SUMMER FITNESS CLASS SCHEDULE

TIMES & INSTRUCTORS ARE SUBJECT TO CHANGE. PLEASE CALL THE SPA AT THE CRESCENT FOR MORE INFORMATION: 214.871.3232

TIME	MON	TUE	WED	THU	FRI	SAT
7:30 AM	Strength & Conditioning Marsha	Yoga Stretch Tamara	Mobility & Strength Marsha	Total Body Stretch Elizabeth	Yogalates Tamara	***8:45 AM** Water + Weights Mari/Tamara
9:15 AM	Pilates Stretch & Tone Ashley/Marsha	Aerobic Sculpt Marsha	30/30 Flex & Stretch Liza	Aerobic Sculpt Marsha	Barre/Pilates Fusion Tamara	***9:00 AM** Yoga Stretch Elizabeth
10:30 AM	Integrated Strength Oksana/Liza	SHRED Tamara	Strength & Conditioning Tamara	Cardio & Abs Tamara	Tabata Intervals Tamara	***10:15 AM** HIIT Circuit Tamara
12:00 PM	Upper Body Pump Erin	Lower Body Burn Erin	Yoga Stretch Erin	Core Stretch Tamara	Pilates Mat Pam	
4:45 PM	Total Body Erin		Total Body 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.

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

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.

Cardio & Abs - Cardio-based workout designed to increase your heart rate, improve your cardiovascular health, followed by core isolation and engagement.

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

HIIT 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 to the body. (Intermediate - Advanced 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 Mat - A traditional, classical Pilates method focusing on core, posture, dynamic strength, elongation, and breath work.

Mobility & Strength – Designed to improve functional strength, Joint range of motion, balance, core stability, and performance.

Pilates/Stretch & Tone - 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 lower-intensity exercise. 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, such as 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 - A strength-based, low-impact class designed to work the entire body. This full-body workout builds strength, stability, and endurance while remaining accessible for all fitness levels.

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).

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

Water + Weights - Join us at the pool for this high energy, low impact, full body, fun water workout! The class is designed to tone muscle and condition the heart while protecting the joints. All fitness levels are welcome.

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

Yogalates – A dynamic workout merging Pilates core principles with yoga's mindfulness, flexibility, and flow.

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

30/30 Flex & Stretch - 30-minute mixture of hand weights & conditioning exercises combined with 30 minutes of full-body stretching