



**R-
Raceland
H-Houma**



**CYCLING
CLASSES
RPM = 45
minute
SPRINT =
30 minute**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 9:40am RPM Dawn H 6:20pm RPM Alec R	2.	3. 5am RPM Christana H 9:40 Sprint Dawn H	4.
	6. 9:40 Sprint Dawn- H 6:20PM RPM Alec— R	7. 5:30PM RPM Alec H	8. 9:40am RPM Dawn H 6:20pm RPM Alec R	9.	10. 5am RPM Christana H 9:40 Sprint Alec H	11.
	13. 9:40 Sprint Dawn- H 6:20pm Sprint Alea R	14. 5:30PM RPM Alec H	15. 9:40am RPM Dawn H 6:20pm RPM Alec R	16.	17. 5am RPM Christana H 9:40 Sprint Dawn H	18.
	20. 9:40 Sprint Dawn H 6:20PM Sprint Alea R	21. 5:30PM RPM Alec H	22. 9:40am RPM Dawn H 6:20pm Sprint Alea R	23.	24. 5am RPM Christana H 9:40 Sprint Dawn H	25.
	27. 9:40 Sprint Dawn H 6:20PM RPM Christina R	28. 5:30PM RPM Alec H	29. 9:40pmam RPM Dawn H 6:20pm Sprint Alea R	30.	31. 5am RPM Christana H 9:40 Spin Ellen H	

*Floor workouts that you can use if you can't
make a class on the schedule!*

WORKOUT #1

Warm up on the treadmill
for 15 minutes

- 20 bodyweight squats
- 10 push ups
- 20 walking lunges
- 15 sec plank
- 30 jumpjacks
- 20 jumpsquats
- 10 minutes on the row

WORKOUT #2

LEGS & GLUTES

Warmup on Eliptical for 15 minutes

**Bodyweight Squat
Lying Glute Bridge**

**Reverse Lunge
Dumbbell Deadlift
(4 sets, 15reps, 90 second rest between
sets for all)**

100 Walking Lunges