

# RACELAND



# August

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

**LAUNCH  
WEEK 12TH  
- 17TH**

**LES MILLS**  
FOR A FITTER PLANET

**Classes**

**BP BODYPUMP**

**BS BODYSTEP**

**BA BODYATTACK**

**BC BODYCOMBAT**

**BF BODYFLOW**

**CX CXWORK**

**SS Silver Sneakers**

**Sprint HIIT Training**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>"Sweating to save lives, one pedal at a time!"</b></p>			<p>1.</p> <p>5:00am BS Brittany 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Trenda 6:15pm CX Tracy 6:45pm BF Deanna/Meagan</p>	<p>2.</p> <p>5:00am BP Brandy 8:40am BA Trenda 10:00 SS Congetta</p>	<p>3.</p> <p>8AM SPRINTING FOR AWENESS</p> <p>8:30am BF Meagan</p>
<p>5.</p> <p>5:00am BC Brittany 8:40am BP Dawn 10:100 SS Angie 5:30pm BP Brandi</p>	<p>6.</p> <p>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</p>	<p>7.</p> <p>5:00am BP Brandy 8:40am BP Mary 10:00am HOT YOGA Dee 10:00 SS Congetta 5:30pm BP Brandi 5:30pm KIDS SHRED Steph 6:20pm Sprint Lance</p>	<p>8.</p> <p>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/Dani</p>	<p>9.</p> <p>5:00am BP Brandy 8:40am BA Trenda 10:00 SS Congetta</p>	<p>10.</p> <p>8am Sprint Lance 8:30am BC Stacie</p>
<p>12.</p> <p>5:00am BC Brittany 8:40am BP Trenda 10:00 SS Angie 5:30pm BP Brandi</p>	<p>13.</p> <p>5:00am BA Kelli 8:40am BS Lana/Mary 9:15 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Tracy 6:30 Sprint Kensie 6:45pm BF Meagan</p>	<p>14.</p> <p>5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 10:00am HOT YOGA Dee 5:30pm BP Brandi 5:30pm KIDS SHRED Steph 6:20pm Sprint Alea</p>	<p>15.</p> <p>5:00am BS Brittany 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Meagan</p>	<p>16.</p> <p>5:00am BP Brandy 8:40am BA Trenda 10:00 SS Congetta</p>	<p>17.</p> <p>8am Sprint Alea 8:30am BA Trenda</p>
<p>19.</p> <p>5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi</p>	<p>20.</p> <p>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</p>	<p>21.</p> <p>5:00am BP Brandy 8:40am BP Mary 10:00am HOT YOGA Dee 10:00 SS Congetta 5:30pm BP Trenda 5:30pm KIDS SHRED Steph 6:20pm Sprint Kensie</p>	<p>22.</p> <p>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/Dani</p>	<p>23.</p> <p>5:00am BP Brandy 8:40am BA Trenda 10:00 SS Congetta</p>	<p>24.</p> <p>8am Sprint Rhonda 8:30am BS Brittany</p>
<p>26.</p> <p>5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi</p>	<p>27.</p> <p>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 Alea 6:45pm BF Meagan</p>	<p>28.</p> <p>5:00am BP Brandy 8:40am BP Mary 10:00am HOT YOGA Meg 10:00 SS Congetta 5:30pm BP Brandi 5:30pm KIDS SHRED Steph 6:20pm Sprint Rhonda</p>	<p>29.</p> <p>5:00am BS Brittany 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Deanna/Meagan</p>	<p>30.</p> <p>5:00am BP Brandy 8:40am BA Trenda 10:00 SS Congetta</p>	<p>31.</p> <p><b>HAPPY LABOR DAY WEEKEND</b></p> <p><b>NO STAFF NO CLASS NO DAYCARE</b></p>

## **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.**