

# RACELAND/HOUMA CYCLE




# NOVEMBER



**R-  
Raceland  
H-Houma**



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 8am Sprint Alea R	2. 5am RPM Angela H 9:40 Sprint Dawn H	3. 8am Sprint Alea
	5. 9:40 Sprint Dawn- H	6. 5:30PM RPM Alec H	7. 9:40am Sprint Dawn H <b>6:20pm Sprint launch R</b>	8. 8am Sprint Lance R	9. 5am RPM Angela H 9:40 Sprint Dawn H	10. 8am Sprint Lance R
	12. 9:40 Sprint Dawn- H  6:20pm RPM Alec R	13. 5:30PM Sprint Kensie H	14. 9:40am RPM Dawn H  6:20pm Sprint Rhonda R	15. 8am Sprint Lance R	16. 5am RPM Angela H 9:40 Sprint Dawn H	17. 8am Sprint Rhonda R
	19. 9:40 Sprint Dawn H  6:20PM Sprint Kensie R	20. 5:30PM RPM Alec H	21. 9:40am RPM Dawn H  NO AFTERNOON CLASS	22. <b>Happy Thanksgiving</b> 	23.	24. <b>NO STAFF NO CLASS NO DAYCARE</b>
	26. 9:40 Sprint Dawn H  6:20PM Sprint Kensie R	27. 5:30PM Sprint Kensie H	28. 9:40pmam RPM Dawn H  6:20pm Sprint Rhonda R	29.	30.	

*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**