

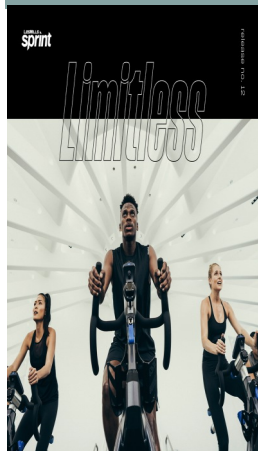
# RACELAND/HOUMA CYCLE



# January



**R-  
Raceland  
H-Houma**



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 5:30PM Sprint Kensie <b>H</b>	2. 9:40am RPM Dawn <b>H</b> 6:20pm Sprint Rhonda <b>R</b>	3. 8am Sprint Rhonda <b>R</b>	4. 5am RPM Christina <b>H</b> 9:40 Sprint Dawn <b>H</b>	5. 8am Sprint Rhonda <b>R</b>
	7. 9:40 Sprint Dawn- <b>H</b> 6:30 Sprint Kensie <b>R</b>	8. 5:30PM RPM Christina <b>H</b>	9. 9:40am Sprint Dawn <b>H</b> 6:30pm Sprint Kensie <b>R</b>	10. 8am Sprint Rhonda <b>R</b>	11. 5am RPM Christina <b>H</b> 9:40 Sprint Dawn <b>H</b>	12. 8am Sprint Rhonda <b>R</b>
	14. 9:40 Sprint Dawn- <b>H</b> 6:20pm Sprint Alea <b>R</b>	15. 5:30PM Sprint Kensie <b>H</b>	16. 9:40am RPM Dawn <b>H</b> 6:20pm Sprint Lance <b>R</b>	17. 8am Sprint Lance <b>R</b>	18. 5am RPM Christina <b>H</b> 9:40 Sprint Dawn <b>H</b>	19. 8am Sprint Alea <b>R</b>
	21. 9:40 Sprint Dawn <b>H</b> 6:30 Sprint Alea <b>R</b>	22. 5:30PM RPM Christina <b>H</b>	23. 9:40am RPM Dawn <b>H</b> 6:30pm Sprint Lance <b>R</b>	24. 8am Sprint Lance <b>R</b>	25. 5am RPM Christina <b>H</b> 9:40 Sprint Dawn <b>H</b>	26. 8am Sprint Lance <b>R</b>
	28. 9:40 Sprint Dawn <b>H</b> 6:30 Sprint Kensie <b>R</b>	29. 5:30PM Sprint Kensie <b>H</b>	30. 9:40pmam RPM Dawn <b>H</b> 6:20pm Sprint Rhonda <b>R</b>	31. 8am Exp. RPM Angela <b>R</b>		
	31.					

*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**