

# RACELAND



# OCTOBER

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1.</b> 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm RPM Alec	<b>2.</b> 5:00am BA Trenda/Kelli 8:40am BS Mary/Lana 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	<b>3.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Sprint Kensie	<b>4.</b> 5:00am BS Brittany 8am Sprint Alea 8:40am BC Stacie 9:25am CX Tracy 5:30pm BA Kristie 6:15pm CX Kristie 6:45pm BF Deanna/Dani	<b>5.</b> 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	<b>6.</b> 8am Sprint Alea 8:30am BS Brittany
<b>8.</b> 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm RPM Alec	<b>9.</b> 5:00am BA Trenda/Kelli 8:40am BS Mary/Lana 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	<b>10.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Sprint Kensie	<b>11.</b> 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 Deanna/Meagan	<b>12.</b> 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	<b>13.</b> 8am Sprint Lance 8:30am BP Sarah
<b>15.</b> 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Lance	<b>16.</b> 5:00am BA Trenda/Kelli 8:40am BS Mary/Lana 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	<b>17.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 6:20pm Sprint Alea	<b>18.</b> 5:00am BS Brittany 8am Sprint Lance 8:40am BC Stacie 9:25am CX Tracy 5:30pm BA Kristie 6:15pm CX Kristie 6:45pm BF Deanna/Dani	<b>19.</b> 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	<b>20.</b> 8am Sprint Lance 8:30am BP/BA Trenda
<b>22.</b> 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Kensie	<b>23.</b> 5:00am BA Trenda/Kelli 8:40am BS Lana/Mary 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	<b>24.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Rhonda	<b>25.</b> 5:00am BS Brittany 8am Sprint Rhonda 8:40am BC Stacie 9:25am CX Tracy 5:30pm BS Kristie 6:15pm CX Kristie 6:45pm BF Deanna/Dani	<b>26.</b> 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	<b>27.</b> 8am Sprint Rhonda 8:30am BC Brandi
<b>29.</b> 5:00am BC Brandy 8:40am BP Trenda 9:30am Zumba Brittany 10:15 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Rhonda	<b>30.</b> 5:00am BA Trenda/Kelli 8:40am BS Lana/Mary 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	<b>31.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta  NO AFTERNOON CLASSES—HAPPY HALLOWEEN	<b>WEAR YOUR FUN HALLOWEEN ACTIVE-WEAR TO CLASS ON WEDNESDAY</b>	<b>Kids Shred Wednesdays from 5:30-6:30 in the Shred Shed. Ages 6 &amp; UP.</b>	



**Classes**

- BP BODYPUMP**
- BS BODYSTEP**
- BA BODYATTACK**
- BC BODYCOMBAT**
- BF BODYFLOW**
- CX CXWORK**
- 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.**