

HALL ACTIVE

FITNESS CENTER

JUNE 2022

CLASS SCHEDULE

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

CLASS DESCRIPTIONS:

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

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.

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