

# RACELAND



# JUNE 2019

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.  8am Sprint Rhonda 8:30am BC Brandi
3. 5:00am BC Brittany 8:40am BP Trena 10:100 SS Congetta 5:30pm BP Brandi	4. 45:00am 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 Deanna	5. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Kensie	6. 5:00am BS Brittany 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BS Kristy 6:15pm CX Kristy 6:45pm BF Deanna/ Meagan	7. 5:00am BP Brandy 8:40am BA Trena 10:00 SS Trena	8.  8am Sprint Rhonda 8:30am BS Brittany
10. 5:00am BC Brittany 8:40am BP Trena 10:00 SS Congetta 5:30pm BP Brandy	11. 5:00am BA Kelli 8:40am BS Lana/Mary 9:15 CX Tracy 5:30pm Exp BC Stacie 6:15 PM CX Kristy 6:30 Sprint Kensie 6:45pm BF Meagan	12. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Trena 6:20pm Sprint Kensie	13. 5:00am BS Brittany 8am Sprint Rhonda 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Dani	14. 5:00am BP Brandy 8:40am BA Trena 10:00 SS Congetta	15.  8am Sprint Rhonda 8:30 BA Trena
17. 5:00am BC Brittany 8:40am BP Trena 10:100 SS Congetta 5:30pm BP Brandi	18. 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 Meagan	19. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Rhonda	20. 5:00am BS Brittany 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BS Kristy 6:15pm CX Kristy 6:45pm BF Deanna/ Meagan	21. 5:00am BP Brandy 8:40am BA Trena 10:00 SS Congetta	22.  8am Sprint Rhonda 8:30am CX/Flow Tracy/Nicolle
24. 5:00am BC Brittany 8:40am BP Trena 10:100 SS Congetta 5:30pm BP Brandi	25. 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 Kensie 6:45pm BF Meagan	26. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Kensie	27. 5:00am BS Brittany 8am RPM Sprint Rhonda 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Dani	28. 5:00am BP Brandy 8:40am BA Trena 10:00 SS Kassie	29.  8am Sprint Rhonda 8:30am BA Kristy

## Classes

**BP BODYPUMP**

**BS BODYSTEP**

**BA BODYATTACK**

**BC BODYCOMBAT**

**BF BODYFLOW**

**CX CXWORK**

**SS Silver Sneakers**

**Sprint HIIT Training**

**(XP) = 30-45 min. class**

## **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.**