

SWAC HIIT STUDIO

MONDAY

9:15am	Functional Fitness <i>Christine</i>
10:15am	Functional Fitness <i>Sandi</i>

TUESDAY

6am	Body Fit Circuit <i>Christine</i>
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WEDNESDAY

9:15am	Functional Fitness <i>Christine</i>
10:15am	Functional Fitness <i>Sandi</i>

FRIDAY

9:15am	Functional Fitness <i>Christine</i>
10:15am	Functional Fitness <i>Sandi</i>

Summer 2022 July-Sept
7.1.22

CLASS DESCRIPTIONS

Body Fit Circuit

High Intensity, fat burning, and body strengthening circuit.

Functional Fitness

This class will enhance your lifestyle by incorporating everyday movements. Improve balance, agility, gait, and muscular strength.

You must be a Premier Plus or Premier member to sign-up for classes.

Premier Plus is \$149 per month
for unlimited Specialty classes.

Premier is \$115 per month
for 2 reservations per week for Specialty classes.

Specialty classes include: Pilates Studio classes, Centered Infrared Yoga Studio classes, HIIT Studio classes and Functional Fitness classes.