

RACELAND



JULY

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

**EVERY DAY
MAY NOT BE
GOOD.
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.**

Classes

BP BODYPUMP

BS BODYSTEP

BA BODYATTACK

BC BODYCOMBAT

BF BODYFLOW

CK CXWORK

SS Silver Sneakers

Sprint HIIT Training

(XP) = 30-45 min. class

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--|--|---|---|---|--|
| | | | 1. 5:00am BP Brandy 8:40am BP Mary 5:30pm BP Liz 6:30pm BF Dee | 2. 5:00am BS Lana 8:40am BC Stacie 5:30pm BA Kristy 6:30 Shred Liz | 3. 5:00am BP Sarah 8:40am BA Trenda | 4. HAPPY 4TH |
| 6. | 5:00am BC Brittany 8:40am BP Trenda 5:30pm BP Brandi 6:30 Sprint Kensie | 7. 5:00am BA Kelli 8:40am BS Mary 4:30 Shred Trenda 5:30pm BC Brandi | 8. 5:00am BP Sarah 8:40am BP Mary 5:30pm BP Liz 6:30pm BF Deanna | 9. 5:00am BS Brittany 8:40am BC Stacie 5:30pm BA Kristy 6:30 Shred Kelli | 10. 5:00am BP Sarah 8:40am BA Kelli | 11. 7:30am Sprint Rhonda 8:30am BS Brittany |
| 13. | 5:00am BC Brandy 8:40am BP Trenda 5:30pm BP Brandi 6:30 Sprint Rhonda | 14. 5:00am BA Kelli 8:40am BS Mary 4:30 Shred Trenda 5:30pm BC Brandi | 15. 5:00am BP Brandy 8:40am BP Mary 5:30pm BP Liz 6:30pm BF Meagan | 16. 5:00am BS Lana 8:40am BC Stacie 5:30pm BA Kristy 6:30 Shred Liz | 17. 5:00am BP Sarah 8:40am BA Trenda | 18. 7:30am Sprint Rhonda 8:30am BA Trenda |
| 20. | 5:00am BC Brittany 8:40am BP Trenda 5:30pm BP Brandi 6:30 Sprint Kensie | 21. 5:00am BA Kelli 8:40am BS Mary 4:30 Shred Trenda 5:30pm BC Brandi | 22. 5:00am BP Brandy 8:40am BP Mary 5:30pm BP Liz 6:30pm BF Deanna | 23. 5:00am BS Brittany 8:40am BC Stacie 5:30pm BA Kristy 6:30 Shred Liz | 24. 5:00am BP Sarah 8:40am BA Trenda | 25. 7:30AM Sprint Kensie 8:30AM BC Brandi |
| 27. | 5:00am BC Brandy 8:40am BP Trenda 5:30pm BP Brandi 6:30 Sprint Rhonda | 28. 5:00am BA Kelli 8:40am BS Mary 4:30 Shred Trenda 5:30pm BC Brandi | 29. 5:00am BP Brandy 8:40am BP Mary 5:30pm BP Liz 6:30pm BF Meagan | 30. 5:00am BS Brittany 8:40am BC Stacie 5:30pm BA Kristy 6:30 Shred Liz | 31. 5:00am BP Sarah 8:40am BA Trenda | |

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.**