

SWAC HIIT STUDIO

MONDAY	
9:15a	Functional Fitness <i>Christine</i>
10:15a	Functional Fitness <i>Sandi</i>

TUESDAY	
6am	X FIT HIIT <i>Christine</i>
12pm	X FIT HIIT <i>Leslee</i>

WEDNESDAY	
9:15a	Functional Fitness <i>Christine</i>
10:15a	Functional Fitness <i>Sandi</i>

THURSDAY	
12pm	X FIT HIIT <i>Dana</i>

FRIDAY	
10:15a	Functional Fitness <i>Sandi</i>

SATURDAY	
9am	X FIT HIIT <i>Christine</i>

11.22.21

X FIT HITT
\$18 per session
\$180 for 10 sessions

Functional Fitness
\$15 per session
\$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).