


HALL ACTIVE

FITNESS CENTER

MARCH 2023

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1	2 Cardio – Easy Dance Moves 11:30 AM – 12:15 PM	3	4
5	6 Spin 11:30 AM – 12:15 PM	7 Tabata 11:30 AM – 12:15 PM	8	9 Cardio – Easy Dance Moves 11:30 AM – 12:15 PM	10	11
12	13 NO CLASS	14 NO CLASS	15	16 NO CLASS	17 	18
19	20 Spin 11:30 AM – 12:15 PM	21 Tabata 11:30 AM – 12:15 PM	22	23 Cardio – Easy Dance Moves 11:30 AM – 12:15 PM	24	25
26	27 Spin 11:30 AM – 12:15 PM	28 Tabata 11:30 AM – 12:15 PM	30	31 Cardio – Easy Dance Moves 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!

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.

Cardio Dance – Mix of low and high impact exercises, fat burning zone, easy moves. Choose low or high impact cardio in this fun and sweaty session! Modifications will be given as we go through old school high low aerobics moves and combinations! ALL WITH GREAT TUNES!!! No equipment needed!