

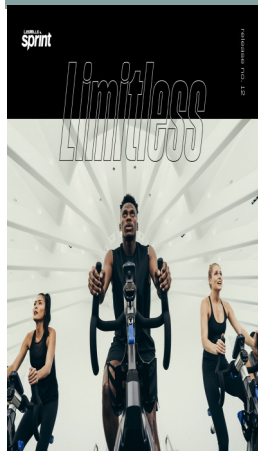
# RACELAND/HOUMA CYCLE



# OCTOBER



**R-  
Raceland  
H-Houma**



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
..	9:40 Sprint Dawn- <b>H</b>  6:20pm RPM Alec <b>R</b>	2. 5:30PM Sprint Kensie <b>H</b>	3. 9:40am Sprint Dawn <b>H</b> 6:20pm Sprint Kensie <b>R</b>	4. 8am Sprint Alea <b>R</b>	5. 5am RPM Angela <b>H</b> 9:40 Sprint Dawn <b>H</b>	6. 8am Sprint Alea
8.	9:40 Sprint Dawn- <b>H</b>  6:20pm RPM Alec <b>R</b>	9. 5:30PM RPM Alec <b>H</b>	10. 9:40am Sprint Dawn <b>H</b> 6:20pm Sprint Kensie <b>R</b>	11. 8am Sprint Lance <b>R</b>	12. 5am RPM Angela <b>H</b> 9:40 Sprint Dawn <b>H</b>	13. 8am Sprint Lance <b>R</b> 8:30am RPM Alec <b>H</b>
15.	9:40 Sprint Dawn- <b>H</b>  6:20pm Sprint Lance <b>R</b>	16. 5:30PM Sprint Kensie <b>H</b>	17. 9:40am RPM Dawn <b>H</b> 6:20pm Sprint Alea <b>R</b>	18. 8am Sprint Lance <b>R</b>	19. 5am RPM Angela <b>H</b> 9:40 Sprint Dawn <b>H</b>	20. 8am Sprint Lance <b>R</b>
22.	9:40 Sprint Dawn <b>H</b>  6:20PM Sprint Kensie <b>R</b>	23. 5:30PM RPM Alec <b>H</b>	24. 9:40am RPM Dawn <b>H</b> 6:20pm Sprint Lance <b>R</b>	25. 8am Sprint Rhonda <b>R</b>	26. 5am RPM Angela <b>H</b> 9:40 Sprint Angela <b>H</b>	27. 8am Sprint Rhonda <b>R</b>
29.	9:40 Sprint Dawn <b>H</b>  6:20PM Sprint Rhonda <b>R</b>	30. 5:30PM Sprint Kensie <b>H</b>	31. 9:40pmam RPM Dawn <b>H</b>  <b>NO AFTERNOON CLASS</b>			

*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**