

RACELAND



NOVEMBER

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



Classes

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>COME JOIN THE FUN! WOCOPALOOZA LAUNCH WILL BE ALL 3 NIGHTS! 5TH*6TH*7TH</p>	<p>1. 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/Meagan</p>	<p>2. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie</p>	<p>3. 8am Sprint Alea 8:30am BS Brittany</p>
<p>5. 5:00am BC Brandy/Brit 8:40am BP Trenda/Sarah 10:100 SS Congetta</p> <p>5:30pm BP/BS/CX</p>	<p>6. 5:00am BA Trenda/Kelli 8:40am BS Mary/Lana 9:30 CX Tracy</p> <p>5:30pm BC/BF/BA</p>	<p>7. 5:00am BP Brandy/ Sarah 8:40am BP Mary/Trenda 10:00 SS Congetta 5:30pm BP Kassie/ Brandi 5:30pm Kids Shred Steph</p> <p>6:20pm Sprint</p>	<p>8. 5:00am BS Brittany/Kristy 8am Sprint Lance 8:40am BC Stacie 9:25am CX Tracy 5:30pm BA Kristie/Trenda 6:15pm CX Kristie 6:45pm BF Deanna/Meagan</p>	<p>9. 5:00am BP Sarah/ Brandy 8:40am BA Trenda / Kristy 10:00 SS Kassie</p>	<p>10. 8am Sprint Lance 8:30am BP Sarah</p>
<p>12. 5:00am BC Brandy/Brit 8:40am BP Trenda 10:00 SS Congetta 5:30pm BP Brandi 6:20pm RPM Alec</p>	<p>13. 5:00am BA Kelli 8:40am BS Mary/Lana 9:30 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan</p>	<p>14. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 5:30pm Kids Shred Steph 6:20pm Sprint Rhonda</p>	<p>15. 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/Meagan</p>	<p>16. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie</p>	<p>17. 8am Sprint Rhonda 8:30am BA Trenda</p>
<p>19. 5:00am BC Brandy/Brit 8:40am BP Trenda 10:100 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Kensie</p>	<p>20. 5:00am BA Kelli 8:40am BS Lana/Mary 9:30 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan</p>	<p>21. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta</p> <p style="text-align: center;">No Afternoon classes</p>	<p>22. Happy Thanksgiving!</p>	<p>23. 8:40am BA Trenda</p>	<p>24. Gym on 24 hour access No class No Staff No Daycare</p>
<p>26 5:00am BC Brandy/Brit 8:40am BP Trenda 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Rhonda</p>	<p>27. 5:00am BA Kelli 8:40am BS Lana/Mary 9:30 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan</p>	<p>28. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 5:30pm Kids Shred Steph 6:20pm Sprint Rhonda</p>	<p>29. 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/Meagan</p>	<p>30. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie</p>	<p>Kids Shred Wednesdays @ 5:30PM. Please sign up at the front desk.</p>

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.**