

# SWAC HIIT STUDIO

MONDAY		TUESDAY		WEDNESDAY	
9:15a	Functional Fitness <i>Christine</i>	6am	X FIT HIIT <i>Christine</i>	9:15a	Functional Fitness <i>Christine</i>
10:15a	Functional Fitness <i>Sandi</i>	12pm	X FIT HIIT <i>Leslee</i>	10:15a	Functional Fitness <i>Sandi</i>
THURSDAY		FRIDAY		SATURDAY	
12pm	X FIT HIIT <i>Dayna</i>	10:15a	Functional Fitness <i>Sandi</i>	10am	X FIT HIIT <i>Christine</i>

12.15.21

X FIT HITT	Functional Fitness
\$18 per session	\$15 per session
\$180 for 10 sessions	\$150 for 10 sessions

## CLASS DESCRIPTIONS

### Functional Fitness

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

### X FIT HITT

A combination of High Intensity Interval Training (HIIT) and Metabolic Resistance Training (MRT).