



# TABATA

GROUP TRAINING

**BURN OVER 400  
CALORIES IN ONLY  
30 MINUTES!**

TABATA training is  
a very time  
efficient way to  
get into shape.

A half-hour of high  
intensity exercise  
is all you need for  
fat burning and full  
body conditioning.

**TRY YOUR FIRST CLASS ON US!**

For Info contact: **Chelsea Masotta**  
**[cmassotta@weymouthclub.com](mailto:cmassotta@weymouthclub.com)** or **781-682-5853**