



770-631-8004

# PEACHTREE CITY

## JUNE 2017 SCHEDULE

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

### 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		<b>WQ Ride</b> 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	<b>SUNDAY 4PM</b> 30/30 *30 mins cycle, 30 mins strength Alternating Instructors
5:30pm				5pm Cycle Express (45mins) Donna		
6:35pm	Heart Zones Cycle Lois		<b>WQ Ride</b> Tony	6pm Cycle Cathy		

### STUDIO "B"

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

