




# February 12-18




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

## POWER STUDIO located upstairs

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Luma		PUMP Deanna		PUMP Luma			
7:00 am			FOREVER YOUNG Chair Yoga Alex		FOREVER YOUNG Margaret			
7:15 am	CORE, STRENGTH & FLEX Margaret			CORE, STRENGTH & FLEX Margaret				
8:30 am	JAM & PUMP 30/30 Mahayla	POWER CIRCUIT Myka	JAM & PUMP Alejandra	POWER CIRCUIT Mahayla	JAM & PUMP 30/30 Mahayla	POWER CIRCUIT Megan	CORE FUSION Luma	
9:30 am	EXTREME BARRE Myka	PUMP Ines	CORE FUSION Alejandra	KICK & PUMP 30/30 Haley	PUMP Myka	EXTREME BARRE Alejandra	JAM Haley	
10:30 am	PUMP Ines	CORE FLEX 30/30 Ginger	SUSPENSION STRENGTH Carrie	CORE FLEX 30/30 Gail	SUSPENSION STRENGTH Haley	PUMP Alejandra	PUMP Carrie	
4:30 pm	POWER CIRCUIT Alejandra	PUMP Carol	POWER CIRCUIT Carol	PUMP Alejandra		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 2/12/18		
5:30 pm	PUMP Megan	EXTREME BARRE Mary Anne	PUMP Gail	SUSPENSION STRENGTH Megan	PUMP Megan			
6:30 pm	Reserved for Spin & Pump	JAM Megan	Reserved for Spin & Pump	JAM Sarah				

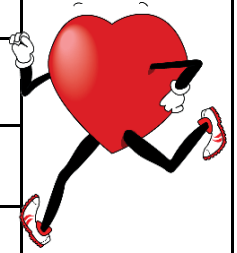
## CYCLE STUDIO

5:30 am		Stages Flight Megan		SPIN Deanna				
6:00 am	SPIN STRONG 45 Deanna		SPIN STRONG 45 Ginger		Stages Flight 45 Ginger			
8:00 am						SPIN STRONG 45 Luma		
8:30 am							POWER YAS 45/45 Jasper & Mary Anne	
9:00 am	VIDEO BEATZ 45 Mary Anne	POWER YAS Susan & Kathy	Stages Flight 45 Brittany	SPIN & POWER CORE Gail	SPIN STRONG 45 Deanna	Stages Flight Gail		
10:00 am	SPIN & POWER CORE Carrie				SPIN & POWER CORE Carrie			
10:15 am		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Mary Anne		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 Brittany	SPIN STRONG 45 Brittany	SPIN STRONG 45 Carrie	SPIN & SPORT 30/30 Carrie	Stages Flight 45 Mary Anne			
6:30 pm	SPIN & PUMP Angelina	Stages Flight 45 Carrie	SPIN & PUMP Angelina	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 February 12-18 Updated 2/12/18**

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
5:45 am		SUNRISE BOOTCAMP Mary Anne		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 Haley	COMBAT Haley	INSANE CORE Mary Anne	NO LIMITS Josh	CARDIO CONDITIONING Brittany	NO LIMITS Mary Anne	
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 Alex	HOUR OF POWER YOGA Jasper	MORNING FLOW YOGA Kelsey			
8:00 am			ONE HOUR STRETCH Mary Anne			HOUR OF POWER YOGA Kelsey	
9:00 am	YOGA Elise	YOGA LEVEL 2 Elise	GENTLE YOGA Amanda	YOGA LEVEL 2 Jan	YOGA Jasper	ONE HOUR STRETCH (9:15) Luma	GENTLE YOGA Chris
10:30 am	GENTLE YOGA Stephanie		YIN YOGA Alex		RESTORATIVE YOGA Summer	YOGA Barbara	YOGA Jasper
4:30 pm		GENTLE YOGA Bhavana		GENTLE YOGA Ann	YOGA LEVEL 2 Jan		
5:30 pm	HOUR OF POWER YOGA Amanda		YOGA Amanda				
6:30 pm		YOGA Stephanie		YIN YOGA Jasper			
7:00 pm	YOGA HOUR Kelsey		RESTORATIVE YOGA Barbara				

**POOL SCHEDULE**

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