



"Striving for excellence through innovation and positive experiences."

OPERATION OCTAGON

REGISTRATION GOING ON UNTIL MAY 25TH

Tabata combines four-minute intense interval workouts that is scientifically designed to give you a great workout in just 40 minutes! This low (to no) equipment workout will get your heart pumping, and challenge you physically and mentally. Modifications for exercises will be provided.

DATES: TUESDAY & THURSDAY
TIME: 5:40A-6:30A
SESSION: JUNE 1ST-JULY 20TH
COST: \$40

Train like an athlete,
improve your aerobic
capacity, burn fat, lose
weight and have fun in less
time!