

RACELAND



JANUARY

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2. NO 5AM CLASS 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kelli 6:15pm CX Tracy 6:45pm BF Dee/Meagan	3. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	4. 8am Sprint Kensie 8:30am BP Liz
	6. 5:00am BC Brandy 8:40am BP Trenda 10:100 SS Congetta 5:30pm BP Brandi	7. 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 Lance 6:45pm BF Meagan	8. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Lance	9. 5:00am BS Lana 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kelli 6:15pm CX Tracy 6:45pm BF Dee	10. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	11. 8am Sprint Lance 8:30am BC Brandi
	13. 5:00am BC Brandy 8:40am BP Trenda 10:00 SS Angie 5:30pm BP Brandi	14. 5:00am BA Kelli 8:40am BS Mary 9:15 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Tracy 6:20 Sprint Rhonda 6:45pm BF Meagan/	15. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Kensie	16. 5:00am BS Lana 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kelli 6:15pm CX Tracy 6:45pm BF Dee/Meagan	17. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	18. 8am Sprint Rhonda 8:30am BA Kellie
	20. 5:00am BC Brandy 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	21. 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/Nicolle	22. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Rhonda	23. 5:00am BS Lana 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kelli 6:15pm CX Kristy 6:45pm BF Dee	24. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	25. AMERICA LAUNCH RED, WHITE & BLUE 8:30
	27. 5:00am BC Brandy 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	28. 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 Kensie 6:45pm BF Meagan/Nicolle	29. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Rhonda	30. 5:00am BS Lana 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kelli 6:15pm CX Kristy 6:45pm BF Dee/Meagan	31. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	

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.**