

# THE SPA AT THE CRESCENT

## Fitness Class Schedule

| TIME     | MONDAY                   | TUESDAY                     | WEDNESDAY                   | THURSDAY                    | FRIDAY                     | SATURDAY                   |
|----------|--------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------|----------------------------|
| 6:15 am  | SPINN<br>Donn            |                             | HIGH<br>PERFORMANCE<br>Donn |                             |                            |                            |
| 7:30 am  | YOGA<br>David            | YOGA<br>STRETCH<br>David    | BALANCED<br>BODY<br>Marsha  | WEIGHTED<br>YOGA<br>David   | BARRE BASICS<br>Marsha     |                            |
| 9:15 am  | CORE & MORE<br>Marsha    | AEROBIC<br>SCULPT<br>Marsha | SCULPT &<br>YOGA<br>Lyssa   | AEROBIC<br>SCULPT<br>Marsha | BARRE ZONE<br>Ashley       | *9:00 am*<br>YOGA<br>David |
| 10:15 am | SPINN<br>Josh            | BOOT CAMP<br>Lyssa          | SPINN/<br>SCULPT<br>Donn    | Strength &<br>Tone<br>Erin  | SPINN/<br>SCULPT<br>Ashley | BOOT CAMP<br>Donn          |
| 12:00 pm | SCULPT &<br>YOGA<br>Erin | PILATES MAT<br>Katrina      | SUPER<br>CIRCUIT<br>Marsha  | CORE/YOGA<br>Erin           | TRIPLE<br>THREAT<br>Ashley |                            |
| 4:45 pm  | BODY MATRIX<br>Melinda   |                             | BODY MATRIX<br>Melinda      |                             |                            |                            |
| 5:45 pm  | SPINN<br>Melinda         | YOGA FLOW<br>Erin           | SPINN/<br>SCULPT<br>Melinda | YOGA FLOW<br>Erin           |                            |                            |