

THE SPA AT THE CRESCENT

Fitness Class Schedule

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