

# RACELAND



# JANUARY

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

|            | Monday  | Tuesday  | Wednesday  | Thursday   | Friday                                 | Saturday   |
|------------|---|--|--|--|--|--|
|            | <b>2021</b>   |  |  |  | <b>1.<br/>HAPPY NEW<br/>YEAR</b>       | <b>2.<br/>CLOSED<br/>24 HOUR<br/>ACCESS</b>                |
| <b>4.</b>  | 5:00am BP Liz<br>8:30am BP Trenda<br>5:30pm BP Liz<br>6:30 Sprint Lance         | <b>5.</b><br>5:00am BS Lana<br>8:30am BS Mary<br>4:30 Shred Trenda<br>5:30pm BC Stacie<br>6:30pm BF Deanna | <b>6.</b>  | <b>7.</b>  | <b>8.</b>                              | <b>9.</b>  |
|            |   |  | 5:00am BP Trenda<br>8:30am BP Mary<br>5:30pm BP Liz<br>6:30pm Sprint Lance             | 5:00am BA Kelli<br>8:30am BF Dee<br>5:30pm BA Trenda<br>6:30 Shred Liz | 5:00am BC Brittany<br>8:30am BA Trenda | <b>LAUNCH<br/>7:45</b>                                     |
| <b>11.</b> | 5:00am BP Brandy/Liz<br>8:30am BP Trenda<br>5:30pm BP Liz<br>6:30 Sprint Rhonda | <b>12.</b>   | <b>13.</b>   | <b>14.</b>   | <b>15.</b>                             | <b>16.</b>   |
|            |   | 5:00am BA Kelli<br>8:30am BA Trenda<br>4:30 Shred Trenda<br>5:30pm BC Stacie<br>6:30pm BF Deanna           | 5:00am BP Brandy/<br>Trenda<br>8:30am BP Mary<br>5:30pm BP Liz<br>6:30pm Sprint Kensie | 5:00am BS Lana<br>8:30am BF Dee<br>5:30pm BA Kelli<br>6:30 Shred Liz   | 5:00am BC Brittany<br>8:30am BS Mary   | 7:20 Shred Liz<br>8am Sprint Rhonda<br>8:30am BA Kelli     |
| <b>18.</b> | 5:00am BP Brandy<br>8:30am BP Trenda<br>5:30pm BP Liz<br>6:30 Sprint Kensie     | <b>19.</b>   | <b>20.</b>   | <b>21.</b>   | <b>22.</b>                             | <b>23.</b>   |
|            |   | 5:00am BA Kelli<br>8:30am BS Mary<br>4:30 Shred Trenda<br>5:30pm BC Stacie<br>6:30pm BF Deanna             | 5:00am BP Brandy<br>8:30am BP Mary<br>5:30pm BP Liz<br>6:30pm Sprint Rhonda            | 5:00am BS Lana<br>8:30am BF Dee<br>5:30pm BA Trenda<br>6:30 Shred Liz  | 5:00am BC Brittany<br>8:30am BA Trenda | 7:20 Shred Trenda<br>8am Sprint Rhonda<br>8:30am BC Stacie |
| <b>25.</b> | 5:00am BP Brandy<br>8:30am BP Trenda<br>5:30pm BP Liz<br>6:30 Sprint Rhonda     | <b>26.</b>   | <b>27.</b>   | <b>28.</b>   | <b>30.</b>                             | <b>31.</b>   |
|            |   | 5:00am BA Kelli<br>8:30am BS Mary<br>4:30 Shred Trenda<br>5:30pm BC Stacie<br>6:30pm BF Meagan             | 5:00am BP Brandy<br>8:30am BP Mary<br>5:30pm BP Liz<br>6:30pm Sprint Kensie            | 5:00am BS Lana<br>8:30am BF Dee<br>5:30pm BA Kelli<br>6:30 Shred Liz   | 5:00am BC Brittany<br>8:30am BA Trenda | 7:20 Shred Liz<br>8am Sprint Rhonda<br>8:30 BS Lana        |



**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.**