WORLD GYM FITNESS CENTERS

770-631-8004

PEACHTREE CITY

January 2018 SCHEDULE

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

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	**Rhythm and Groove Cycle** *Anthony*	**WG Ride** *Tamara*		**Heart Zones Cycle** *Kate.*	**Rhythm and Groove Cycle** *Anthony*	**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	**Rhythm and Groove Cycle** *Emily H*		**12:15pm Cycle** *Kelly*		**Heart Zones Cycle Extended (1.5hr)** *Heidi*	**SUNDAY 4PM** **30/30** ***30 mins cycle, 30 mins strength** ***Alternating Instructors***
	5:15pm Cycle *Jackie*		**5:15pm Cycle Express(45mins)** *Donna*	**5:30pm Cycle** Cathy		
6:35pm	**Heart Zones Cycle** *Lois*		**Heart Zones Cycle** *Vickie*			

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*	