


HALL ACTIVE

FITNESS CENTER

May 2022 CLASS SCHEDULE

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

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.

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