

RACELAND



June

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

**CHECK THE
VIRTUAL
CALENDAR
FOR TIMES
YOU CAN'T
MAKE LIVE
CLASSES!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 5:00am BA Kelli 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Meagan	2. 5:00am BP Brandy 8:30am BP Mary 10am SS Cojo 5:30pm BP Liz 6:30pm Sprint Kensie	3. 5:00am BS Lana 8:30am BC Virtual 5:30pm BA Kristy	4. 5:00am BC Brittany 8:30am BA Trenda	5. 7:20 Shred Liz 8am Sprint Rhonda 8:30am BS Lana
	7. 5:00am BP Brandy 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Rhonda	8. 5:00am BA Kelli 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Betsy/Dani	9. 5:00am BP Brandy 8:30am BP Mary 10am Angie 5:30pm BP Liz 6:30pm Sprint Kensie	10. 5:00am BS Lana 8:30am BC Virtual 5:30pm BA Kristy	11. 5:00am BC Brittany 8:30am BA Trenda	12. 7:20 Shred Trenda 8am Sprint Kensie 8:30am BC Britt
	14. 5:00am BP Brandy 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Lance	15. 5:00am BA Kelli 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Meagan	16. 5:00am BP Brandy 8:30am BP Mary 10am Cojo 5:30pm BP Liz 6:30pm Sprint Kensie	17. 5:00am BS Lana 8:30am BC Virtual 5:30pm BA Kristy	18. 5:00am BC Brittany 8:30am BA Trenda	19. 7:20 Shred Liz 8am Sprint Lance 8:30am BA Kelli
	21. 5:00am BP Brandy 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Rhonda	22. 5:00am BA Kelli 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Betsy/Dani	23. 5:00am BP Brandy 8:30am BP Mary 10am Angie 5:30pm BP Liz 6:30pm Sprint Lance	24. 5:00am BA Virtual 8:30am BC Virtual 5:30pm BA Kristy	25. 5:00am BC Brittany 8:30am BA VIRTUAL	26. 7:20 Shred Brandy 8am Sprint Rhonda 8:30am BC Stacie
	28. 5:00am BP Brandy 8:30am BP Mary 5:30pm BP Brandi 6:30 Sprint Rhonda	29. 5:00am BA VIRTUAL 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Meagan	30. 5:00am BP Brandy 8:30am BP Mary 10am Cojo 5:30pm BP Brandi 6:30pm Sprint Kensie			

Classes

BP BODYPUMP

BS BODYSTEP

BA BODYATTACK

BC BODYCOMBAT

BF BODYFLOW

CK CXWORX

SS Silver Sneakers

Sprint HIIT Training

(KP) = 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.**