

# RACELAND



# AUGUST

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



**Please note some  
changes: Monday  
night Zumba & Fri-  
day morning Flow  
will be dropped till  
further notice.**

- Classes**
- BP BODYPUMP**
  - BS BODYSTEP**
  - BA BODYATTACK**
  - BC BODYCOMBAT**
  - BF BODYFLOW**
  - CX CXWORX**
  - RPM CYCLING**
  - Zumba Dancing**
  - SS Silver Sneakers**
  - Sprint HIIT Training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MOM &amp; TOTS session, Aug. 20th</b> <b>Open to the public</b> <b>\$5 Members</b> <b>\$10 Non-members</b>		<b>1.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20PM Zumba Veronica 6:20pm RPM Alec	<b>2.</b> 5:00am BS Brittany 8:40am BC Stacie 5:30pm BS Kristie 6:15pm CX Kristie 6:45pm BF Deanna/ Meagan	<b>3.</b> 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	<b>4.</b> 8:30am BC Brandi
<b>6.</b> 5:00am BC Brandy 8:40am BP Trenda 9:30m Zumba Jada 10:15 SS Congetta 5:30pm BP Brandi 6:20pm RPM Alec	<b>7.</b> 5:00am BA Trenda 8:40am BS Mary/Lana 9:25am CX Madi 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle	<b>8.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie <b>6:20PM Back to school family Zumba</b> Veronica 6:20pm RPM Alec	<b>9.</b> 5:00am BS Brittany 8:40am BC Stacie 5:30pm BA Madi 6:15pm CX Madi 6:45pm BF Deanna/Dani	<b>10.</b> 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	<b>11.</b> 8:30am BP Sarah
<b>13.</b> 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Alea	<b>14.</b> 5:00am BA Trenda 8:40am BS Mary/Lana 9:25am CX Madi 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle	<b>15.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie <b>6:20PM Family Zumba</b> Veronica 6:20pm RPM Alec	<b>16.</b> 5:00am BS Brittany 8:40am BC Stacie 5:30pm BS Kristie 6:15pm CX Kristie 6:45pm BF Deanna/ Meagan	<b>17.</b> 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	<b>18.</b> 8:30am BA Trenda
<b>20.</b> 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Alea <b>6:45 MOM &amp; TOTS Kassie &amp; Brandy</b>	<b>21.</b> 5:00am BA Trenda 8:40am BS Lana/Mary 9:25am CX Madi 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle	<b>22.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Zumba Veronica 6:20pm Sprint Alea	<b>23.</b> 5:00am BS Brittany 8:40am BC Stacie 5:30pm BA Madi 6:15pm CX Madi 6:45pm BF Deanna/Dani	<b>24.</b> 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	<b>25.</b> 8:30am BS Brittany
<b>27.</b> 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm RPM Christina	<b>28.</b> 5:00am BA Trenda 8:40am BS Lana/Mary 9:25am CX Madi 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle	<b>29.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Zumba Veronica 6:20pm Sprint Alea	<b>30.</b> 5:00am BS Brittany 8:40am BC Stacie 5:30pm BS Kristie 6:15pm CX Kristie 6:45pm BF Deanna/ Meagan	<b>31.</b> 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	

## **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.**