



# HALL ACTIVE **FEBRUARY 2019** Class Schedule

FITNESS CENTER

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