







770-631-8004

COMMERCE

January 2019 SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	Cardio Mix <i>Lois</i>	Stretch <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>	HITT 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>	HITT <i>Meg B</i>	Pilates Mat Plus <i>Kate</i>	HIIT <i>Meg B</i>	9:30am Kickboxing <i>Alternating Instructor</i>
10:30am	WQ Power <i>Laura P</i>	10:45am  <i>Mike</i>	Muscle Challenge <i>Amy</i>		 <i>Alice</i>	Yoga (75 min) <i>Natalie</i>
11:35am	WQ Power Mix <i>Beth</i>	 12pm HEART SMART <i>Natalie</i>	 HEART SMART <i>Debbie</i>		WQ Power Mix <i>Beth</i>	
4:30pm		Muscle Challenge <i>Melinda</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
6:30pm	WQ Sport <i>Nicole</i>	Yoga <i>Betty</i>	HITT <i>Trusha/Nicole</i>			5:15pm Pure Restorative Pilates (75min) <i>Kate</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>		Rhythm and Groove Cycle <i>Anthony</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>	Rhythm and Groove Cycle <i>Sheila</i>	Cycle <i>Cheryl T</i>			Heart Zones Cycle <i>Renee R</i>
11:45am	Rhythm and Groove Cycle <i>Emily H</i>				Heart Zones Cycle Extended (1.5hr) <i>Heidi</i>	4pm Inspirational Rhythm and Groove Cycle <i>Sheila and Anthony</i>
	6:35pm Cycle <i>Meghan</i>	6pm Rhythm and Groove Cycle <i>Sheila</i>	5:15pm Cycle Express(45mins) <i>Donna</i>	5:30pm Cycle <i>Cathy</i>		*Music will consist of uplifting selections including gospel & worship