

# SWAC HIIT STUDIO

MONDAY		TUESDAY		WEDNESDAY		FRIDAY	
9:15am	Functional Fitness <i>Christine</i>	6:00am	Tabata Express <i>Christine</i>	9:15am	Functional Fitness <i>Christine</i>	9:15am	Functional Fitness <i>Sandi</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>						

Winter Jan-April  
1.12.23

## CLASS DESCRIPTIONS

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.

### 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.