

OCTANE GROUP TRAINING - JANUARY 2019

BODYWORKS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
34th	Octane 9:00 AM - Shred (Drew) 6:00 PM - Shred (Drew) <i>(CANCELLED 12/31)</i> Boxing Fitness 9:00 AM 5:00 PM 6:00 PM 7:00 PM	Octane 6:00 PM - Burn (Drew) Boxing Fitness 9:00 AM 5:00 PM 6:00 PM 7:00 PM	Octane 9:00 AM - Shred (Cynthia) 6:00 PM - Shred (Dez) Boxing Fitness 9:00 AM 5:00 PM 6:00 PM 7:00 PM	Octane 6:00 PM - Burn (Dez) Boxing Fitness 9:00 AM 5:00 PM 6:00 PM 7:00 PM	Boxing Fitness 9:00 AM 6:00 PM	Octane <i>Saturday</i> 9:00 AM - 50/50 (Drew) Boxing Fitness 10:00 AM 11:00 AM
4th	Octane 6:00 PM - Burn (Nelly) <i>(CANCELLED 12/31)</i>	Octane 9:15 AM - Shred (Attis) 6:00 PM - Shred (Erv)	Octane 6:00 PM - Burn (Mimi)	Octane 9:15 AM - Shred (Attis) 6:00 PM - Shred (Erv)		
82nd	Octane 5:45 AM - Shred (Denise) 9:15 AM - Shred (Amanda) 5:30 PM - Shred (Erv / Kaylee) <i>(CANCELLED 12/31)</i> 6:15 PM - Shred (Erv / Kaylee) <i>(CANCELLED 12/31)</i>	Octane 5:45 AM - Burn (Adrian) <i>(CANCELLED 01/01)</i> 9:15 AM - Burn (Adrian) 5:30 PM - Burn (Denise / Shannon) 6:15 PM - Burn (Denise / Shannon)	Octane 5:45 AM - Shred (Kaylee / Amanda) 9:15 AM - Shred (Austin) 5:30 PM - Shred (Austin / Amanda) 6:15 PM - Shred (Austin / Amanda)	Octane 5:45 AM - Burn (Denise) 9:15 AM - Burn (Nelly) 5:45 PM - Burn (Nelly)	Octane 5:45 AM - 50/50 (Kaylee) 9:15 AM - 50/50 (Nelly) 5:45 PM - 50/50 (Austin)	<i>Saturday</i> Octane 8:30 AM - Burn (Adrian) 9:15 AM - Burn (Adrian)

Octane Shred

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 Burn

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!!

50 / 50 (Shred/Burn)

Is a great way to get in some strength & cardio **ALL in one** session!

Octane Prep

30 Minute introduction to Octane. Learn the structure and practice new exercises on TRX and Kettlebell.