


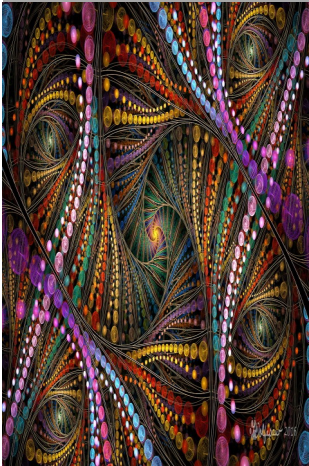
RACELAND



MARCH 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Kids Shred on March 6th.	SPRINT IS MOVED TO SHRED SHED ON TUESDAYS	No Kids Shred on March 6th.	HIIT IN THE SHED!	1. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	2. LOCKPORT PARADE HAPPY MARDI GRAS NO CLASS NO STAFF 24 HOUR ACCESS ONLY
4. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Congetta No Afternoon classes		6. 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	7. 5:00am BS Brittany 8am Exp Sprint Rhonda 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Dani	8. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	9. 8am Sprint Kensie 8:30 BA/BP Combo Trenda
11. 5:00am BC Brittany 8:40am BP Trenda 10:00 SS Congetta 5:30pm BP Brandi	12. 5:00am BA Kelli 8:40am BS Lana/Mary 9:15 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:30 Sprint Rhonda 6:45pm BF Nicolle/Meagan	13. 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	14. 5:00am BS Brittany 8am Sprint Lance 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Meagan	15. 5:00am BP Sarah 8:40am BA Kelli 10:00 SS Kassie	16. 8am Sprint Rhonda 8:30 BS Brittany
18. 5:00am BC Brittany 8:40am BP Sarah 10:100 SS Congetta 5:30pm BP Brandi	19. 5:00am BA Kelli 8:40am BS Mary 9:15 Cx Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:30 Sprint Lance 6:45pm BF Nicolle	20. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Kassie 5:30pm Kids Shred Steph 6:20pm Sprint Kensie	21. 5:00am BS Brittany 8am RPM Sprint Lance 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Dani	22. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	23. 8am Sprint Lance 8:30am BC Brandi
25. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Congetta 5:30pm BP Brandi	26. 5:00am BA Kelli 8:40am BS Lana/Mary 9:15 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:30 Sprint Rhonda 6:45pm BF Nicolle/Meagan	27. 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	28. 5:00am BS Brittany 8am Exp. Sprint Rhonda 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Meagan	29. 5:00am BP Sarah 8:40am BA Trenda 10:00 SS Kassie	30. 8am Sprint Alea 8:30am BP Sarah



Classes

BP BODYPUMP

BS BODYSTEP

BA BODYATTACK

BC BODYCOMBAT

BF BODYFLOW

CX CXWORK

RPM CYCLING

SS Silver Sneakers

Sprint HIIT Training

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.**