

# RACELAND



# October

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1.</b> 5:00am BA Kelli 8:40am BS Lana/Mary 9:15 CX Tracy 5:30pm BC Brandi 6:30 Sprint Rhonda 6:45pm BF Meagan	<b>2.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Kensie	<b>3.</b> 5:00am BS Brittany 8:40am BC Stacie 9:25am CX Tracy 5:30pm BA Kelli 6:45pm BF Deanna	<b>4.</b> 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	<b>5.</b> 8am Sprint Kensie 8:30am BA Trenda
<b>WATER IS YOUR BEST FRIEND</b>	<b>7.</b> 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	<b>8.</b> 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 Dee	<b>9.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Rhonda	<b>10.</b> 5:00am BS Brittany 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BS Kristy 6:15pm CX Kristy 6:45pm BF Dee/Meagan	<b>11.</b> 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	<b>12.</b> 8am Sprint Rhonda 8:30am BC Brandi
	<b>14.</b> 5:00am BC Brandy 8:40am BP Trenda 10:00 SS Angie 5:30pm BP Brandi	<b>15.</b> 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	<b>16.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Kensie	<b>17.</b> 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	<b>18.</b> 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	<b>19.</b> 8am Sprint Rhonda 8:30am BS Brittany
	<b>21.</b> 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	<b>22.</b> 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	<b>23.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Alea	<b>24.</b> 5:00am BS Brittany 8:40am BC Stacie 9:25am CX Kristy 5:30pm Exp BS Kristy 6:15pm CX Kristy 6:45pm BF Dee/Meagan	<b>25.</b> 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	<b>26.</b> <b>MEMBER SHRED CHALLENGE 8:40</b>
<b>28.</b> 5:00am BC Brittany 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	<b>29.</b> 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 Alea 6:45pm BF Meagan	<b>30.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Rhonda	<b>31.</b> 5:00am BS Brittany 8:40am BC Stacie <b>DRESS UP AND WORKOUT WITH US. No afternoon classes</b>	<b>No afternoon classes, or staff, Halloween night! Have a safe night!</b>		

**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.**