

THE SPA AT THE CRESCENT

FITNESS AT THE CRESCENT

All classes are held in The Spa unless noted otherwise.

Aerobic Sculpt – 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 Zone – This intense toning class uses the ballet bar and mat, designed to define and shape every muscle in the body.

Barr Basics - Same benefits, lower intensity

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

Boot Camp – Aerobic and strength training stations combined to give the ultimate total body workout.

Core & More Sculpting – This weight training class offers an extra focus on balance, strength and core exercises. All fitness levels welcome.

Sculpt- Same benefits, higher intensity

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

High Performance – High intensity fusion of bootcamp, matrix, and sports performance designed to burn the maximum calories in one hour(intermediate and advanced levels welcome).

Pilates Mat – Designed to increase range of motion, strengthen core muscles, and improve daily function.

Spinn – This is a high energy cardiovascular workout delivers a challenging biking experience on our new state of the art "TechnoGym" bikes.

Super Circuit – Dynamic strength training stations with a focus on functional exercises designed to improve movement patterns for daily life.

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

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.

Yoga with Weights – Weighted yoga 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, spin, power plate and weight training!

Call to book an appointment. 214.953.4361