

# SWAC HIIT STUDIO

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

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

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

FRIDAY	
10:15a	Functional Fitness <i>Sandi</i>

4.1.22

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.

## 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.