



December 4-10

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

POWER STUDIO located upstairs								
	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Megan		PUMP Deanna		PUMP Carol			
7:00 am			FOREVER YOUNG Chair Yoga Alex		FOREVER YOUNG Carol			
7:15 am	CORE, STRENGTH & FLEX Magaret			CORE, STRENGTH & FLEX Margaret				
8:30 am	JAM & PUMP 30/30 Haley R.	POWER CIRCUIT Ines	JAM & PUMP Alejandra	POWER CIRCUIT Hollie	JAM & PUMP 30/30 Makayla	POWER CIRCUIT Hollie	CORE FUSION Luma	
9:30 am	EXTREME BARRE Myka	PUMP Myka	CORE FUSION Alejandra	KICK & PUMP 30/30 Ines	PUMP Angelina	EXTREME BARRE Hollie	JAM Haley	
10:30 am	PUMP Alejandra	CORE FLEX 30/30 Ginger	SUSPENSION STRENGTH Haley	CORE FLEX 30/30 Mary Anne	SUSPENSION STRENGTH Angelina	PUMP Gail	PUMP Susan	
4:30 pm	POWER CIRCUIT Carol	PUMP Carol	POWER CIRCUIT Carol	PUMP Erika	<p>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 12/6/17</p>			
5:30 pm	PUMP Alejandra	EXTREME BARRE Alejandra	PUMP Alejandra	SUSPENSION STRENGTH Mary Anne				PUMP Megan
6:30 pm	JAM Haley		JAM Haley					

CYCLE STUDIO Check weekly schedule for our Stages Flight and Video Spin Classes!


5:30 am		SPIN Elizabeth		SPIN Deanna			
6:00 am	SPIN STRONG 45 Deanna		SPIN STRONG 45 Elizabeth		SPIN STRONG 45 Ginger		
8:00 am						SPIN STRONG 45 Elizabeth	
9:00 am	SPIN STRONG 45 Brittany	POWER YAS Ginger & Kat	Stages Flight Elizabeth	SPIN & POWER CORE Gail	SPIN STRONG 45 Susan	Stages Flight Mary Anne	POWER YAS Susan & Elise
10:00 am	SPIN & POWER CORE Mary Anne				SPIN & POWER CORE Gail		
10:15 am		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Mary Anne	SPIN Deanna
12:15 pm	SPIN Sonja		SPIN Sonja			<p>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!</p>	
5:30 pm	Stages Flight Elizabeth & Brittany	SPIN STRONG 45 Angelina	Power YAS Mary Anne & Jasper 30/30	SPIN STRONG 45 Elizabeth	Stages Flight Mary Anne & Gail		
6:30 pm	SPIN & POWER CORE Mary Anne	Stages Flight 45 Mary Anne & 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 December 4-10 Updated 11/20/17

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
5:45 am		SUNRISE BOOTCAMP Emilie		SUNRISE BOOTCAMP Emilie			<p>This room is open first come first serve any hours that are not designated for class or basketball.</p> 
9:15 am	CARDIO CONDITIONING Haley	COMBAT Angelina	INSANE CORE Angelina	NO LIMITS Josh	CARDIO CONDITIONING Mary Anne	NO LIMITS Haley	
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		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 5:30		

ENERGY STUDIO located downstairs

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

POOL SCHEDULE

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

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.