

RACELAND



MAY

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

KIDS CAMP
June 19-21
July 16-19
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
	1. 5:00am BA Trenda 8:30am BS Mary/Lana 9:15am CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Meagan	2. 5:00am BP Brandy 8:30am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20PM Zumba Veronica 6:20pm Sprint Alea	3. 5:00am BC Brandy 8:30am BC Stacie 9:15am CX Tracy 4:30pm Fit Kids 5:30pm BS Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Meagan	4. 5:00am BP Kassie 8:30am BA Trenda 9:20am BF Tiffany 10:00 SS Kassie	5. 8am CINCO DE MAYO LAUNCH
7. 5:00am BC Brandy 8:30am BP Trenda 9:15am Zumba Jada 10:00 SS Congetta 5:30pm BP Brandi 6:20pm RPM Christina 6:20pm Zumba Brittany	8. 5:00am BA Trenda 8:30am BS Mary/Lana 9:15am CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Meagan	9. 5:00am BP Brandy 8:30am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20PM Zumba Veronica 6:20pm RPM Christina	10. 5:00am BS Brittany 8:30am BC Stacie 9:15am CX Tracy 4:30pm Fit Kids 5:30pm BA Madi 6:15pm CX Madi 6:45pm BF Deanna/Meagan	11. 5:00am BP Kassie 8:30am BA Trenda 9:20am BF Tiffany 10:00 SS Kassie	12. 8:30am BA Trenda
14. 5:00am BC Brandy 8:30am BP Trenda 9:15am Zumba Jada 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Alea 6:20pm Zumba Brittany	15. 5:00am BA Trenda 8:30am BS Mary/Lana 9:15am CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Meagan	16. 5:00am BP Brandy 8:30am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20PM Zumba Veronica 6:20pm Sprint Dawn	17. 5:00am BS Brittany 8:30am BC Stacie 9:15am CX Tracy 4:30pm Fit Kids 5:30pm BS Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Meagan	18. 5:00am BP Kassie 8:30am BA Trenda 9:20am BF Tiffany 10:00 SS Kassie	19. 8:30am BS Brittany
21. 5:00am BC Brandy 8:30am BP Trenda 9:15am Zumba Jada 10:00 SS Congetta 5:30pm BP Brandi 6:20pm RPM Christina 6:20pm Zumba Brittany	22. 5:00am BA Trenda 8:30am BS Lana/Mary 9:15am CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Meagan	23. 5:00am BP Brandy 8:30am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Zumba Veronica 6:20pm Sprint Alea	24. 5:00am BS Brittany 8:30am BC Stacie 9:15am CX Tracy 4:30pm Fit Kids 5:30pm BA Madi 6:15pm CX Madi 6:45pm BF Deanna/Meagan	25. 5:00am BP Kassie 8:30am BA Trenda 9:20am BF Tiffany 10:00 SS Kassie	26. Murph Challenge 8:30am
28. 5:00am BC Brandy 8:30am BP Trenda 9:15am Zumba Jada 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Alea 6:20pm Zumba Brittany	29. 5:00am BA Trenda 8:30am BS Lana/Mary 9:15am CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Meagan	30. 5:00am BP Brandy 8:30am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Zumba Veronica 6:20pm RPM Christina	31. 5:00am BS Brittany 8:30am BC Stacie 9:15am CX Tracy 4:30pm Fit Kids 5:30pm BA Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Meagan	<p>BLIND DOG GYM INVITES: ALL PATRIOTS, ALL SERVICE MEN AND WOMEN, ALL VETERANS, RESERVISTS AND AMERICANS TO CELEBRATE OUR FREEDOM BY GIVING BACK</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.**

HIIT TRAINING

Turn on some music that you love and get ready to work!

Warm Up Cardio: 25 seconds per interval

Jog in Place
Toe Touch Circles
Butt Kickers
Squats
Slow Burpee
Jacks

Plyo Side Lunges

HIIT Workout: 20 Seconds on, 10 seconds rest, x 3 per exercise

Jump Squat Front Kick
Push Ups
Jumping Lunge
Skip Jump
X Burpe