



# HealthQuest Group Fitness Schedule

## APRIL 16 - 22

HealthQuest Fitness Center 3175 California Blvd. Napa, CA 94558 707-254-7200 www.napahealthquest.com


<b>POWER STUDIO located upstairs</b>								
	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Megan		PUMP Liza		PUMP Carol			
7:00 am			FOREVER YOUNG Margaret		FOREVER YOUNG Carol			
7:15 am	CORE, STRENGTH & FLEX Margaret			CORE, STRENGTH & FLEX Margaret				
8:30 am	JAM & PUMP 30/30 Alejandra	POWER CIRCUIT Makayla	JAM & PUMP Haley R.	POWER CIRCUIT Hollie	JAM & PUMP 30/30 Makayla	POWER CIRCUIT Hollie	CORE FUSION Luma	
9:30 am	EXTREME BARRE Alejandra	PUMP Susan	CORE FUSION Gail	KICK & PUMP 30/30 Haley	PUMP Alejandra	EXTREME BARRE Hollie	JAM Haley R.	
10:30 am	PUMP Makayla	CORE FLEX 30/30 Mary Anne	SUSPENSION STRENGTH Carrie	CORE FLEX 30/30 Gail	SUSPENSION STRENGTH Alejandra	PUMP Megan	PUMP Deanna	
4:30 pm	POWER CIRCUIT Carol	PUMP Deanna	POWER CIRCUIT Deanna	PUMP Carol		HealthQuest Instructors are scheduled 14 days prior to the current week. Although the class format will remain the same, the scheduled instructor may change at any time without notice. We hope that you enjoy the diversity and talents of all of our certified instructors! This Schedule Updated 4/13/18		
5:30 pm	PUMP Mary Anne	EXTREME BARRE Alejandra	PUMP Megan	SUSPENSION STRENGTH Alejandra	PUMP Susan			
6:30 pm	Reserved for Spin & Pump		Reserved for Spin & Pump					
<b>CYCLE STUDIO</b>								
5:30 am		Stages Flight 45 Ginger		SPIN Deanna				
6:00 am	SPIN STRONG 45 Elizabeth		SPIN STRONG 45 Megan		Stages Flight 45 Elizabeth			
8:00 am						SPIN STRONG 45 Mary Anne		
8:30 am							POWER YAS 45/45 Mary Anne & Kathy	
9:00 am	VIDEO BEATZ 45 Brittany	POWER YAS Gail & Kathy	Stages Flight 45 Mary Anne	SPIN & POWER CORE Carrie	SPIN STRONG 45 Brittany	Stages Flight 45 Brittany		
10:00 am	SPIN & POWER CORE Gail				SPIN & POWER CORE Haley			
10:15 am		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Angelina	Stages Flight 45 Megan	
12:15 pm	Stages Flight Sonja		Stages Flight Ginger		SPIN Sonja	Stages Flight is a web-based data analysis tool, with big screen display that has the ability to integrate with mobile devices. Its functions include dynamic FTP testing allowing participants to understand their true power, custom intensity rides, GPS rides, and even some fun competition options. We also have the ability to offer video rides, movie nights and so much more!		
5:30 pm	Stages Flight 45 Elizabeth	SPIN STRONG 45 Brittany	SPIN STRONG 45 Elizabeth	SPIN & SPORT 30/30 Mary Anne	Stages Flight 45 Carrie			
6:30 pm	SPIN & PUMP Liza	Stages Flight 45 Mary Anne	SPIN & PUMP Elizabeth	VIDEO BEATZ 45 Gail				

**The HealthQuest Fitness Class Program** offers over 115 classes per week in 4 studios and 2 swimming pools. Each instructor has been carefully chosen by their skill, dynamic personality, and qualifying certifications.


**SPORT STUDIO located downstairs Schedule Updated 4/12/18**

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
5:45 am		SUNRISE BOOTCAMP Emilie		SUNRISE BOOTCAMP Mary Anne			This room is open first come first serve any hours that are not designated for class or basketball. 
9:15 am	CARDIO CONDITIONING Haley	COMBAT Mary Anne	INSANE CORE Carrie	NO LIMITS Josh	CARDIO CONDITIONING Mary Anne	NO LIMITS Elizabeth	
10:15 am		RESERVED FOR SPIN & SPORT		RESERVED FOR SPIN & SPORT		RESERVED FOR SPIN & SPORT	
5:30 pm	OPEN FOR BASKETBALL 3:00 -6:15 PM		OPEN FOR BASKETBALL 3:00 -6:15 PM	RESERVED FOR SPIN & SPORT	OPEN FOR BASKETBALL 3:00-6:15 PM	OPEN FOR BASKETBALL 11:30-1:00 PM	
6:30 pm	NO LIMITS Josh		NO LIMITS Josh				

**ENERGY STUDIO located downstairs**

6:00 am		MORNING FLOW YOGA Kelsey	HOUR OF POWER YOGA Cari	MORNING FLOW YOGA Kelsey			
8:00 am			ONE HOUR STRETCH Margaret			HOUR OF POWER YOGA Kelsey	
9:00 am	YOGA Summer	YOGA LEVEL 2 Jan	GENTLE YOGA Kellie	YOGA LEVEL 2 Elise	YOGA Jasper	ONE HOUR STRETCH (9:15) Mary Anne	GENTLE YOGA Kellie
10:30 am	GENTLE YOGA Cari		YIN YOGA Summer		RESTORATIVE YOGA Stephanie	YOGA Kellie	YOGA Stephanie
4:30 pm		GENTLE YOGA Ann		GENTLE YOGA Jan	YOGA LEVEL 2 Jan		
5:30 pm	HOUR OF POWER YOGA Kellie		YOGA Bhavana				
6:30 pm		YOGA Stephanie		YIN YOGA Elise			
7:00 pm	YOGA HOUR Kathy		RESTORATIVE YOGA Kathy				

**POOL SCHEDULE**

7:30 am		AQUA Summer		AQUA Summer		
9:00 am	AQUA Tracy		AQUA Tracy		AQUA Tracy	AQUA Carol
9:00 am Lap Pool						ADULT SWIM Bob
5:30 pm Lap Pool		ADULT SWIM Joe		ADULT SWIM Chris		
6:00 pm	AQUA Beth		AQUA Summer			

**HealthQuest Fitness Class Etiquette—**

- Arrive on time. If you must enter a classroom late, please enter quietly and set up near the rear of the room.
- Please do not enter the room to set up for a class before the prior class has ended. Spin bikes cannot be set up more than 15 minutes prior to class start and become immediately available to any participant who is on time when class begins.
- Do not bring open containers into the HealthQuest studios. Enjoy your coffee or tea in the lobby before or after class and always keep your water in a closed container.
- Perspire perspire to your heart's desire, but don't forget to wipe your sweat! Please use the clean rags and antibacterial cleaner provided in the classrooms to sanitize your equipment after use.
- Please return all of your equipment neatly to its proper closet or container.
- We ask that you give the instructor your full attention. Limit personal conversations. Cell phone use during class time is prohibited.