



HALL ACTIVE MARCH 2019 Class Schedule

FITNESS CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday	
					1	2
					PiYo 11:15AM – 12:15PM	
3	4	5	6	7	8	9
	Flex 11:15AM – 12:00PM Spin 12:05PM – 12:50PM	Body Shred 11:15AM – 12:00PM	Turbo Kickbox 11:15AM – 12:15PM	Boot Camp 11:15AM – 12:00PM PiYo 12:05PM – 1:00PM	NO CLASS TODAY	
10	11	12	13	14	15	16
	Flex 11:15AM – 12:00PM Spin 12:05PM – 12:50PM	Cardio/Core 11:15AM – 12:00PM	Tabatas 11:15AM – 12:00PM	Boot Camp 11:15AM – 12:00PM	Cardio/Core 11:15AM – 12:15PM	
17	18	19	20	21	22	23
	Flex 11:15AM – 12:00PM Spin 12:05PM – 12:50PM	Body Shred 11:15AM – 12:00PM	Turbo Kickbox 11:15AM – 12:15PM	Boot Camp 11:15AM – 12:00PM	PiYo 11:15AM – 12:15PM	
24	25	26	27	28	29	30
	Flex 11:15AM – 12:00PM Spin 12:05PM – 12:50PM	Body Shred 11:15AM – 12:00PM	Turbo Kickbox 11:15AM – 12:15PM	Boot Camp 11:15AM – 12:00PM	PiYo 11:15AM – 12:15PM	

Class Descriptions

Body Shred

This high intensity class will have you burning crazy amounts of calories and incinerating fat not only during the workout but hours after you've left the gym.

Boot Camp - Various cardio conditioning

A mix of drills, cardio, strength, abs - total body workout. High Intensity Interval Training and Tabatas are also incorporated in this class.

Flex

A weight training class that utilizes various weights to fit your strength level. Exercises will increase your muscle tone and help you lose fat.

PiYo

A music-driven, athletic workout that strengthens, stretches, and tones with dynamic movements inspired by the best of Pilates and yoga.

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.

Turbo Kickbox

Turbo Kickbox is a combination of choreographed kickboxing with High Intensity intervals that will improve your endurance and cardiovascular fitness, tone muscles and abs.