

# OCTANE GROUP TRAINING - MAY 2017

# BODYWORKS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<b>4th</b>	<b>6:00 PM - Octane Strength</b> (Ervin/Cameron)  <b>6:45 PM - Octane Rep &amp; Ride</b> (Ervin/Cameron)	<b>6:00 PM - Octane Rep &amp; Ride</b> (Des)	<b>6:00 PM - Octane Strength</b> (Justin/Natalie)  <b>6:45 PM - Octane Rep &amp; Ride</b> (Justin/Natalie)	<b>6:00 PM - Octane Rep &amp; Ride</b> (Des)		<i>Saturday</i>  <b>10:00 AM - Octane Rep &amp; Ride</b> (Attis/Denise)
	<b>5:45 AM - Octane Strength</b> (Des)  <b>9:15 AM - Octane Strength</b> (Denise)  <b>5:45 PM - Octane Strength</b> (Des)	<b>5:45 AM - Octane Cardio &amp; Core</b> (Kendra)  <b>9:15 AM - Octane Cardio &amp; Core</b> (Adrian)  <b>5:45 PM - Octane Cardio &amp; Core</b> (Denise/Ervin)	<b>5:45 AM - Octane Cardio &amp; Core</b> (Kendra)  <b>9:15 AM - Octane Strength</b> (Denise)  <b>5:45 PM - Octane Strength</b> (Ervin)	<b>5:45 AM - Octane Cardio &amp; Core</b> (Kendra)  <b>9:15 AM - Octane Cardio &amp; Core</b> (Adrian)  <b>5:45 PM - Octane Cardio &amp; Core</b> (Adrian)	<b>9:15 AM - Octane Strength</b> (Shylah)  <b>5:45 PM - Octane Strength</b> (Ervin)	
<b>34th</b>	<b>Boxing Fitness</b> 9:00 AM 5:00 PM 6:00 PM 7:00 PM	<b>Boxing Fitness</b> 9:00 AM 5:00 PM 6:00 PM 7:00 PM	<b>Boxing Fitness</b> 9:00 AM 5:00 PM 6:00 PM 7:00 PM	<b>Boxing Fitness</b> 9:00 AM 5:00 PM 6:00 PM 7:00 PM	<b>Boxing Fitness</b> 9:00 AM 6:00 PM	<b>Saturday Boxing Fitness</b> 10:00 AM 11:00 AM
						Private Boxing Training Available! Call 799-4040 For Details!
<b>Womens</b>	<b>9:30 AM - Octane Strong &amp; Lean</b> (Dawnya)  <b>5:45 PM - Octane Strong &amp; Lean</b> (Sarah)	<b>9:30 AM - Octane Strong &amp; Lean</b> (Dawnya)  <b>5:45 AM - Octane Strong &amp; Lean</b> (Sarah)	<b>9:30 AM - Octane Strong &amp; Lean</b> (Sarah)  <b>5:45 PM - Octane Strong &amp; Lean</b> (Marlene)	<b>9:30 AM - Octane Strong &amp; Lean</b> (Dawnya)	<b>Octane Rep &amp; Ride</b>  This is a 30 min High Intensity Interval Training cardio session that is coached by one of our certified personal Octane trainers. This cardio session will have you burning loads of fat and calories by using spin bikes to pump up your heart rate and some core stations to strengthen and sculpt your mid-section!! Spin bikes are used for great cardio while also being joint friendly and your core stations on the floor will challenge you without a lot of impact.	

## Octane Strength

This is a 45 min. High Intensity Interval Training (HIIT) Full Body workout session coached by a Certified Personal Trainer.

Your trainer will coach you through a 10 minute warm-up/prep then take you through a Tabata styled workout using stations with Kettle bells, Vintage or Viper weights, TRX elevation and battle ropes. This high calorie burning strength workout will shape and define your muscles, burn loads of fat & calories and boost your metabolic rate for hours afterward creating a significant AFTERBURN!!! Push your fitness and strength to the next level with this fun, intense Group Training session!

## Octane Cardio & Core

This is a 45 min. High Intensity Interval Training (HIIT) cardiovascular sweat session coached by a Certified Personal Trainer.

You will be coached through 5-6 working stations using Tabata Style timing using body weight exercises, Med balls, agility ladder & battle ropes to elevate your heart rate, increase your aerobic capacity and endurance. You will also specifically target your core muscles to shape, define and lean out your mid-section. This cardio and core session will burn loads of calories & fat while giving you the fastest possible results in your goals to get leaner, boost metabolism, flatten your stomach and GET FIT!!

## Boxing Fitness

Boxing Fitness is a high-intensity, group training session that combines cardio, strength and toning into a one-hour, full-body workout. These classes are focused on pure fitness training, with no martial arts training involved.