

SPRING 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 Conditioning Marsha	Total Body Stretch Elizabeth	Align & Balance Tamara	
9:15 AM	Pilates Tone & Stretch Liza	Aerobic Sculpt Marsha	Strength & Conditioning Tamara	Aerobic Sculpt Marsha	Barre/Pilates Fusion Tamara	*9:00AM Yoga Stretch Elizabeth
10:30 AM	Integrated Strength Liza	SHRED Tamara	Circuit Fusion Elizabeth	Cardio/Abs Tamara	Tabata Intervals Tamara	*10:15AM HITT CIRCUIT Tamara
12:00 PM	Upper Body Sculpt Erin	Lower Body Burn Erin	Yoga Elizabeth	Core Stretch Tamara	Pilates Mat Pam	
4:45 PM	Body Matrix Erin		Body Matrix Erin			
5:45 PM	Cardio/Sculpt Erin	Yoga Flow Erin	Cardio/Sculpt Erin	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 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 & Abs - Cardio based workout designed to increase your heart rate, improve your cardiovascular health, followed by core isolation and engagement.

Cardio/ Sculpt - 45 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.

Circuit Fusion- This high energy circuit training class uses a variety of timed exercise stations to provide a cardio, strength and resistance training challenge.

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

HITT CIRCUIT- This High Intensity Interval training class is taught in a circuit format. It's designed to burn fat, build muscle and provide the maximum challenge on the total body. (intermediate- advance levels)

Integrated Strength- An intermediate level workout combining static, dynamic, core and power moves to strengthen, shape and lean out your body.

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/Tone & Stretch- A Pilates based class combining core, strength training and full body stretches.

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

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

Tabata Intervals - A high-intensity interval training workout that involves 20 seconds of maximum effort, followed by 10 seconds of recovery time. This high-energy class is designed to challenge, push, and get your body in shape.

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

Upper Body Sculpt- This class is a weight training class designed to improve muscle strength and endurance. All forms of resistance equipment will be used to challenge and sculpt the upper body.

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

Yoga - This workout combines strength and flexibility 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, and improve breathing capacity and relaxation.