



770-631-8004

PEACHTREE CITY

December 2017 SCHEDULE

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

CYCLE STUDIO

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

STUDIO "B"

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8:45am Pilates Express <i>Cheryl</i>			
11:30am	Silver Sneakers® Classic- <i>Heidi</i>	12pm Senior Chair Yoga- <i>Natalie</i>	Silver Sneakers® Classic- <i>Scott</i>		Silver Sneakers® Classic- <i>Natalie</i>	

