



770-631-8004

# PEACHTREE CITY

## February 2018 SCHEDULE

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

### CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	<b>Cycle</b> <i>Michael</i>	<b>Heart Zones Cycle</b> <i>Scott</i>	<b>Cycle</b> <i>Michael</i>	<b>Heart Zones Cycle</b> <i>Scott</i>	<b>Heart Zones Cycle</b> <i>Heidi</i>	<b>***7am Cycle</b> <i>Brycie</i>
8:15am	<b>Rhythm and Groove Cycle</b> <i>Anthony</i>	<b>WQ Ride</b> <i>Tamara</i>		<b>Heart Zones Cycle</b> <i>Kate.</i>	<b>Rhythm and Groove Cycle</b> <i>Anthony</i>	<b>8:10am Heart Zones Cycle Express/Core</b> <i>Lois</i>
9:30am	<b>Heart Zones Cycle</b> <i>Renee R.</i>		<b>Cycle</b> <i>Cheryl T</i>		<b>Cycle</b> <i>Kelly</i>	<b>Heart Zones Cycle</b> <i>Renee R</i>
11:45am	<b>Rhythm and Groove Cycle</b> <i>Emily H</i>		<b>12:15pm Cycle</b> <i>Kelly</i>		<b>Heart Zones Cycle Extended (1.5hr)</b> <i>Heidi</i>	<b>SUNDAY 4PM</b> <b>30/30</b> *30 mins cycle, 30 mins strength <i>Alternating Instructors</i>
	<b>5:15pm Cycle</b> <i>Jackie</i>		<b>5:15pm Cycle Express(45mins)</b> <i>Donna</i>	<b>5:30pm Cycle</b> <i>Cathy</i>		
6:35pm	<b>Heart Zones Cycle</b> <i>Lois</i>		<b>Heart Zones Cycle</b> <i>Vickie</i>			

### STUDIO "B"

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

