

HALL ACTIVE

FITNESS CENTER

August 2022

CLASS SCHEDULE

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

CLASS DESCRIPTIONS:

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

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.