

HALL ACTIVE

FITNESS CENTER

JANUARY 2022

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3	4 Tabata 11:30 AM – 12:15 PM	5	6 Cardio – Low impact 11:30 AM – 12:15 PM	7	8
9	10 Spin 11:30 AM – 12:15 PM	11 Tabata 11:30 AM – 12:15 PM	12	13 Cardio – Low impact 11:30 AM – 12:15 PM	14	15
16	17 	18 Tabata 11:30 AM – 12:15 PM	19	21 Cardio – Low impact 11:30 AM – 12:15 PM	21	22
23	24 Spin 11:30 AM – 12:15 PM	25 Tabata 11:30 AM – 12:15 PM	26	27 Cardio – Low impact 11:30 AM – 12:15 PM	28	29
30	31 Spin 11:30 AM – 12:15 PM	February 1 Tabata 11:30 AM – 12:15 PM	February 2	February 3 Cardio – Low impact 11:30 AM – 12:15 PM	February 4	

CLASS DESCRIPTIONS:

Spin - A cardiovascular workout performed to music on stationary bikes. Limited space availability. Grab a pass from the spin door!

Cardio – Mix of low impact exercises, fat burning zone, easy moves. Core exercises included.

Tabata – Type of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time... 20 seconds of a very high intensity exercise, 10 seconds of rest.