

# 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	*8:00 am* MAKING WAVES Don/Robin
9:15 am	CORE & MORE Marsha	AEROBIC SCULPT Marsha	BARRE CONDITIONIN G Robin	AEROBIC SCULPT Marsha	BARRE ZONE Ashley	*9:00 am* YOGA Robin
10:15 am	CARDIO TONE Robin	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 & MAKING WAVES LYSSA/ ROBIN		BODY MATRIX Melinda			
5:45 pm	SPINN Melinda	YOGA FLOW Erin	SPINN/ SCULPT Melinda	YOGA FLOW Erin		

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## 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.

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

**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.

**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.

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

**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.

**Making Waves** - Intermediate level high energy water class. Use the resistance of the water and strength equipment to challenge and tone the entire body.

Personal training is offered for all classes including pilates, yoga, spin, power plate and weight training!

Call to book an appointment. 214.953.4361