

# SWAC HIIT STUDIO

## Specialty Classes

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
6:00am		Tabata Express <i>Christine</i>		
9:15am	Functional Fitness <i>Christine</i>		Functional Fitness <i>Christine</i>	Functional Fitness <i>Sandi</i>
10:15am	Functional Fitness <i>Sandi</i>		Functional Fitness <i>Sandi</i>	Functional Fitness <i>Sandi</i>

HIIT Studio Director: Sandi Meyer

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

**Premier Plus is \$155 per month**  
 for unlimited Specialty classes.

**Premier is \$120 per month**  
 for 2 reservations per week for Specialty classes.

Specialty classes include Pilates Studio classes, InfraBody 4 Studi Classes, HIIT Studio classes and Functional Fitness classes.

## CLASS DESCRIPTIONS

All classes are 45-50 minutes.

### 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.