
TABATA TRAINING

Certified Instructor: Mary Jo Sobus
NT residents \$20 – Non-Residents \$25

Monday evenings at 6pm

Klimek's Veteran Park- Band Shell

700 River Road N. Tonawanda

Monday, June 13, 20 & 27

Monday, July 11 & 18



Register online at NTParksrec.com or in person at NT Recreation Office located at 500 Wheatfield St. NT.



The reason this type of exercise works so well is because of the work-to- rest ratio. You only get 10 seconds of rest between each 20 second bout of exercise. That is a very short interval and isn't enough to allow you to fully recover, which is one reason it's great for building endurance and getting you into shape. ***Please bring-water, yoga mat, towel & sneakers!**