

**Tabata *NAUTILUS* Training**

**TNT**

**LAUNCH CLASS**

with

**Darla  
Searles**

**Monday, January 10<sup>th</sup>**

**5:45 pm**

***Parkway Nautilus***

Tabata training has become known as the  
***“World’s greatest fat burning workout.”***

Darla is a group fitness instructor at Equinox and 24 hour Fitness in Dallas and is a former National Aerobic Champion and Fitness presenter/educator.