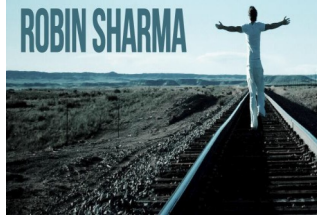


**WHATEVER
YOUR GOAL
WE CAN
MAKE IT
HAPPEN**

**"WHY HIDE YOUR TALENT
IN THE CLOSET
OF COMPLACENCY
WHEN YOU HAVE
GREATNESS WITHIN YOU?"
ROBIN SHARMA**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ASK ABOUT YOUR FREE SHRED4U SESSION					1. NO STAFF NO CLASS NO DAYCARE
3. 	4. 5:00am BA Trenda 8:40am BS Mary/Lana 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	5. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Sprint Kensie	6. 5:00am BS Brittany 8am Sprint Lance 8:40am BC Stacie 9:25am CX Tracy 5:30pm BA Trenda/Kristie 6:15pm CX Kristie 6:45pm BF Deanna/Dani	7. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	8. 8am Sprint Lance 8:30am BP Sarah/ Trenda
10. 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm RPM Alec	11. 5:00am BA Trenda 8:40am BS Mary/Lana 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	12. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Sprint Kensie	13. 5:00am BS Brittany 8am Sprint Lance 8:40am BC Stacie 9:25am CX Tracy 5:30pm BS Kristie 6:15pm CX Kristie 6:45pm BF Tiffany	14. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	15. 8am Sprint Lance 8:30am BA Trenda
17. 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Kensie	18. 5:00am BA Trenda 8:40am BS Lana/Mary 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	19. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Sprint Lance	20. 5:00am BS Brittany 8am Sprint Alea 8:40am BC Stacie 9:25am CX Tracy 5:30pm BA Trenda/Kristie 6:15pm CX Kristie 6:45pm BF Deanna/Dani	21. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	22. 8am Sprint Alea 8:30am BS Brittany
24. 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm RPM Alec	25. 5:00am BA Trenda 8:40am BS Lana/Mary 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	26. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Sprint Alea	27. 5:00am BS Brittany 8am Sprint Alea 8:40am BC Stacie 9:25am CX Tracy 5:30pm BS Kristie 6:15pm CX Kristie 6:45pm BF Deanna/ Meagan	28. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	29. 8am Sprint Alea 8:30am BC Brandi

Classes

BP BODYPUMP

BS BODYSTEP

BA BODYATTACK

BC BODYCOMBAT

BF BODYFLOW

CX CXWORX

RPM CYCLING

Zumba Dancing

SS Silver Sneakers

Sprint HIIT Training

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.**