

# THE SPA AT THE CRESCENT

## FITNESS CLASSES SPRING 2012

### MONDAY

6:15 a.m.	Spinn
7:30 a.m.	Body Balance
9:15 a.m.	Cardio Tone
10:15 a.m.	Spinn
12:00 p.m.	Body Sculpting
5:45 p.m.	Spinn

### TUESDAY

7:15 a.m.	Yoga/Stretch
9:15 a.m.	Aerobic/Body Sculpt
10:15 a.m.	Boot Camp
12:00 p.m.	Pilates
5:45 p.m.	Yoga Flow

### WEDNESDAY

6:15 a.m.	Body Combat
7:15 a.m.	Yoga/Core Integrity
9:15 a.m.	Cardio/Tone
10:15 a.m.	Spinn
12:00 p.m.	Boot Camp
5:45 p.m.	Spinn

### THURSDAY

6:15 a.m.	Spinn
7:15 a.m.	Yoga/Stretch
9:15 a.m.	The Bar Zone
10:15 a.m.	Yoga for Strength
12:00 p.m.	Core & More Sculpting
4:45 p.m.	Body Combat
5:45 p.m.	Yoga Flow 2

### FRIDAY

6:15 a.m.	Yoga Stretch
7:30 a.m.	Yoga/Fusion
9:15 a.m.	Qi Balance
10:15 a.m.	Spinn
12:00 p.m.	Pilates

### SATURDAY

8:00 a.m.	Spinn
9:00 a.m.	Yoga
10:15 a.m.	Boot Camp

Scheduled classes may change.  
Please contact the Fitness Desk at  
Extension 3356 or 3385 to confirm.