



# HealthQuest Group Fitness Schedule

## APRIL 9 - 15

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

**POWER STUDIO located upstairs**


	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Luma		PUMP Deanna		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 Alejandra	POWER CIRCUIT Hollie	JAM & PUMP 30/30 Makayla		POWER CIRCUIT Hollie	CORE FUSION Megan
9:30 am	EXTREME BARRE Alejandra	PUMP Gail	CORE FUSION Alejandra	KICK & PUMP 30/30 Haley	PUMP Luma		EXTREME BARRE Hollie	KICK & PUMP Susan <i>Special Today!</i>
10:30 am	PUMP Carrie	CORE FLEX 30/30 Gail	SUSPENSION STRENGTH Haley	CORE FLEX 30/30 Ginger	SUSPENSION STRENGTH Mary Anne	PUMP Deanna	PUMP Susan	
4:30 pm	POWER CIRCUIT Carol	PUMP Alejandra	POWER CIRCUIT Makayla	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 4/11/18.		
5:30 pm	PUMP Mary Anne	EXTREME BARRE Mary Anne	PUMP Megan	SUSPENSION STRENGTH Megan	PUMP Megan			
6:30 pm	Reserved for Spin & Pump		Reserved for Spin & Pump					

**CYCLE STUDIO**


5:30 am		Stages Flight 45 Megan		SPIN Deanna				
6:00 am	SPIN STRONG 45 Deanna		SPIN STRONG 45 Liza		Stages Flight 45 Mary Anne			
8:00 am						SPIN STRONG 45 Luma		
8:30 am							POWER YAS 45/45 Gail & Jasper	
9:00 am	VIDEO BEATZ 45 Brittany	POWER YAS Susan & Kathy	Stages Flight 45 Carrie	SPIN & POWER CORE Mary Anne	SPIN STRONG 45 Brittany	Stages Flight 45 Brittany		
10:00 am	SPIN & POWER CORE Haley				SPIN & POWER CORE Gail			
10:15 am		SPIN & SPORT 30/30 Carrie		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Brittany	Stages Flight 45 Elizabeth	
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 Liza	SPIN STRONG 45 Elizabeth	SPIN & SPORT 30/30 Carrie	Stages Flight 45 Elizabeth			
6:30 pm	SPIN & PUMP Mary Anne	Stages Flight 45 Elizabeth	SPIN & PUMP Mary Anne	VIDEO BEATZ 45 Mary Anne				

**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 Updated 4/11/18**

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 3	SATURDAY 14	SUNDAY 15
5:45 am		SUNRISE BOOTCAMP Emilie		SUNRISE BOOTCAMP Elizabeth			This room is open first come first serve any hours that are not designated for class or basketball. 
9:15 am	CARDIO CONDITIONING Carrie	COMBAT Haley	INSANE CORE Brittany	NO LIMITS Josh	CARDIO CONDITIONING Haley	NO LIMITS Angelina	
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 Angelina		NO LIMITS Josh				

**ENERGY STUDIO located downstairs**

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

**POOL SCHEDULE**

7:30 am		AQUA Summer		AQUA Summer			
9:00 am	AQUA Tracy		AQUA Tracy		AQUA Beth	AQUA Tracy	
9:00 am Lap Pool						ADULT SWIM Chris	
5:30 pm Lap Pool		ADULT SWIM Don		ADULT SWIM Chris	You can't cross the sea merely by standing and staring at the water. Get in and SWIM!		
6:00 pm	AQUA Beth		AQUA Beth				

**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.