

SWAC HIIT STUDIO

MONDAY		WEDNESDAY		FRIDAY	
9:15am	Functional Fitness <i>Christine</i>	9:15am	Functional Fitness <i>Christine</i>	9:15am	Functional Fitness <i>Christine</i>
10:15am	Functional Fitness <i>Sandi</i>	10:15am	Functional Fitness <i>Sandi</i>	10:15am	Functional Fitness <i>Sandi</i>
7:30pm	Tabata Express <i>Olivia</i>	Fall October-December 10.1.22		<p>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.</p> <p>Specialty classes include: Pilates Studio classes, Centered Infrared Yoga Studio classes, HIIT Studio classes and Functional Fitness classes.</p>	

CLASS DESCRIPTIONS

Tabata Express

Tabata is a form of high-intensity interval training broken down into defined intervals of 2:1 work to rest ratio. There will be 20 seconds of max effort followed by 10 seconds of rest lasting for a 4-minute period followed by a 1 minute rest. This will be repeated 4 times. Tabata Express is an efficient way to get a high intensity full body workout in 30 minutes.

Functional Fitness

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