

## LPVEC Fall 2017 Tabata options

Tabata Strength & Cardio 8 week program Mondays and Wednesdays  
3:30 - 4:15 PM in the CTEC gymnasium in West Springfield.

### Mondays

Sept 25

Oct 2

Columbus Day (no class)

Oct 16

Oct 23

Oct 30

Nov 6

Nov 13

### Wednesdays

Sept 27

Oct 4

Oct 11 (make up day Th or Fri)

Oct 18

Oct 25

Nov 1

Nov 8

Nov 15

Full Tabata 8 week program (\$160) includes figure 8 light resistance band, assessments, nutritional guidance, recipes, accountability, group support, homework. Participants work at their own pace and fitness level. New participants must contact Erica Soares prior to signing up for this program and more details.

[esoares@lpvec.org](mailto:esoares@lpvec.org)

If participants wish to attend just Mondays **OR** just Wednesdays the cost is \$80.  
(There will be a make-up day for the Columbus Day)

If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on this wellness program **if you register with Lyn and submit 2 checks to SVRHT** (one for 60% & one for 40% of class price). If you attend all classes in the session (1 missed class is acceptable for the 8 class option; 2 for the 16 class option), your 40% check will be shredded or returned to you.

