

Four Hundred Crescent Court, Dallas, TX 75201  
Club 214.933.3338 Spa 214.871.3322

# CLUB & SPA

THE CRESCENT CLUB AND THE SPA AT THE CRESCENT  
JUNE/JULY/AUGUST 2002



## Splash into our New Cool Pool Workout

GET YOUR HEART POUNDING, NOT YOUR JOINTS

The Spa at The Crescent is offering fitness classes in the pool. The classes will focus on muscle and cardiovascular strength and endurance, without putting pressure on your joints. It's a great workout for everyone. Please see our tear-off fitness class schedule on page six for times and days. Classes will be held at the pool on the 2nd floor of the hotel.

## Wine and Dine Dad at The Club

How do you thank your dad for all the special things he does? Join us Saturday night, June 15th and celebrate Father's Day at The Club. He'll enjoy wine, cigar and a la carte dinner specials, and of course, your company throughout the evening.

## Escape to Luxury: Summer at Rosewood

Now, enjoy Rosewood's legendary escapes around the world at special daily rates or through thoughtfully refined packages ~ starting from \$165 per night at select properties. Experience an extraordinary world of rarefied beauty and individual style. Discover what pleasures await you at the world's most distinctive collection of luxury hotels. For information or reservations, visit [www.rosewoodescapetoluxury.com](http://www.rosewoodescapetoluxury.com), or call 888-ROSEWOOD or your travel professional and ask for the Escape to Luxury program.

Rosewood hotels and resorts are in: New York, London, Tokyo, Dallas, Jakarta, Los Cabos, St. Moritz, Switzerland, U.S. Virgin Islands, British Virgin Islands and British Columbia.

## THE SPA



### Summer Fashion. See What's Hot at Our June 7th Show.

Long weekends. Cocktails on the deck. Relaxing with friends at the 19th hole. All even more charming when you look fabulous. Get your summer attitude on and join us for informal modeling, and a glass of bubbly on Friday, June 7th from noon to 1:30 p.m. at the Juice Bar in the Spa at the Crescent. Our show will feature the coming trends in women's summer fashion and accessories from Stanley Korshak.

### Five Reasons to Get Juiced.



Visit the Juice Bar for a fast, healthy breakfast, lunch or snack.

- 1) Mueseli with fresh fruit and yogurt \$5
- 2) Bombay Chicken Salad on a whole wheat pita with chips \$7
- 3) Greek Salad with fresh lemon vinaigrette \$6
- 4) Raspberry Passion smoothie, with raspberries, passionfruit, banana, orange juice and frozen yogurt \$5
- 5) Balance, Cliff, Luna Bars \$2.50

STOP BY FOR A FREE TASTE TEST.

## Welcome

### NEW SPA MEMBERS 2002

Mr. Brady Moore  
Mr. and Mrs. Jim & Nancy O'Neal  
Mr. Pablo Alvarado  
Mr. Costa Arabatizis  
Ms. Mary Cathryn Pullin  
Ms. Tamara Jenkins Bickel  
Mr. & Mrs. Gregory & Roksana Raam  
Mr. Rick Bjork  
Ms. Lori Browne  
Mr. Dodge Carter  
Mr. Alan Davenport  
Mr. and Mrs. Paul & Nicki Farris  
Ms. Laura Gralnik  
Mr. Tom Smith  
Mr. Jeff Graves  
Mr. Myron C. Harrison  
Mrs. Heidi Hill  
Ms. Christa Hinckley  
Mr. Lloyd Hoffman  
Mr. David Zaenglein  
Mr. Stan Mayo & Ms. Sandi Bailey

## Try the New Lean Machines

### BREAK OUT OF THE ROUTINE

To keep your workout program fresh, we're committed to keeping our equipment fresh. Look for the new Stretching Machine, Precor Elliptical Machine, Stairmaster 4600 PT, Recumbent Bikes, Versaclimber, Linear Leg Pull and Leg Extension.

## Sun Shield

**S**kin Ceuticals Primacy C + E will help reduce the appearance of fine lines and wrinkles. This super antioxidant formulation contains 15% pure Vitamin C and 1% pure Vitamin E. This combination has a truly synergistic effect ~ together they provide better protection from UV damage and correction from previous damage. For more ways to keep your skin healthy, call us at The Boutique 214.871.3232.



FREE SAMPLE FOR THE FIRST 25 PEOPLE WHO INQUIRE ABOUT SKIN CEUTICALS C+E.

## Welcome

### NEW CLUB MEMBERS 2002

Mr. and Mrs. Dennis & Mary Beth Alberts  
Dr. and Mrs. Chet & Sherrie Beyer  
Mr. and Mrs. Daren & Julie Blanton  
Mr. and Mrs. Clifford & Kay Braly  
Mr. Douglas Cawley  
Mr. and Mrs. Tim & Kathryn Eller  
Mr. Terry Fokas  
Mr. and Mrs. Mark & Pamela Gonzalez  
Mr. Robert Manley  
Mr. and Mrs. Bill & Rita Morgan  
Mr. and Mrs. James & Barbara Moroney, III  
Mr. and Mrs. Alan & Anne Motzenbocker  
Mr. Steve Perry  
Mr. and Mrs. Tom & Susan Risley  
Mr. Mario Santander  
Mr. and Mrs. Scott & Kathy Seymore  
Mr. Theodore Stevenson III  
Mr. and Mrs. Taylor & Holly Thaggard  
Mr. and Mrs. Richard & Cindy Thompson  
Mr. and Mrs. Gary & Debbie Tillett  
Mr. and Mrs. William & Joan Wellborn  
Dr. Chris Westerheide  
Mr. and Mrs. Jerry & Tina Wolsborn  
Mr. Keith & Mary Young, Jr.

### Going West? Try The Fort Worth City Club.

Just one block from Bass Performance Hall, overlooking Sundance Square, you'll find The Fort Worth City Club. This beautiful club, located in City Center Tower Two has something for everyone. Dine casually in the Terrace restaurant or formally in the Main Dining Room. On Friday and Saturday evenings child care is complimentary for members dining in The Main Dining Room. And if you're attending an event at Bass Performance Hall, dinner is available at 6 p.m., plenty of time to arrive on time at Bass Hall for the show. Fabulous cuisine, newly renovated spaces and friendly attentive service ~ all under an hour away from Dallas. You're also invited to attend the Luncheons with Legends Series, which will be kicked off July 18 by former Cowboy, Bob Lilly.

FOR RESERVATIONS AND INFORMATION ABOUT THE LUNCHEONS WITH LEGENDS SERIES, PLEASE CALL 817-878-4050.



## THE CLUB

### Putting on the Ritz at The Club

The Club is pleased to announce the Executive Chef at the famous Ritz Hotel in Paris will be bringing his culinary team to The Crescent Club on December 2. Chef French Fries (name tbd) will be preparing an extravagant five course dinner exclusively for the members of The Club. More information will be coming soon.



## Brain Game

Each puzzle consists of three words or names, followed by the number of letters in the word or name that is the answer to the puzzle. Each of the three have some relationship to the answer word. Sometimes the relationship is direct, while at times it is something obscure. Example: Doctor Juice (5 letters). The answer: APPLE ~ as in an apple a day keeps the doctor away.

- 1) Mallet Arches Ball (7 letters)
- 2) Sheet Thwart Sword (4 letters)
- 3) Gift Now Give (7 letters)
- 4) Feeble Seven Calendar (4 letters)
- 5) Reagan McDonald Hoe flin (6 letters)
- 6) Graphics Coffee Man (4 letters)
- 7) Soup Bruce Argyll (8 letters)

The first member who e-mails valid answers to Heather McMillan at [hmcmillan@rosewoodhotels.com](mailto:hmcmillan@rosewoodhotels.com) wins:

GET ALL 7 RIGHT, WIN AN 80 MINUTE MASSAGE.  
GET 5 RIGHT, WIN FREE LUNCH FOR TWO IN THE JUICE BAR.  
SORRY, ONLY CLUB MEMBERS CAN WIN.

## Holiday Hours

The Club will be closed Thursday, July 4th and for lunch Friday, July 5th in observance of Independence Day.

# THE CLUB

## Club Snapshots

### Summer Wine Dinner

TUESDAY, AUGUST 20

Join us for a wonderful dinner featuring the wines of Morgan Winery of Monterey California. Chef Jon Schwarzenberger is creating a superb four course menu paired with these fine wines. An hors d'oeuvres reception will start at 6:30 in the Bar, followed by dinner in the Main Dining Room at 7:00.

6:30 RECEPTION, 7:00 DINNER  
\$85.00 PLUS TAX AND GRATUITIES

### Dual Members

NEW CLUB & SPA MEMBERS 2002

Mr. and Mrs. Adam & Elisabeth Dannel

Mr. and Mrs. Don & Martha Miller

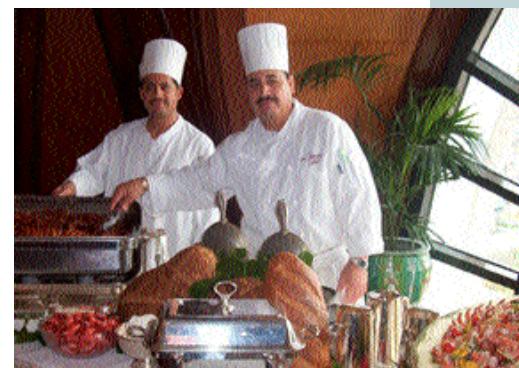
Mr. and Mrs. Edward & Traci Schuh

Mr. and Mrs. Charles & Danielle Stephens

Mr. and Mrs. Ray & Sandy Wirth



Judy Clark, Club Concierge, demonstrating one of her other little known talents, face painting.



The culinary team at The Club is ready to serve their famously lavish Easter Brunch.



Actor Tony Curtis made his debut appearance at The Club with Michael Jenkins and friends.



Easter Bunny Heather was caught several times eyeing the carrot salad, but resisted and resumed her holiday entertaining duties.



When bread makes your cooks this happy, you've got to believe there's some positive energy going into your meal.



Mr. & Mrs. John Drew and family celebrating Mother's Day in triplicate at The Club.

QUESTIONS OR SUGGESTIONS FOR THE CHEF?  
EMAIL: CHEFJON@ROSEWOODHOTELS.COM

TEAR HERE TO SAVE

## Club Calendar June through August

### Crescent Club

#### WEDNESDAYS

Every Wednesday throughout the season for lunch, The Club will feature fresh Soft Shell Crabs in the Rotisserie.

#### FRIDAYS

Every Friday night, the Main Dining Room will feature Slow Roasted, Marinated, Black Angus Prime Rib, cut to your specification.

JUST \$26.00 WITH YOUR CHOICE OF SIDES.



JUNE 21, JULY 26 & AUGUST 30

### Crescent Club's Seafood Extravaganza

#### DINNER BUFFET (6-9 P.M.) IN THE ROTISSERIE

Featuring the Club's Famous Soft Shell Crabs, Seafood Bar with Jumbo Shrimp, Alaskan Crab Legs and Oysters on the Half Shell, Slow Roasted Black Angus Prime Rib, San Francisco Style Cioppino, Fried Catfish and Hushpuppies and all the fixings. LIVE ENTERTAINMENT, MARGARITAS AND SANGRIA \$35 PER PERSON

#### JULY 3

### Americana Celebration

#### DINNER BUFFET (6-9 P.M.) IN THE ROTISSERIE.

Featuring cuisine from across the country. Maine Lobster, Alaskan Salmon, Roast Beef, Louisiana Crayfish Gumbo, Southern Fried Chicken, California Veggies, American Cheeses & Breads, Pecan Pie, Apple Pie, Ice Cream and much more.

\$35 PER PERSON.

### Rotisserie Specials

#### JUNE

WEDNESDAY, 5TH	Broiled Rock Lobster
THURSDAY, 13TH	Mushroom Stuffed Beef Tenderloin
TUESDAY, 18TH	Grilled Grouper Vera Cruz
FRIDAY, 21ST	Seafood Extravaganza in Rotisserie 6-9 p.m.
TUESDAY, 25TH	Grilled Sirloin Steaks with Baked Potatoes

#### JULY

WEDNESDAY, 3RD	Americana Celebration Menu in Rotisserie 6-9 p.m.
TUESDAY, 9TH	Sautéed Jumbo Scallops with Pasta
THURSDAY, 18TH	Grilled Chilean Seabass
WEDNESDAY, 24TH	Pan Seared Soft Shell Crabs
FRIDAY, 26TH	Seafood Extravaganza in Rotisserie 6-9 p.m.

#### AUGUST

THURSDAY, 1ST	Broiled Lobster Tail with Lemon Butter
TUESDAY, 6TH	Jamaican Jerk Marinated Pork Loin
TUESDAY, 13TH	Grilled Snapper with Lump Crab Jambalaya
TUESDAY, 20TH	Wine Dinner
THURSDAY, 22ND	Apricot Stuffed Carolina Quail
TUESDAY, 27TH	Herb Roasted Venison
FRIDAY, 30TH	Seafood Extravaganza in Rotisserie 6-9 p.m.

### Entertainment Schedule

THURSDAYS	5:30-7:30 Jerry Hitt on Piano in The Bar for Happy Hour
FRIDAYS	5:00 Jerry is on piano during Happy Hour Tony Hakim's Trio 7:30-11:30
SATURDAYS	7:30-11:30 Features Tony Hakim Trio

# The Spa Fitness Classes June through August

## MONDAYS

6:30 am Power walking (D)  
7:45 am Stretch n Flex (D)  
9:15 am Step (S)  
4:45 pm Spinn (S)  
5:30 pm Spinn (S)  
5:30 pm Yoga I (C)  
5:30 pm 20/20/20 (TY)  
6:30 pm H2O (S)

## THURSDAYS

6:15 am Spinn (S)  
7:00 am Yoga I (DA)  
8:15 am H2O (S)  
9:15 am Body Shaping (R)  
4:30 pm 20/20/20 (T)  
5:30 pm Spinn (T)  
5:30 pm Yoga II (C)

## FRIDAYS

6:15 am Kickboxing (S)  
6:30 am Power walking (J)  
8:00 am NIA (J)  
9:15 am Interval (CI)  
10:15 am H2O (S)  
12:00 pm Pilates (M)  
4:45 pm Spinn (S)  
5:30 pm Spinn (S)  
6:00 pm Step (TY)

## WEDNESDAYS

6:15 am Chisel (S)  
7:00 am Yoga Ball (D)  
8:15 am Stretch n Flex (D)  
9:15 am LIA (R)  
10:15 am H2O (S)  
5:30 pm Spinn (S)  
6:15 pm H2O (S)

**CLASS LEADER KEY**

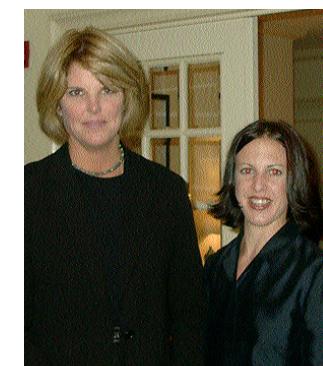
CL - COLEY	SH - SARAH
DA - DAVID	R - RHONDA
D - DEBBEE	S - STEPHANIE
J - JESSICA	T - TERRIE
M - MARCELLA	TY - TONY

FOR MORE INFORMATION, CALL 214.871.3232.

## Club & Spa People



*Lots of social big wheels were on hand at Saks Fifth Avenue to greet Bill Blass exec Ronald Gallow in December. Spa member, Dr. Chiusang Hwang helped put together the outerwear preview lunch. Hats off to Spa Member of the Month, Dr. Hwang for her enthusiasm and involvement in this event among others.*



*Mary Terry, with Chelsea Michael, a representative for EPICUREN.*

## What Workout Works for You?

### A PROFILE OF OUR AEROBIC AND TONING CLASSES

**BODY SHAPING** Non-impact class designed to strengthen and sculpt all muscle groups.

**LOW-IMPACT AEROBICS (LIA)** Classic aerobics to burn fat while protecting your body from the rigors of high-impact jumping.

**NEUROMUSCULAR INTEGRATED ACTION (NIA)** Aerobic workout with very little impact. Encourages expressive spontaneous movement, with influences from Tai Chi, Tae Kwan Do, Yoga, Jazz and Modern Dance. Pure fat-burning. Best in bare feet or soft-soled shoes.

**STRETCH & FLEX** Muscle-toning and strength-building class using Stretch & Flex resistance bands.

**YOGA I** This yoga class emphasizes poses to heal the body while adding strength and flexibility. (Recommended for beginners.)



**INTERVAL** 2-minute sets of step aerobics and 2 minutes of hi/low-impact aerobics.

**YOGA II** Class begins with the sun salutation to warm the body, then maneuver into power poses followed by deep stretching.

**POWER WALKING** An invigorating early morning walk through neighborhoods around the hotel. In case of inclement weather, other alternatives will be made.

**PILATES** Designed to give you muscle balance, strength and beautiful definition. To learn more about Pilates, visit [www.balancebody.com](http://www.balancebody.com).

**KICKBOXING** Kick, jab and punch your way to a buff body in this high-intensity martial arts-based workout.

**CHISEL** Strength class using 3lb barbells with free weights. You won't find any dancing here. This class is straight weight training. Great format for everyone.

**SPINN** An efficient fat-burning class held on stationary bikes. Jump, climb and sprint your way to great health.

**20/20/20** 20 minutes cardio, 20 minutes weights, 20 minutes Yoga I.

**30/30/30** 30 minutes cardio, 30 minutes weights, 30 minutes Yoga I.

**INTERVAL** 2-minute sets of step aerobics and 2 minutes of hi/low-impact aerobics.

## Spa Tips from the Girls

SUMMER TIPS FROM OUR SPA REPRESENTATIVES: GIGI, LULU AND SASHA

**F**or June, Gigi says, "As Summer starts you may be feeling that you're not ready for shorter hem lines due to your pale winter tint. Everyone knows tanning is bad for your skin." Some suggestions on getting a fresh glow for spring include:

The New Summer Glow Treatment starting with a full body exfoliation to prepare the surface of your skin for the flawless application of bronze color. The self tanner is then applied and you'll be ready for shorts in no time.

For July, the Girls say, "Texas Summers sure are hotter than a firecracker on Independence Day." Enjoy an Equator and Polar Harmony Stone Therapy Massage with the cooling, healing effects of polar marble stones. This treatment will help you relax in spite of the heat.

In August, Sasha says, "After a summer of taking care of the kids, now it's time to take care of yourself." Come and enjoy the Indulgence Package which includes:

- Aromatherapy Facial
- Swedish Massage
- Manicure
- Pedicure
- Lunch

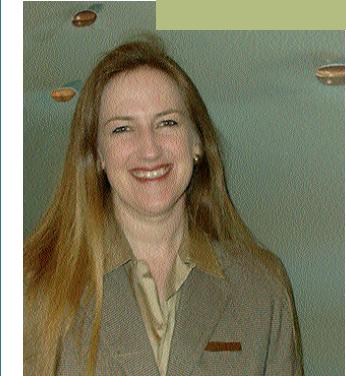
**RESERVE YOUR APPOINTMENT FOR THESE REJUVENATING SERVICES BY CALLING 214.871.3232.**



## Taking a Holiday Breather

The Spa at The Crescent will be closed July 4th in observance of Independence Day.

## THE SPA



Kathaleen Fairey, Assistant Spa Director

## Congratulations to Kathaleen Fairey

PROMOTED TO ASSISTANT DIRECTOR AT THE SPA

Kathaleen joined the Rosewood family in 1997, as a massage therapist at Caneel Bay, in the U.S. Virgin Islands.

During the off season, she worked with a crew on the Caneel Bay renovation. Since returning stateside last April, Kathaleen worked in Spa Reservations before accepting the position of Assistant Director.

Kathaleen hails from Oregon, but her family now resides in Tucson.