



# HALL ACTIVE **JANUARY 2019** Class Schedule

FITNESS CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday				
	<b>NO CLASS TODAY</b>	 1	<b>NO CLASS TODAY</b>	2	<b>Bootcamp</b> 11:15AM – 12:00PM	3	<b>PiYo</b> 11:15AM – 12:15PM	4	5
6	7 <b>Flex</b> 11:15AM – 12:00PM  <b>Spin</b> 12:05PM – 12:50PM	8 <b>Body Shred</b> 11:15AM – 12:00PM	9 <b>Turbo Kickbox</b> 11:15AM – 12:15PM	10 <b>Boot Camp</b> 11:15AM – 12:00PM	11 <b>PiYo</b> 11:15AM – 12:15PM	12			
13	14 <b>Flex</b> 11:15AM – 12:00PM <b>Spin</b> 12:05PM – 12:50PM	15 <b>Body Shred</b> 11:15AM – 12:00PM	16 <b>Turbo Kickbox</b> 11:15AM – 12:15PM	17 <b>Boot Camp</b> 11:15AM – 12:00PM	18 <b>PiYo</b> 11:15AM – 12:15PM	19			
20	21 <b>Flex</b> 11:15AM – 12:00PM <b>Spin</b> 12:05PM – 12:50PM	22 <b>Body Shred</b> 11:15AM – 12:00PM	23 <b>Turbo Kickbox</b> 11:15AM – 12:15PM	24 <b>Boot Camp</b> 11:15AM – 12:00PM	25 <b>PiYo</b> 11:15AM – 12:15PM	26			
27	28 <b>Flex</b> 11:15AM – 12:00PM <b>Spin</b> 12:05PM – 12:50PM	29 <b>Body Shred</b> 11:15AM – 12:00PM	30 <b>Turbo Kickbox</b> 11:15AM – 12:15PM	31 <b>Boot Camp</b> 11:15AM – 12:00PM	February 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 **NEW CLASS!**

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.