



Fall Oct-Dec  
10.1.23

# SWAC HIIT STUDIO

## Specialty Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	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>	Functional Fitness <i>Sandi</i>
10:15am	Functional Fitness <i>Sandi</i>		Functional Fitness <i>Sandi</i>	Functional Fitness <i>Sandi</i>	Functional Fitness <i>Sandi</i>
6:30pm	HIIT It Hard <i>Karrie</i>		HIIT It Hard <i>Karrie</i>		

HIIT Studio Director: Sandi Meyer

All classes are 45-50 minutes.

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 Studio Classes, HIIT Studio classes and Functional Fitness classes.

## CLASS DESCRIPTIONS

### Functional Fitness

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

### HIIT It Hard

This workout blends super quick bursts of intense activity with super short rest periods while increasing your metabolism. You're sure to see muscle tone and weight loss if done consistently.

### 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.

**Must be a Premier Plus or Premier member to sign up. Sign-ups are required and can be made online at [myiclubonline.com](http://myiclubonline.com). If you are unable to attend, please cancel online at least 1 hr prior to class time. If you fail to cancel, you may be subject to restrictions on future reservations or a non-cancellation fee.**