






770-631-8004

# COMMERCE

## DECEMBER 2018 SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	<b>Cardio Mix</b> <i>Lois</i>	<b>Stretch</b> (in Studio B Downstairs) <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	<b>Muscle Challenge</b> <i>Lois</i>	<b>Pilates Mat Plus</b> <i>Lois</i>	<b>WQ Step</b> <i>Tamara</i>	<b>HITT 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>HITT</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>Laura P</i>	<b>10:45am</b>  <i>Mike</i>	Muscle Challenge <i>Amy</i>		 <i>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>Natalie</i>		<b>WQ Power Mix</b> <i>Beth</i>	
4:30pm		Muscle Challenge <i>Melinda</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</b>
6:30pm	<b>WQ Sport</b> <i>Nicole</i>	<b>Yoga</b> <i>Betty</i>	<b>HITT</b> <i>Trusha</i>			<b>5:15pm Pure Restorative Pilates (75min)</b> <i>Kate</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>Rhythm and Groove Cycle</b> <i>Anthony</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>Rhythm and Groove Cycle</b> <i>Sheila</i>	<b>Cycle</b> <i>Cheryl T</i>			<b>Heart Zones Cycle</b> <i>Renee R</i>
11:45am	<b>Rhythm and Groove Cycle</b> <i>Emily H</i>				<b>Heart Zones Cycle Extended (1.5hr)</b> <i>Heidi</i>	<b>4pm Inspirational Rhythm and Groove Cycle</b> <i>Sheila and Anthony</i>
	<b>6:35pm Cycle</b> <i>Amber</i>	<b>6pm Rhythm and Groove Cycle</b> <i>Sheila</i>	<b>5:15pm Cycle Express(45mins)</b> <i>Donna</i>	<b>5:30pm Cycle</b> <i>Cathy</i>		*Music will consist of uplifting selections including gospel & worship