



Tacos & Tabata

An in-person (or virtual) WILS networking event!



Wednesday, May 19 • 5:30-8:00pm

NWSRA/RMPD Park Central Outdoor Patio | 3000 W. Central Road, Rolling Meadows, IL 60008

Join the Women of WILS for our first in-person event full of terrific tacos, tabata and talking!

This active networking event includes a 30 Minute Tabata Workout lead by Rachel Hubsch (tabata training works in 20 second intervals of high-intensity exercise, followed by 10 seconds of rest, repeated eight times for a total of four minutes each set) along with tacos, chips, salsa, guacamole, and 2 drink tickets (Margaritas or Beer).

Optional wrist bands will be available to show your level of comfort with physical distancing from Green (I'm a hugger) to Yellow (I'm still being cautious) to Red (I'm still keeping my distance).

Member Fees: In Person \$15, Virtual Free | Non-Member Fees: In Person \$25, Virtual \$5
Register online at www.chiwomen.org