



770-631-8004

PEACHTREE CITY

AUGUST 2017 SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	WQ Power Mix Rebecca	Cyclates (30 mins cycle followed by 30 min pilates) Lois	WQ Power Mix Linda	Muscle Challenge Brycie	Cardio/Core Lois	
8:15am	Muscle Challenge Lois	Pilates Mat Plus Lois	WQ Step Tamara	HeartZones Conditioning EXPRESS Heidi	WQ Power Claire	**9am CORE with Lois
9:20am	WQ Transform Lyndsay	Total Body Conditioning Lois	CARDIO FUSION Meg B	Pilates Mat Plus Kate	HIIT Meg B	<u>9:30am</u> WQ Kick Tony/Nicole
10:30am	WQ Power Kristen H	<u>10:45am</u> ZUMBA fitness Mike	Muscle Challenge Amy	<u>10:45am</u> ZUMBA fitness Claire	ZUMBA fitness /HipHop Emily/Alice	Yoga (75 min) Natalie
11:35am	WQ Power Mix Beth		HEART SMART Debbie D.		WQ Power Mix Beth	
4:30pm		Muscle Challenge Carol	WQ Step Rebecca	WQ Power Mix Laura		
5:30pm	WQ Power Nicole	Cardio Kick Brooke	WQ Power Tony	Kickboxing Brooke	WQ Power Nicole	SUNDAY 4PM 30/30 *start in cycle studio Alternating Instructors
6:30pm	ZUMBA fitness Alena		ZUMBA fitness Jenni			5pm Yoga (75min) Suzanne
7:30pm		Yoga Natalie				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	Cycle Michael	Heart Zones Cycle Scott	Cycle Michael	Heart Zones Cycle Scott	Heart Zones Cycle Heidi	***7am Cycle Brycie
8:15am		WQ Ride Tamara		Heart Zones Cycle Kate.		8:10am Heart Zones Cycle Express/Core Lois
9:30am	Heart Zones Cycle Renee R.		Cycle Cheryl T		Cycle Kelly	Heart Zones Cycle Renee R
11:45am	Cycle Meg B		Heart Zones Cycle Anthony		Heart Zones Cycle Extended (1.5hr) Heidi	SUNDAY 4PM 30/30 *30 mins cycle, 30 mins strength Alternating Instructors
4:30pm	Heart Zones Cycle Jackie			5pm Cycle Express (45mins) Donna		
6:35pm	Heart Zones Cycle Lois		WQ Ride Tony	6pm Cycle Cathy		

STUDIO "B"

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45am			Pilates Express Cheryl			
11:30am	SilverSneakers® Classic- Heidi	12pm Senior Chair Yoga- Natalie	SilverSneakers® Classic- Scott		SilverSneakers® Classic- Natalie	

