

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

**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**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>2.</b> 5:00am BC Brandy 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	<b>3.</b> 5:00am BA Kelli 8:40am BS Lana/Mary 9:15 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:20 Sprint Rhonda 6:45pm BF Meagan	<b>4.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Kensie	<b>5.</b> <b>5:00am BS Brittany</b> <b>8:40am BC Stacie</b> <b>9:25am CX Tracy</b> <b>5:30pm Exp BA Kristy</b> <b>6:15pm CX Kristy</b> <b>6:45pm BF Dee/Meagan</b>	<b>6.</b> 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	<b>7.</b> 8am Sprint Kensie 8:30am BA Trenda
	<b>9.</b> 5:00am BC Brandy 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	<b>10.</b> 5:00am BA Kelli 8:40am BS Lana/Mary 9:15 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Tracy 6:20 Sprint Rhonda 6:45pm BF Meagan	<b>11.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Kensie	<b>12.</b> <b>5:00am BS Brittany</b> <b>8:40am BC Stacie</b> <b>9:25am CX Tracy</b> <b>5:30pm Exp BA Kelli</b> <b>6:15pm CX Tracy</b> <b>6:45pm BF Dee</b>	<b>13.</b> 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	<b>14.</b> 8am Sprint Rhonda 8:30am BC Brandi
	<b>16.</b> 5:00am BC Brandy 8:40am BP Trenda 10:00 SS Angie 5:30pm BP Brandi	<b>17.</b> 5:00am BA Kelli 8:40am BS Lana/Mary 9:15 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Tracy 6:20 Sprint Rhonda 6:45pm BF Meagan	<b>18.</b> 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Kensie	<b>19.</b> <b>5:00am BS Brittany</b> <b>8:40am BC Stacie</b> <b>9:25am CX Tracy</b> <b>5:30pm Exp BA Kelli</b> <b>6:15pm CX Tracy</b> <b>6:45pm BF Dee/Meagan</b>	<b>20.</b> 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	<b>21.</b> 8am Sprint Lance 8:30am BS Brittany  <b>WOCO CHRISTMAS PARTY AFTER CLASS. POTLUCK</b>
	<b>23.</b> 5:00am BC Brandy 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi		<b>25.</b> <b>MERRY CHRISTMAS WOCO</b>	<b>26.</b> <b>5:00am BS Brittany</b> <b>8:40am BC Stacie</b> <b>9:25am CX Tracy</b> <b>5:30pm Exp BA Kelli</b> <b>6:15pm CX Kristy</b> <b>6:45pm BF Dee</b>	<b>27.</b> 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	<b>28.</b> <b>NO CLASS NO STAFF NO DAYCARE</b>
	<b>30.</b> 5:00am BC Brandy 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi					

## **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.**