

# 2021 FITNESS CLASS SCHEDULE

BEGINNING JANUARY 11, 2021. TIMES AND INSTRUCTORS SUBJECT TO CHANGE. PLEASE CALL THE SPA AT THE CRESCENT FOR MORE INFORMATION AT 214.871.3232.

TIME	MON	TUE	WED	THU	FRI	SAT
7:30 am	Core & More Marsha	Yoga Stretch Melinda	Barre Basics Marsha	Yoga stretch Melinda	Pilates / Stretch Ashley	
9:15 am	Barre Ashley	Aerobic Sculpt Marsha	Lower Body Burn Erin	Aerobic Sculpt Marsha	Barre Ashley	9:00 am Stretch Roberto
10:30 am	Spinn + Intervals Ashley	Core & More Marsha	Strength & Conditioning Roberto	Sculpt Erin		Triple Threat Leticia
12:00 pm	Sculpt Erin	Pilates Mat Katrina	Yoga Stretch Erin	Core Stretch Erin	11:45 am Pilates Mat Katrina	
4:45 pm	Body Matrix Melinda		Body Matrix Melinda			
5:45 pm	Cardio Intervals Erin	Yoga Flow Erin	Cardio Intervals Melinda	Yoga Flow Erin		



# FITNESS CLASS DESCRIPTIONS

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**Aerobic Sculpt** – A combination of low impact aerobics and body toning using weights and other fitness props.

**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.

**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.

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

**Cardio Intervals** - 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 Intervals** – This is a high energy cardiovascular and weight training workout delivers a challenging biking experience on our new state of the art "TechnoGym" bikes.

**Strength & Conditioning** - Weight training class focused on improving muscle strength and endurance. (A variety of equipment may be used, weights, balls, tubing, etc.)

**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.

