

RACELAND



NOVEMBER

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	2. 8am Sprint Lance 8:30am BA Trenda
	4. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	5. 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 Dee	6. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Kensie	7. 5:00am BS Brittany 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Dee/Meagan	8. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	9. 8am Sprint Rhonda 8:30am BC Brandi
	11. 5:00am BC Brandy 8:40am BP Trenda 10:00 SS Angie 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 Lance 6:45pm BF Meagan	13. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Alea	14. 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	15. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	16. 8am Sprint Lance 8:30am BS Brittany
	18. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	19. 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	20. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Angie 5:30pm BP Liz 6:20pm Sprint Rhonda	21. 5:00am BS Brittany 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Dee/Meagan	22. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	23. 8am Sprint Rhonda 8:30am BP/BA Liz/ Trenda
	25. 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	26. 5:00am BA Kelli 8:40am BS Mary/Lana 9:15 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:30 Sprint Rhonda 6:45pm BF Meagan	27. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Alea	28.HAVE A GREAT THANKSGIVING 	29 8:40am BA Trenda NO STAFF	30. NO CLASS NO STAFF 24 HOUR ACCESS

**WATER
IS YOUR
BEST
FRIEND**

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.**