



### **Tabata ~ Tuesdays @ 12:30 - 12:50 p.m.**

A high intensity interval training class. Tabata combines short bouts of intense cardio and strength training drills with rest periods for a quick (18 min.) but efficient workout!



### **Instructor's Choice ~ Thursdays @ 12:30 - 12:50 p.m.**

A combination of cardio, strength, core and flexibility training classes. The format varies week to week. Call to reserve your spot!

Classes held at the Community Health and Wellness  
Center Grand Room

For More Information, contact:

Deb Rivers, 532-8223 ext. 5238

