

# FITNESS AT THE CRESCENT

All classes are held in The Spa unless noted otherwise.

**Aerobic Sculpt** – This class is a combination of low impact aerobics and body toning using weights and other fitness props.

**Balanced Body** – A gentle interactive class focusing on balance, stretching and fall prevention exercises.

**Barr Basics** – Learn to isolate muscle groups, balance the body and strengthen the core on the ballet barre & mat.

**Barr Zone** – An intense toning class using the ballet barre and mat, designed to define and shape every muscle in the body.

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

**Bootcamp** – Aerobic and strength training stations combine to give you the ultimate total body workout.

**Core & More Sculpting** – Using a body sculpting format, this class offers an extra focus on balance, strength training and core strength. All fitness levels welcome.

**High Performance** – This intense class is a fusion of bootcamp, matrix, and sports performance designed to burn the maximum calories in one hour. Intermediate/advanced levels welcome.

**Pilates Mat** – This class is designed to increase range of motion, strengthen core muscles and improve daily function.

**Spinn** – This is a high energy cardiovascular workout that delivers a challenging biking experience on our new state of the art "TechnoGym" bikes. All fitness levels welcome. (Spinn Sculpt adds weight training to this format)

**Strength & Tone** – This class focuses on weight training to burn fat, boost metabolism and strengthen muscles.

**Super Circuit** – This class uses functional strength training stations to provide a balanced full body workout.

**Triple Threat** – A high intensity workout with a challenging mix of Core/Cardio and Strength training. Intermediate /advanced levels welcome.

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

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

**Yoga with Weights** – This class combines traditional yoga with the use of small hand weights to improve core strength and balance.

Personal training is offered for all classes including pilates, yoga, spinn and weight training!

Call to book an appointment.

214.953.4361