

RACELAND



August

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

**SOFT
LAUNCH!**

**23RD-
28TH.**

**GET YOUR
COLORS
READY!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2.	5:00am BP Brandy 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Rhonda	3. 5:00am BA Kelli 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Deanna/Dani	4. 5:00am BP Brandy 8:30am BP Mary 10am Cojo 5:30pm BP Liz 6:30pm Sprint Kensie	5. 5:00am BS Lana 8:30am BF Dee 5:30pm BA Virtual	6. 5:00am BC Brittany 8:30am BA Trenda	7. 7:20 Shred Liz 8am Sprint Kensie 8:30am BA Kelli
9.	5:00am BP Brandy 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Rhonda	10. 5:00am BA Kelli 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Meagan	11. 5:00am BP Brandy 8:30am BP Mary 10am Angie 5:30pm BP Liz 6:30pm Sprint Lance	12. 5:00am BS Lana 8:30am BF Dee 5:30pm BA Virtual	13. 5:00am BC Britt 8:30am BA Trenda	14. 7:20 Shred Trenda 8am Sprint Rhonda 8:30am BC Stacie
16.	5:00am BP Brandy 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Lance	17. 5:00am BA Kelli 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Deanna/Dani	18. 5:00am BP Brandy 8:30am BP Mary 10am Cojo 5:30pm BP Liz 6:30pm Sprint Kensie	19. 5:00am BS Lana 8:30am BF Dee 5:30pm BA Virtual	20. 5:00am BC Brittany 8:30am BA Trenda	21. 7:20 Shred Liz 8am Sprint Rhonda 8:30am BS Lana
23.	5:00am BP Brandy 8:30am BP Trenda 5:30pm BP Brandi 6:30 Sprint Rhonda	24. 5:00am BA Kelli 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Meagan	25. 5:00am BP Brandy 8:30am BP Mary 10am Angie 5:30pm BP Liz 6:30pm Sprint Kensie	26. 5:00am BA Lana 8:30am BF Dee 5:30pm BA Virtual	27. 5:00am BC Brittany 8:30am BA Trenda	28. 7:20 Shred Trenda 8am Sprint Lance 8:30am BA Trenda
30.	5:00am BP Brandy 8:30am BP Mary 5:30pm BP Brandi 6:30 Sprint Rhonda	31. 5:00am BA Kelli 8:30am BS Mary 5:30pm BC Stacie 6:30pm BF Deanna/Dani				

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.**