

HALL ACTIVE

FITNESS CENTER

JULY 2021 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 Tabata 11:30 AM – 12:15 PM	2	1 Cardio – Low impact 11:30 AM – 12:15 PM	2	3
4 	5	6 Tabata 11:30 AM – 12:15 PM	7	8 Cardio – Low impact 11:30 AM – 12:15 PM	9	10
11	12	13 Tabata 11:30 AM – 12:15 PM	14	15 Cardio – Low impact 11:30 AM – 12:15 PM	16	17
18	19	20 Tabata 11:30 AM – 12:15 PM	21	22 Cardio – Low impact 11:30 AM – 12:15 PM	23	24
25	26	27 Tabata 11:30 AM – 12:15 PM	28	29 Cardio – Low impact 11:30 AM – 12:15 PM	30	31

CLASS DESCRIPTIONS:

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.