


# HALL ACTIVE

FITNESS CENTER

## NOVEMBER 2021

## CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 <b>Spin</b> 11:30 AM – 12:15 PM	2 <b>Tabata</b> 11:30 AM – 12:15 PM	3	4 <b>Cardio – Low impact</b> 11:30 AM – 12:15 PM	5	6
7	8 <b>Spin</b> 11:30 AM – 12:15 PM	9 <b>Tabata</b> 11:30 AM – 12:15 PM	10	11 <b>Cardio – Low impact</b> 11:30 AM – 12:15 PM	12	13
14	15 <b>Spin</b> 11:30 AM – 12:15 PM	16 <b>Tabata</b> 11:30 AM – 12:15 PM	17	18 <b>NO CLASS</b>	19	20
21	22 <b>Spin</b> 11:30 AM – 12:15 PM	23 <b>Tabata</b> 11:30 AM – 12:15 PM	24	25 	26	27
28	29 <b>Spin</b> 11:30 AM – 12:15 PM	30 <b>Tabata</b> 11:30 AM – 12:15 PM	December 1	December 2 <b>Cardio – Low impact</b> 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.