

HALL ACTIVE

FITNESS CENTER

JANUARY 2021

CLASS SCHEDULE

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

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.