



Tabata

Get in. Get out. Try this interval-based cardio and body weight class using the Tabata training method to enhance strength.

Tabata
Tuesday, November 29
12 p.m. - 1 p.m.

Register Now

Space is limited.

Please talk to your doctor before beginning an exercise program.

Questions?

Horizon Health Guide has the Answers. Call 1-800-414-SHBP (7427).

