



HALL ACTIVE **DECEMBER** Class Schedule

FITNESS CENTER

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