

FALL FITNESS CLASS SCHEDULE

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	Strength & Conditioning Marsha	Yoga Stretch Melinda	Barre Basics Marsha	Yoga Stretch Melinda	Yoga Sculpt Tamara	
9:15 AM	Barre Ashley	Aerobic Sculpt Marsha	Strength & Conditioning Melinda	Aerobic Sculpt Marsha	Pilates Barre Fusion Tamara	*9:00 am Yoga Stretch Elizabeth
10:30 AM	Spin + Intervals Ashley	SHRED Tamara	Lower body Burn Erin	Sculpt Erin/ Tamara	Latin Groove Tamara	*10:15 am SHRED Tamara/ Marsha/ Lewis
12:00 PM	Sculpt Erin	Pilates/Barre Fusion Tamara	Meditation & Stretch Erin	Core Stretch Erin/ Tamara	11:45 am Pilates Mat Katrina	
4:45 PM	Body Matrix Lewis		Body Matrix Melinda			
5:45 PM	Cardio Intervals Erin	Yoga Flow Erin	Cardio Intervals Melinda	Yoga Flow Erin		



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.

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.

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. (Spin bike warm-up)

Sculpt- Same benefits, higher intensity

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

Latin Groove - The high-energy classes are set to upbeat music and feature choreographed dance patterns that you might see in a nightclub. Grooving to the beats of salsa, bachata and merengue. You don't need to be a great dancer to feel welcome. Join the Party," the classes emphasize moving to the music and having a good time, no rhythm required.

Meditation & Stretch - A relaxing slow stretch & calming meditation designed to take you away from the stress of your day & help you find the calm you need to leave renewed.

Pilates Barre Fusion - Pilates Barre Fusion classes take the basic foundations of Pilates and combine them with ballet-inspired moves as well as incorporating elements of dance, yoga and strength training.

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

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 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.)

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

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.