

SUMMER FITNESS CLASS SCHEDULE

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	Strength & Conditioning Marsha	Yoga Stretch Tamara	Barre Basics Marsha	Total Body Stretch McKenzie	Align & Balance Tamara	
9:15 AM	Barre Conditioning McKenzie	Aerobic Sculpt Marsha	Strength & Conditioning Mari	Aerobic Sculpt Marsha	Barre/ Pilates Fusion Tamara	*9:00 am Yoga Stretch Elizabeth
10:30 AM	Spin + Intervals Mari	SHRED Tamara	Lower Body Burn Mari	Strength & Conditioning Tamara	SHRED Tamara	*10:15 am SHRED Tamara
12:00 PM	Sculpt McKenzie	Lower Body Burn Erin	Yoga Mari	Core Stretch Tamara	Yoga Sculpt Mari	
4:45 PM	Body Matrix Lewis		Body Matrix Melinda			
5:45 PM	Cardio/Sculpt Erin	Yoga Flow Erin	Cardio/Sculpt Melinda	Pilates Mat Pam		



THE CRESCENT CLUB
ATHLETICS & WELLNESS



FITNESS CLASS DESCRIPTIONS

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

Align & Balance – A class focused on realigning your posture, improving feet, ankle and core strength to enhance your balance.

Barre Basics - Same benefits as class below at a 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.

Barre/Pilates Fusion – This class fuses the basic foundations of Pilates and combine them with ballet barre inspired moves as well as incorporating elements of dance, yoga and strength conditioning.

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

Cardio/ Sculpt - 60 min high energy class using a combination of cardio moves, weights, body weight and full range movements to strengthen tone and challenge the cardiovascular system.

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

Lower Body Burn- This class is high intensity, using hand weights plus body weight to create a burn in all the major muscles in the lower body.

PILATES MAT- A traditional, classical Pilate's method focusing on core, posture, dynamic strength, elongation, and breath work.

Sculpt- A high intensity class using hand weights, designed to shape and sculpt lean muscles.

SHRED - SHRED is a HIIT style-based workout combining short bursts of intense exercise with periods of rest or lower-intensity exercise. This class is one of the most effective ways to burn fat and leave you shredded in no time

Spin Intervals – This is a high energy cardiovascular and weight training workout, delivers a challenging biking experience on our 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.)

Total Body Stretch- A gentle stretch class designed to increase flexibility and range of motion throughout the whole body (chairs may be used as a prop).

Yoga Flow - This challenging yoga class uses flowing yoga poses to improve flexibility, strength and balance.

Yoga Sculpt -Yoga sculpt is a weight workout that combines strength and cardio exercises with a traditional asana practice to give you a full body workout.

Yoga Stretch – A slow non-impact soft yoga class designed to increase flexibility, improve breathing capacity and relaxation.