

RACELAND



JULY 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	2. 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 Lance 6:45pm BF Meagan	3. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Lance	4. NO STAFF NO CLASS HAPPY JULY 4TH	5. NO STAFF NO CLASS HAPPY JULY 4TH	6. NO STAFF NO CLASS HAPPY JULY 4TH
8. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	9. 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	10. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Trenda 5:30pm BP Brandi 6:20pm Sprint Kensie	11. 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	12. 5:00am BP Brandy 8:40am BA Trenda 10:00 SS Trenda	13. 8am Sprint Alea 8:30am Challenge BA/BP Combo Trenda
15. 5:00am BC Brittany 8:40am BP Trenda 10:00 SS Angie 5:30pm BP Brandi	16. 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 Rhonda 6:45pm BF Meagan	17. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Mary 5:30pm BP Brandi 6:20pm Sprint Alea	18. 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	19. 5:00am BP Brandy 8:40am BA Cara 10:00 SS Cara	20. 8am Sprint Alea 8:30am BS Brittany
22. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	23. 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	24. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Kensie	25. 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	26. 5:00am BP Brandy 8:40am BA Trenda 10:00 SS Congetta	27. 8am Sprint Rhonda 8:30am BC Brandi
29. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	30. 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	31. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Brandi 6:20pm Sprint Kensie			



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.**