

GROUP FITNESS CLASSES

HEALTHQUEST



HQ

MARCH 25 - 31


PARTICIPANTS MUST REGISTER FOR CLASS WHEN CHECKING-IN TO THE FACILITY. ONLINE AND PHONE-IN REGISTRATION NOT AVAILABLE.

25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY	30 SATURDAY	31 SUNDAY
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POWER STUDIO


UPSTAIRS

To access HQ@HOME VIDEO CLASSES
visit napahealthquest.com

5:45AM			ABS				<div><div>HAPPY HOPPY EASTER</div><div>CLUB CLOSED TODAY</div><div></div></div>
6:00AM			PUMP Mary Anne				
7:00AM		FOREVER YOUNG Kellie		FOREVER YOUNG Janelle	FOREVER YOUNG Kellie		
8:30AM	POWER CIRCUIT Hollie	JAM Margarita	KICK & CORE Myka	JAM Margarita	POWER CIRCUIT Hollie	BARRE Mary Anne	
9:30AM	PUMP Susan	BARRE Hollie	PUMP Teagan	BARRE Megan	TRX CIRCUIT 60 Ines	PUMP Sam	
10:30AM		PUMP Teagan		ROTATE & REJUVENATE Josh			
4:30PM	PUMP Anna	POWER CIRCUIT Megan	PUMP Anna				
5:30PM	TRX CIRCUIT 45 Megan & Nicole	PUMP Alejandra	CORE FUSION Erika	PUMP Erika			
6:30PM	JAM Jeff		JAM Jeff				


CYCLE STUDIO

UPSTAIRS - CHECK IN/RESERVE BIKE

6:00AM	POP-UP! STAGES Mary Anne		SPIN STRONG Mike		VIDEO BEATZ Teagan		<div></div>
8:00 AM						SPIN STRONG 45 Susan	
8:30 AM		SPIN STRONG 45 Liz	POP-UP! STAGES Sam	SPIN STRONG 45 Mary Anne			
9:00 AM					SPIN & COMBAT Sam		
5:30PM	SPIN STRONG 45 Teagan	VIDEO BEATZ 45 Angela	SPIN STRONG 45 Liz	SPIN & CORE Angela			

ENERGY STUDIO

DOWNSTAIRS

6:00AM		YOGA -All Levels KELLIE		YOGA -All Levels KELLIE			<div></div>
9:00AM	YOGA - All Levels KAT	YOGA - Gentle SUMMER	YOGA - All Levels JAN	YOGA - All Levels WENDY	YOGA - All Levels KAT	STRETCH Susan	
10:30AM	YOGA - Gentle KAT	YOGA - Vinyasa Soundbath SUMMER	YOGA - YIN KAT	YOGA - Gentle SARA	YOGA - Gentle WENDY	YOGA - All Levels SARA	
4:30PM				YOGA - Gentle WENDY			
5:30PM	STRONG FLOW - KAT		HAPPY HOUR FLOW AL - SUMMER				
6:00PM		YOGA - All Levels LINDSEY		YOGA - All Levels JASPER			
7:00PM	YOGA - YIN STEPHANIE		YOGA - Restorative STEPHANIE				

SPORT STUDIO

DOWNSTAIRS

5:45 AM		BOOT CAMP Ashley		BOOT CAMP Teagan			<div><div>HOPPY EASTER!</div></div>
9:00 AM	BOOT CAMP Sam				RESERVED FOR SPIN & COMBAT 9:30-10:00	BOOT CAMP Angela	
5:30 PM	H.E.A.T. Josh		H.E.A.T. Josh				