

RACELAND



DECEMBER

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

**Punch card
Challenge ends
on December
22nd. Pot luck
Friendsmas after
challenge.**

Last punch, 22nd

Classes

BP BODYPUMP

BS BODYSTEP

BA BODYATTACK

BC BODYCOMBAT

BF BODYFLOW




CX CXWORK

RPM CYCLING

SS Silver Sneakers

Sprint HIIT Training

(XP) = 30-45 min. class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 8am Sprint Rhonda 8:30am BS Brittany
3. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Kensie	4. 5:00am BA Kelli 8:40am BS Lana 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	5. 5:00am BP Brandy 8:40am BP Trenda 10:00 SS Congetta 5:30pm BP Kassie 5:30pm Kids Shred Steph 6:20pm Sprint Kensie	6. 5:00am BS Brittany 8am Exp RPM Angela 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristie 6:15pm CX Kristie 6:45pm BF Deanna/Meagan	7. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	8. 8am Sprint Rhonda 8:30am BF/CX Nicolle Tracy
10. 5:00am BC Brittany 8:40am BP Trenda 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Alea	11. 5:00am BA Kelli 8:40am BS Lana 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	12. 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	13. 5:00am BS Brittany 8am Sprint Rhonda 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristie 6:15pm CX Kristie 6:45pm BF Deanna/Meagan	14. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	15. NO CLASS No Staff No Daycare 24 Hour Access
17. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Kensie	18. 5:00am BA Kelli 8:40am BS Lana 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:45pm BF Nicolle/Meagan	19. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 5:30pm Kids Shred Steph 6:20pm Sprint Lance	20. 5:00am BS Brittany 8am Sprint Rhonda 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristie 6:15pm CX Kristie 6:45pm BF Deanna/Meagan	21. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	22.8am Sprint Lance 8:30 Trenda 12 Days of Christmas Challenge POTLUCK FRIENDSMAS
24. 	25.	26. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 5:30pm Kids Shred Steph 6:20pm Sprint Alea	27. 5:00am BS Brittany 8am Sprint Lance 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristie 6:15pm CX Kristie 6:45pm BF Deanna/Meagan	28. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	29. 8am Sprint Lance 8:30 BA Kristie
31. 					

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.**