

RACELAND



FEBRUARY

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



LES MILLS
FOR A FITTER PLANET

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
						1. 8am Sprint Rhonda 8:30am BA Trenda
3.	5:00am BC Brandy 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	4. 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 Deanna/Meagan	5. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Kensie	6. 5:00am BS Lana 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Dee	7. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	8. 8am Sprint Rhonda 8:30am BC Brandi
10.	5:00am BP Sarah 8:40am BP Trenda 10:00 SS Angie 5:30pm BP Brandi	11. 5:00am BA Kelli 8:40am BS Mary 9:15 CX Tracy 5:30pm Exp BC Brandi 6:15 PM CX Kristy 6:20 Sprint Rhonda 6:45pm BF DeannaMeagan	12. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Kensie	13. 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	14. 5:00am BC Brandy 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Congetta	15. 8am Sprint Kensie 8:30am CX/BF Tracy/Dee
17.	5:00am BC Brandy 8:40am BP Trenda 10:100 SS Angie 5:30pm BP Brandi	18. 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 Lance 6:45pm BF Meagan/Betsy	19. 5:00am BP Brandy 8:40am BP Mary 10:00 SS Congetta 5:30pm BP Liz 6:20pm Sprint Rhonda	20. 5:00am BS Lana 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Dee	21. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Angie	22. LOCKPORT PARADE 
24.	5:00am BC Brandy 8:40am BP Trenda 10:100 SS Angie No Afternoon classes	25. Happy Mardi Gras	26. NO 5AM CLASS 8:40am BP Mary 10:00 SS Angie 5:30pm BP Liz 6:20pm Sprint Rhonda	27. 5:00am BS Lana 8:40am BC Stacie 9:25am CX Tracy 5:30pm Exp BA Kristy 6:15pm CX Kristy 6:45pm BF Dee/Meagan	28. 5:00am BP Sarah 8:40am BA Trenda 9:30 Flow Deanna 10:00 SS Angie	29. 8am Sprint Lance 8:30am BP Liz

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.**