SCHEDULE

MARCH 21 - JUNE 4

TIMES AND INSTRUCTORS SUBJECT TO CHANGE. PLEASE CALL THE SPA AT THE CRESCENT FOR MORE INFORMATION AT 214.871.3232

TIME	MON	TUE	WED	THU	FRI	SAT
7:30 am	Strength & Conditioning Marsha	Yoga Stretch Melinda	Barre Basics Marsha	Yoga Stretch Melinda	Align & Balance Tamara	
9:15 am	Barre Ashley	Aerobic Sculpt Marsha	Strength & Conditioning Melinda	Aerobic Sculpt Marsha	Pilates Barre Fusion Tamara	*9:00 am Yoga Stretch Elizabeth
10:30 am	Spin + Intervals Ashley	SHRED Tamara	Lower Body Burn Erin	Sculpt Erin 2nd & 4th Tamara 1st & 3rd	IGNITE Tamara	*10:15 am SHRED Tamara
12:00 pm	Sculpt Erin	Pilates/Barre Fusion Tamara	Yoga Flow Erin	Core Stretch Tamara 1st & 3rd Erin 2nd & 4th	Yoga Sculpt Mari (Madi)	
4:45 pm	Body Matrix Lewis		Body Matrix Melinda			
5:45 pm	Cardio Intervals Erin	Yoga Flow Erin	Cardio Intervals Melinda	Yoga Flow Erin		



THE CRESCENT CLUB
ATHLETICS & WELLNESS



FITNESS CLASS DESCRIPTIONS

Aerobic Sculpt – A combination of low impact aerobics and body toning using weights and other fitness props.

Align & Balance - A class focused on realigning your posture, improving feet, ankle and core strength to enhance your balance.

Barre Basics - Same benefits, lower intensity

Barre Conditioning - This workout is designed to trim, tighten and sculpt your entire body. By using small, controlled movements, isometric holds and high reps to create a strong and lean physique.

Body Matrix – This high intensity, heart pumping class incorporates plyo-metrics, sports drills, agility, strength and core in a one hour full body workout.

Cardio Intervals - 60 min high energy class using a combination of heavy weights, body weight and full range movements to strengthen and tone the body. (Spin bike warm-up)

Sculpt- Same benefits, higher intensity

Core/Stretch - Combines core exercises with total body stretching to enhance the mind body connection.

IGNITE - IGNITE your inner fire in this powerful Hatha style yoga class. Spark your flame from within with special breathing techniques while practicing specific strengthening yoga poses.

Pilates Barre Fusion - Pilates Barre Fusion classes take the basic foundations of Pilates and combine them with ballet-inspired moves as well as incorporating elements of dance, yoga and strength training.

SHRED - SHRED is a HIIT style-based workout combining short bursts of intense exercise with periods of rest or lower-intensity exercise. This class is one of the most effective ways to burn fat and leave you shredded in no time

Spin Intervals – This is a high energy cardiovascular and weight training workout delivers a challenging biking experience on our new state of the art "TechnoGym" bikes.

Strength & Conditioning - Weight training class focused on improving muscle strength and endurance. (A variety of equipment may be used, weights, balls, tubing, etc.)

Yoga Sculpt -Yoga sculpt is a class designed to provide a workout that combines strength and cardio exercises with a traditional asana practice to give you a full body workout.

Yoga Flow - This challenging yoga class uses flowing yoga poses to improve flexibility, strength and balance.

Yoga Stretch – A slow non-impact soft yoga class designed to increase flexibility and improve breathing capacity.