

HALL ACTIVE

FITNESS CENTER

JANUARY 2023 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4	5	6	7
8	9 Spin 11:30 AM – 12:15 PM	10 Tabata 11:30 AM – 12:15 PM	11	12 Cardio – Easy Dance Moves 11:30 AM – 12:15 PM	13	14
15	16 No Class 	17 Tabata 11:30 AM – 12:15 PM	18	19 Cardio – Easy Dance Moves 11:30 AM – 12:15 PM	20	21
22	23 Spin 11:30 AM – 12:15 PM	24 Tabata 11:30 AM – 12:15 PM	25	26 Cardio – Easy Dance Moves 11:30 AM – 12:15 PM	27	28
29	30 Spin 11:30 AM – 12:15 PM	31 Tabata 11:30 AM – 12:15 PM	Feb 1	Feb 2 Cardio – Easy Dance Moves 11:30 AM – 12:15 PM	Feb 3	4

CLASS DESCRIPTIONS:

Cardio – Mix of low and high impact exercises, fat burning zone, easy moves. Choose low or high impact cardio in this fun and sweaty session! Modifications will be given as we go through old school high low aerobics moves and combinations! ALL WITH GREAT TUNES!!! No equipment needed!

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.

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