

TABATA



WHEN MONDAYS

Sept. 12 to Nov. 28

No Class on October 31st & November 7

6 pm - 7 pm

WHERE

The James J. Cullen Center

1776 Union Ave., Hazlet,

THE TABATA PROGRAM

Each exercise in a given Tabata workout lasts only four minutes, but it's likely to be one of the longest four minutes you've ever endured. The structure of the program is as follows:

- Work out hard for 20 seconds
- Rest for 10 seconds
- Complete 8 rounds

You push yourself as hard as you can for 20 seconds and rest for 10 seconds. This is one set. You'll complete eight sets of each exercise.

AGE 18+

FEES

\$95 Individual

INSTRUCTOR

OSCAR DIAZ

FOR MORE INFORMATION

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TO REGISTER

www.hazlet.recdesk.com

HAZLET RECREATION

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HAZLET

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