






August 14-20

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

POWER STUDIO located upstairs

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Deanna		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 Carrie	PUMP Carrie	POWER CIRCUIT Makayla	JAM & PUMP 30/30 Makayla	POWER CIRCUIT Hollie	CORE FUSION Alejandra	
9:30 am	EXTREME BARRE Alejandra	PUMP Carrie	KICK & PUMP 30/30 Haley	PUMP Gail	CORE FUSION Alejandra	EXTREME BARRE Mary Anne	JAM Lauren	
10:30 am	PUMP Elizabeth	FOCUS & FLEX Ginger	SUSPENSION STRENGTH Mary Anne	FOCUS & FLEX Mary Anne	PUMP Angelina	PUMP Megan	PUMP Susan	
4:30 pm	POWER CIRCUIT Carol	PUMP Carol	POWER CIRCUIT Hollie	PUMP Hollie		<i>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 8/11/17</i>		
5:30 pm	PUMP Gail	EXTREME BARRE Alejandra	PUMP Elizabeth	SUSPENSION STRENGTH Carrie	PUMP Megan			
6:30 pm	JAM Lauren		JAM Lauren					

CYCLE STUDIO located upstairs

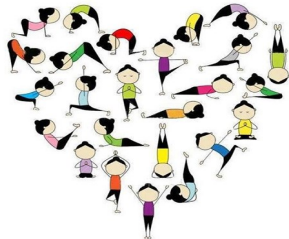
5:30 am		SPIN Elizabeth		SPIN Deanna			
6:00 am	SPIN STRONG 45 Ginger		SPIN STRONG 45 Ginger		SPIN STRONG 45 Susan		
8:00 am					SPIN STRONG 45 Gail		
9:00 am	SPIN STRONG 45 Elizabeth	POWER YAS Ginger & Kat		SPIN & POWER CORE Mary Anne	SPIN STRONG 45 Brittany	SPIN Angelina	POWER YAS Mary Anne
10:00 am	SPIN & POWER CORE Haley		SPIN & SPORT 30/30 Carrie		SPIN & POWER CORE Mary Anne		
10:15 am		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Angelina		SPIN & SPORT 30/30 Brittany	SPIN Susan
12:15 pm	SPIN Sonja		SPIN Sonja				
5:30 pm	SPIN STRONG 45 Angelina	SPIN STRONG 45 Brittany	SPIN STRONG 45 Brittany	SPIN STRONG 45 Elizabeth	SPIN & SPORT 30/30 Elizabeth		
6:30 pm	SPIN & POWER CORE Mary Anne	SPIN & SPORT 30/30 Angelina	POWER YAS Gail & Jasper	SPIN & SPORT 30/30 Carrie			

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 August 14-20 Updated 8/11/17

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
5:45 am		SUNRISE BOOTCAMP Emilie		SUNRISE BOOTCAMP Emilie			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 Angelina	INSANE CORE Brittany	NO LIMITS Josh	CARDIO CONDITIONING Haley	NO LIMITS Haley	
10:15 am		RESERVED FOR SPIN & SPORT	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		OPEN FOR BASKETBALL 3:00-5:30 PM	OPEN FOR BASKETBALL 11:30-1:00 PM	
6:30 pm	NO LIMITS Josh	RESERVED FOR SPIN & SPORT	NO LIMITS Josh	RESERVED FOR SPIN & SPORT	RESERVED FOR SPIN & SPORT 5:30		

ENERGY STUDIO located downstairs

6:00 am		MORNING FLOW YOGA Bethany	HOUR OF POWER YOGA Bethany	MORNING FLOW YOGA Bethany			
8:00 am			ONE HOUR STRETCH Mary Anne			HOUR OF POWER YOGA Jasper	
9:00 am	YOGA Jan	YOGA LEVEL 2 Jan	GENTLE YOGA Stephanie	YOGA LEVEL 2 Jan	YOGA Bhavana	ONE HOUR STRETCH (9:15) Luma	GENTLE YOGA Jasper
10:30 am	GENTLE YOGA Summer		YIN YOGA Summer		RESTORATIVE YOGA Kat	YOGA Kat	YOGA Jasper
4:30 pm		GENTLE YOGA Bhavana		GENTLE YOGA Bhavana	YOGA LEVEL 2 Jan		
5:30 pm	HOUR OF POWER YOGA Amanda		YOGA Amanda				
6:30 pm		YOGA Amanda		YOGA Stephanie			
7:00 pm	YOGA HOUR Amanda		RESTORATIVE YOGA Ann				

POOL SCHEDULE

7:30 am		AQUA Summer		AQUA Summer		
9:00 am	AQUA Tracy		AQUA Tracy		AQUA Tracy	AQUA Beth
9:00 am Lap Pool						ADULT SWIM Dania
5:30 pm Lap Pool		ADULT SWIM Don		ADULT SWIM Bob		
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.