

# RACELAND



# JULY

**WHATEVER  
YOUR GOAL  
WE CAN  
MAKE IT  
HAPPEN**

## KIDS CAMP

**July 16-19**

**11:30-12:30**

**Ages 4-11**

**\$35 per week**

### Classes

**BP BODYPUMP**

**BS BODYSTEP**

**BA BODYATTACK**

**BC BODYCOMBAT**

**BF BODYFLOW**

**CX CXWORK**

**RPM CYCLING**

**Zumba Dancing**

**SS Silver Sneakers**

**Sprint HIIT Training**

**(XP) = 30-45 min. class**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2.</p> <p>5:00am BC Brandy 8:30am BP Trenda 9:20am Zumba Jada 10:00 SS Congetta 5:30pm BP Brandi 6:20pm RPM Christina 6:20pm Zumba Brittany</p>	<p>3.</p> <p>5:00am BA Trenda 8:30am BS Mary/Lana 9:15am CX Madi</p> <p>5:30pm BC Brandi</p>		<p>5.</p> <p>5:00am BS Brittany 8:30am BC Stacie 4:30pm Fit Kids 5:30pm BA Madi 6:15pm CX Madi 6:45pm BF Deanna/Meagan</p>	<p>6.</p> <p>5:00am BP Sarah 8:30am BA Trenda 9:20am BF Tiffany 10:00 SS Kassie</p>	<p>7.</p> <p>8:30am BP Sarah</p>
<p>9.</p> <p>5:00am BC Brandy 8:30am BP Trenda 9:20am Zumba Brittany 10:00 SS Brittany 5:30pm BP Brandi 6:20pm Sprint Alea 6:20pm Zumba Brittany</p>	<p>10.</p> <p>5:00am BA Trenda 8:30am BS Mary/Lana 9:15am CX Madi 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Meagan</p>	<p>11.</p> <p>5:00am BP Brandy 8:30am BP Mary 10:00 SS Kassie 5:30pm BP Kassie 6:20PM Zumba Veronica 6:20pm RPM Alec</p>	<p>12.</p> <p>5:00am BS Brittany 8:30am BC Stacie 4:30pm Fit Kids 5:30pm BS Kristy 6:15pm CX Kristy 6:45pm BF Deanna</p>	<p>13.</p> <p>5:00am BP Sarah 8:30am BA Trenda 9:20am BF Tiffany 10:00 SS Kassie</p>	<p>14.</p> <p>8:30am BS Brittany</p>
<p>16.</p> <p>5:00am BC Brandy 8:30am BP Trenda 9:20am Zumba Brittany 10:00 SS Congetta 5:30pm BP Trenda 6:20pm RPM Christina 6:20pm Zumba Brittany</p>	<p>17.</p> <p>5:00am BA Trenda 8:30am BS Mary/Lana 9:15am CX Madi 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle</p>	<p>18.</p> <p>5:00am BP Brandy 8:30am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20PM Zumba Veronica 6:20pm RPM Alec</p>	<p>19.</p> <p>5:00am BS Brittany 8:30am BC Stacie 5:30pm BA Madi 6:15pm CX Madi 6:45pm BF Deanna</p>	<p>20.</p> <p>5:00am BP Sarah 8:30am BA Trenda 9:20am BF Meagan 10:00 SS Kassie</p>	<p>21.</p> <p>8:30am BC Stacie</p>
<p>23.</p> <p>5:00am BC Brandy 8:30am BP Trenda 9:20am Zumba Jada 10:00 SS Congetta 5:30pm BP Brandi 6:20pm RPM Christina 6:20pm Zumba Brittany</p>	<p>24.</p> <p>5:00am BA Trenda 8:30am BS Lana/Mary 9:15am CX Madi 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle</p>	<p>25.</p> <p>5:00am BP Brandy 8:30am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Zumba Veronica 6:20pm RPM Christina</p>	<p>26.</p> <p>5:00am BS Brittany 8:30am BC Stacie 4:30pm Fit Kids 5:30pm BS Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Meagan</p>	<p>27.</p> <p>5:00am BP Sarah 8:30am BA Trenda 9:20am BF Tiffany 10:00 SS Kassie</p>	<p>28.</p> <p>8:30am BP/BA Trenda</p>
<p>30.</p> <p>5:00am BC Brandy 8:30am BP Trenda 9:20am Zumba Jada 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Alea 6:20pm Zumba Brittany</p>	<p>31.</p> <p>5:00am BA Trenda 8:30am BS Lana/Mary 9:15am CX Madi 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle</p>	<p><b>FAMILY ZUMBA NIGHT IS ON MONDAYS IN JULY</b></p>			

## **Workouts in a pinch!**

WHAT IS HIIT?

HIIT is a training idea in which low to moderate intensity intervals are alternated with high intensity intervals.

HIIT can be applied to running or to exercises such as squatting. HIIT is considered to be much more effective than normal cardio because the intensity is higher and you are able to increase both your aerobic and anaerobic endurance while burning more fat than ever before.



**POST YOUR CALORIE BURN AND  
TIME TO THE WORKOUT CO  
FACEBOOK PAGE.**