

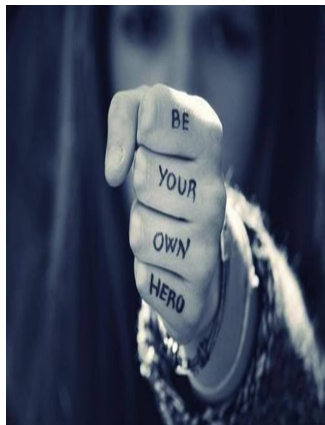
# RACELAND



# OCTOBER

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*Silver Sneakers is back on the calendar!! Tuesday/ Thursday @ 10am</b></p> <p><b>*Daycare will be open to members on Oct. 5th . Sign them in at the front desk.</b></p> <p><b>SAVE THE DATE NOV. 7TH HIKING AT TUNICA FALLS</b></p>			<p><b>1.</b></p> <p>5:00am BS Lana 8:30am CX Tracy 9:00am Flow Dee 5:30pm BA/CX Kristy 6:30 Shred Liz</p>	<p><b>2,</b></p> <p>5:00m Rise &amp; Grind Lana 8:30am BA Trenda</p>	<p><b>3.</b></p> <p>8am Sprint Ronda 8:30am BC Stacie</p>
<p><b>5.</b></p> <p>5:00am BP Liz 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Rhonda</p>	<p><b>6.</b></p> <p>5:00am BA Kelli 8:30am BS Mary 10am SS Angie 4:30 Shred Trenda 5:30pm BC Brandi/Stacie 6:30pm BF Meagan</p>	<p><b>7.</b></p> <p>5:00am BP Liz 8:30am BP Mary 5:30pm BP Liz 6:30pm Sprint Rhonda</p>	<p><b>8.</b></p> <p>5:00am BS Lana 8:30am CX Tracy 9:00am Flow Dee 10am SS Cojo 5:30pm BA/CX Kristy 6:30 Shred Liz</p>	<p><b>9.</b></p> <p>5:00am Rise &amp; Grind Lana 8:30am BA Trenda</p>	<p><b>10.</b></p> <p>7:20am Shred Liz 8am Sprint Kensie 8:30am BS Lana</p>
<p><b>12.</b></p> <p>5:00am BP Liz 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Rhonda</p>	<p><b>13.</b></p> <p>5:00am BA Kelli 8:30am BS Mary 10am SS Angie 4:30 Shred Trenda 5:30pm BC Brandi/Stacie 6:30pm BF Deanna</p>	<p><b>14.</b></p> <p>5:00am BP Trenda 8:30am BP Mary 5:30pm BP Liz 6:30pm Sprint Kensie</p>	<p><b>15.</b></p> <p>5:00am BS Lana 8:30am CX Tracy 9:00am Flow Dee 10am SS Cojo 5:30pm BA/CX Kristy 6:30 Shred Liz</p>	<p><b>16.</b></p> <p>5:00am Rise &amp; Grind Lana 8:30am BA Trenda</p>	<p><b>17.</b></p> <p>7:20am Shred Trenda 8am Sprint Lance 8:30am BA Kelli</p>
<p><b>19.</b></p> <p>5:00am BP Liz 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Kensie</p>	<p><b>20.</b></p> <p>5:00am BA Kelli 8:30am BS Mary 10am SS Cojo 4:30 Shred Trenda 5:30pm BC Brandi/Stacie 6:30pm BF Meagan</p>	<p><b>21.</b></p> <p>5:00am BP Liz 8:30am BP Mary 5:30pm BP Liz 6:30pm Sprint Lance</p>	<p><b>22.</b></p> <p>5:00am BS Lana 8:30am CX Tracy 9:00am Flow Dee 10am SS Cojo 5:30pm BA/CX Kristy 6:30 Shred Liz</p>	<p><b>23.</b></p> <p>5:00am Rise &amp; Grind Lana 8:30am BA Trenda</p>	<p><b>24.</b></p> <p>7:20am Shred Liz 8AM Sprint Rhonda 8:30am</p>
<p><b>26.</b></p> <p>5:00am BB Liz 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Lance</p>	<p><b>27.</b></p> <p>5:00am BA Kelli 8:30am BS Mary 10am SS Angie 4:30 Shred Trenda 5:30pm BC Brandi/Stacie 6:30pm BF Deanna</p>	<p><b>28.</b></p> <p>5:00am BP Trenda 8:30am BP Mary 5:30pm BP Liz 6:30pm Sprint Rhonda</p>	<p><b>29.</b></p> <p>5:00am BS Lana 8:30am CX Tracy 9:00am Flow Dee 10am SS Cojo 5:30pm BA/CX Kristy 6:30 Shred Liz</p>	<p><b>30.</b></p> <p>5:00am Rise &amp; Grind Lana 8:30am BA Trenda <b>Bring Candy for the kids!</b> <b>CLUB TRICK-R-TREAT</b></p>	<p><b>31.</b></p> <p>8:30 OUTDOOR HALLOWEEN CHALLENGE Trenda</p> 



## 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.**