

HALL ACTIVE

FITNESS CENTER

SEPTEMBER 2022 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				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 Spin 11:30 AM – 12:15 PM	13 Tabata 11:30 AM – 12:15 PM	14	15 Cardio – Low impact 11:30 AM – 12:15 PM	16	17
18	19 Spin 11:30 AM – 12:15 PM	20 Tabata 11:30 AM – 12:15 PM	21	22 Cardio – Low impact 11:30 AM – 12:15 PM	23	24
25	26 Spin 11:30 AM – 12:15 PM	27 Tabata 11:30 AM – 12:15 PM	28	29 Cardio – Low impact 11:30 AM – 12:15 PM	30	

CLASS DESCRIPTIONS:

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

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.