

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, 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) Muesli 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. Pablo Alvarado

Mr. Costa Arabatzis

Ms. Tamara Jenkins Bickel

Mr. Rick Bjorck

Ms. Lori Browne

Mr. Dodge Carter

Mr. Alan Davenport

Mr. and Mrs. Paul & Nicki Farris

Ms. Laura Gralnik

Mr. Jeff Graves

Mr. Myron C. Harrison

Mrs. Heidi Hill

Ms. Christa Hinckley

Mr. Lloyd Hoffman

Mr. Stan Mayo & Ms. Sandi

Bailey

Mr. Brady Moore

Mr. and Mrs. Jim & Nancy O'Neal

Mr. Gerrit Pronske

Ms. Mary Cathryn Pullin

Mr. & Mrs. Gregory & Roksana Raaum

Ms. Maya Korkmaz & Mr. Nabil Saliba

Ms. Rae Sappington

Ms. Jamie Singer

Ms. Mandi Smith

Mr. Tom Smith

Mr. Todd Stoller

Mr. Luke Sweetser

Ms. Natalie Taylor

Ms. Vivana Wilson

Mr. David Zaenglein

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

Skin 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 Motsenbocker

Mr. Steve Perry

Mr. and Mrs. Tom & Susan Risley

Mr. Mario Santander

Mr. and Mrs. Scott & Kathy Seymour

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.



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.



Holiday Hours

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

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 Hoeflin (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 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.

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 at The Club.

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

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	THURSDAYS
6:30 am Power walking (D)	6:15 am Spinn (S)
7:45 am Stretch n Flex (D)	7:00 am Yoga I (DA)
9:15 am Step (S)	8:15 am H2o (S)
4:45 pm Spinn (S)	9:15 am Body Shaping (R)
5:30 pm Spinn (S)	4:30 pm 20/20/20 (T)
5:30 pm Yoga I (C)	5:30 pm Spinn (T)
5:30 pm 20/20/20 (TY)	5:30 pm Yoga II (C)
6:30 pm H2o (S)	
TUESDAYS	FRIDAYS
6:15 am Spinn (S)	6:15 am Kickboxing (S)
7:00 am Yoga I (DA)	6:30 am Power walking (J)
8:15 am H2o (S)	8:00 am NIA (J)
9:15 am Chisel (S)	9:15 am Interval (CL)
12:00 pm Pilates (M)	10:15 am H2o (S)
4:45 pm Spinn (S)	12:00 pm Pilates (M)
5:30 pm Spinn (S)	4:45 pm Spinn (S)
6:00 pm Step (TY)	
WEDNESDAYS	SATURDAYS
6:15 am Chisel (S)	6:15 am Spinn (SH)
7:00 am Yoga Ball (D)	8:45 am Yoga II (J)
8:15 am Stretch n Flex (D)	9:15 am H2o (S)
9:15 am LIA (R)	10:00 am 30/30/30 (TY)
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 where on hand at Saks Fifth Avenue to greet Bill Blass exec Ronald Gallow in December. Spa member, Dr. Chiufang Huang helped put together the outerwear preview lunch. Hats off to Spa Member of the Month, Dr. Huang 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 move-
ment, 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 empha-
sizes poses to heal the body while
adding strength and flexibility.
(Recommended for beginners.)



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

POWER WALKING An invigorat-
ing 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.

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

For June, Gigi says, "As Summer starts you may be feeling that you're not ready for shorter hem lines due to your pail 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 Cancel

Bay, in the U.S. Virgin Islands.

During the off season, she

worked with a crew on the

Cancel 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.