






# August 7-13

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

## POWER STUDIO located upstairs

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Carol		PUMP Elizabeth		PUMP Deanna			
7:00 am			FOREVER YOUNG Margaret		FOREVER YOUNG Margaret			
7:15 am	CORE, STRENGTH & FLEX Carol			CORE, STRENGTH & FLEX Margaret				
8:30 am	JAM & PUMP 30/30 Alejandra	POWER CIRCUIT Marayla	PUMP Hollie	POWER CIRCUIT Hollie	JAM & PUMP 30/30 Hollie	POWER CIRCUIT Hollie	CORE FUSION LUMA	
9:30 am	EXTREME BARRE Hollie	PUMP Angelina	KICK & PUMP 30/30 Elizabeth	PUMP Mary Anne	CORE FUSION Gail	EXTREME BARRE Hollie	JAM Lauren	
10:30 am	PUMP Ines	FOCUS & FLEX Ginger	SUSPENSION STRENGTH Gail	FOCUS & FLEX Ginger	PUMP Ines	PUMP Haley	PUMP Mary Anne	
4:30 pm	POWER CIRCUIT Carrie	PUMP Carol	POWER CIRCUIT Alejandra	PUMP Alejandra		<p><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></p>		
5:30 pm	PUMP Megan	EXTREME BARRE Alejandra	PUMP Susan	SUSPENSION STRENGTH Mary Anne	PUMP Susan			
6:30 pm	JAM Lauren		JAM Lauren					

## CYCLE STUDIO located upstairs


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

**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 7-13 Updated 8/11/17**

	<b>MONDAY</b> 7	<b>TUESDAY</b> 8	<b>WEDNESDAY</b> 9	<b>THURSDAY</b> 10	<b>FRIDAY</b> 11	<b>SATURDAY</b> 12	<b>SUNDAY</b> 13
5:45 am		<b>SUNRISE BOOTCAMP</b> Mary Anne		<b>SUNRISE BOOTCAMP</b> Emilie			This room is open first come first serve any hours that are not designated for class or basketball. 
9:15 am	<b>CARDIO CONDITIONING</b> Mary Anne	<b>COMBAT</b> Mary Anne	<b>INSANE CORE</b> Haley	<b>NO LIMITS</b> Josh	<b>CARDIO CONDITIONING</b> Haley	<b>NO LIMITS</b> Elizabeth	
10:15 am		<b>RESERVED FOR SPIN &amp; SPORT</b>	<b>RESERVED FOR SPIN &amp; SPORT</b>	<b>RESERVED FOR SPIN &amp; SPORT</b>		<b>RESERVED FOR SPIN &amp; SPORT</b>	
5:30 pm	<b>OPEN FOR BASKETBALL</b> 3:00 -6:15 PM		<b>OPEN FOR BASKETBALL</b> 3:00 -6:15 PM		<b>OPEN FOR BASKETBALL</b> 3:00-5:30 PM	<b>OPEN FOR BASKETBALL</b> 11:30-1:00 PM	
6:30 pm	<b>NO LIMITS</b> Josh	<b>RESERVED FOR SPIN &amp; SPORT</b>	<b>NO LIMITS</b> Josh	<b>RESERVED FOR SPIN &amp; SPORT</b>	<b>RESERVED FOR SPIN &amp; SPORT</b> 5:30		

**ENERGY STUDIO located downstairs**

6:00 am		<b>MORNING FLOW YOGA</b> Bethany	<b>HOUR OF POWER YOGA</b> Bethany	<b>MORNING FLOW YOGA</b> Bethany			
8:00 am			<b>ONE HOUR STRETCH</b> Mary Anne			<b>HOUR OF POWER YOGA</b> Bethany	
9:00 am	<b>YOGA</b> Jan	<b>YOGA LEVEL 2</b> Jan	<b>GENTLE YOGA</b> Summer	<b>YOGA LEVEL 2</b> Jan	<b>YOGA</b> Alex	<b>ONE HOUR STRETCH (9:15)</b> Gail	<b>GENTLE YOGA</b> Jasper
10:30 am	<b>GENTLE YOGA</b> Kat		<b>YIN YOGA</b> Amanda		<b>RESTORATIVE YOGA</b> Kat	<b>YOGA</b> Jasper	<b>YOGA</b> Jasper
4:30 pm		<b>GENTLE YOGA</b> Amanda		<b>GENTLE YOGA</b> Alex	<b>YOGA LEVEL 2</b> Jan		
5:30 pm	<b>HOUR OF POWER YOGA</b> Kathy		<b>YOGA</b> Jasper				
6:30 pm		<b>YOGA</b> Amanda		<b>YOGA</b> Jasper			
7:00 pm	<b>YOGA HOUR</b> Jasper		<b>RESTORATIVE YOGA</b> Jasper				

**POOL SCHEDULE**

7:30 am		<b>AQUA</b> Summer		<b>AQUA</b> Summer			
9:00 am	<b>AQUA</b> Tracy		<b>AQUA</b> Carol		<b>AQUA</b> Beth	<b>AQUA</b> Beth	
9:00 am Lap Pool						<b>ADULT SWIM</b> Dania	
5:30 pm Lap Pool		<b>ADULT SWIM</b> Bob		<b>ADULT SWIM</b> Bob			
6:00 pm	<b>AQUA</b> Carol		<b>AQUA</b> 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.