

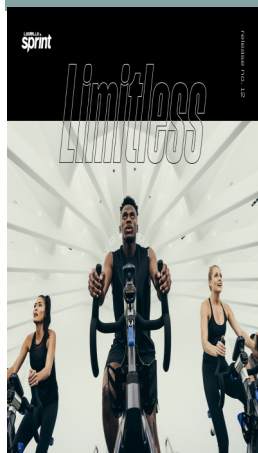
RACELAND/HOUMA CYCLE



DECEMBER



**R-
Raceland
H-Houma**



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. 8am Sprint Rhonda R
	3. 9:40 Sprint Dawn- H 6:30 Sprint Kensie R	4. 5:30PM RPM Alec H	5. 9:40am Sprint Dawn H 6:30pm Sprint Kensie R	6. 8am Exp RPM Angela R	7. 5am RPM Angela H 9:40 Sprint Dawn H	8. 8am Sprint Rhonda R
	10. 9:40 Sprint Dawn- H 6:20pm Sprint Alea R	11. 5:30PM Sprint Kensie H	12. 9:40am RPM Dawn H 6:20pm Sprint Rhonda R	13. 8am Sprint Rhonda R	14. 5am RPM Angela H 9:40 Sprint Dawn H	15. NO CLASS No Staff No Daycare
	17. 9:40 Sprint Dawn H 6:30 Sprint Kensie R	18. 5:30PM RPM Alec H	19. 9:40am RPM Dawn H 6:30pm Sprint Lance R	20. 8am Sprint Rhonda R	21. 5am RPM Angela H 9:40 Sprint Dawn H	22. 8am Sprint Lance R
	24.	25.	26. 9:40pmam RPM Dawn H 6:20pm Sprint Alea R	27. 8am Sprint Lance R	28. 5am RPM Angela H 9:40 Sprint Dawn H	29. 8am Sprint Lance R

*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