



Heart Healthy Tabata Workout

Thursday, February 18 & 25
11:30a -12:00pm
Virtual

Heart Healthy Tabata Workout

Join Sammi to learn how to lower your blood pressure and some tips for overall heart health . Then get your heart pumping with a virtual heart healthy Tabata workout. Tabata is a form of interval training designed to torch calories and build muscular endurance. High intensity exercises with modifications are performed for 20 seconds with a 10 second rest period. This workout is great for all levels of fitness.

Please copy and paste this link to attend:

<https://zoom.us/j/98102738137?pwd=UC9GOWcwcyt6VmxzbWpXMERiUU9iUT09>

Participant information

If you have issues with the link or have more questions about the event please contact Marissa Watson at the WRCWC 724-250-6209 or mwatson@whs.org .



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Wilfred R. Cameron Wellness Center

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