

tabata

SHREDDED

6 weeks ● February 28th - April 6th ● Tuesday/Thursday 6-6:35 a.m.

Members \$80 / Non-members \$100

Want to turn your body into a fat-burning machine? Wake up your metabolism with this early morning class! Tabata-SHREDDED is a High Intensity Interval training class that will burn more fat quickly while increasing your metabolism and revving your body up to face the day head-on! Come get shredded with this 2x per week, 35 min. class. See you on Tu/Th mornings from 6-6:35 A.M.!

WARNING: This class may cause fat loss!



For more information please contact Susanna Pier, 505-348-4521, susannap@jccabq.org
JCC of Greater Albuquerque | 5520 Wyoming Blvd. NE, Albuquerque, NM, 87109 | jccabq.org

