



# HealthQuest Group Fitness Schedule

## January 15 - 21

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

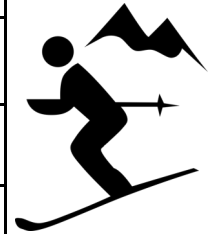
<b>POWER STUDIO located upstairs</b>								
	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Deanna		PUMP Liza		PUMP Carol			
7:00 am			FOREVER YOUNG Chair Yoga Alex		FOREVER YOUNG Carol			
7:15 am	CORE, STRENGTH & FLEX Mary Anne			CORE, STRENGTH & FLEX Mary Anne				
8:30 am	JAM & PUMP 30/30 Alejandra	POWER CIRCUIT Makayla	JAM & PUMP 30/30 Alejandra	POWER CIRCUIT Hollie	JAM & PUMP 30/30 Makayla	POWER CIRCUIT Hollie	CORE FUSION Megan	
9:30 am	EXTREME BARRE Alejandra	PUMP Ines	CORE FUSION Alejandra	KICK & PUMP 30/30 Ines	PUMP Haley	EXTREME BARRE Hollie	JAM Sarah	
10:30 am	PUMP Myka	CORE FLEX 30/30 Mary Anne	SUSPENSION STRENGTH Haley	CORE FLEX 30/30 Gail	SUSPENSION STRENGTH Myka	PUMP Susan	PUMP Deanna	
4:30 pm	POWER CIRCUIT Carol	PUMP Carol	POWER CIRCUIT Carol	PUMP Erika	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 1/21/18.			
5:30 pm	PUMP Megan	EXTREME BARRE Alejandra	PUMP Megan	SUSPENSION STRENGTH Carrie				PUMP Deanna
6:30 pm	Reserved for Spin & Pump	JAM Starts Next Week	Reserved for Spin & Pump	JAM Starts Next Week				

<b>CYCLE STUDIO</b>							
5:30 am		Stages Flight Megan		SPIN Deanna			
6:00 am	SPIN STRONG 45 Ginger		SPIN STRONG 45 Deanna		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 Mary Anne	POWER YAS Angelina & Kathy	Stages Flight Brittany	SPIN & POWER CORE Mary Anne	SPIN STRONG 45 Susan	Stages Flight Brittany	
10:00 am	SPIN & POWER CORE Carrie				SPIN & POWER CORE Angelina		
10:15 am		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Carrie	Stages Flight Susan
12:15 pm	Stages Flight Sonja		Stages Flight Sonja		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 Angelina	SPIN & SPORT 30/30 Brittany	Stages Flight 45 Brittany		
6:30 pm	SPIN & PUMP Carrie	Stages Flight 45 Megan	SPIN & PUMP Gail	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 1/11/18**

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
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 Haley	COMBAT Mary Anne	INSANE CORE Mary Anne	NO LIMITS Josh	CARDIO CONDITIONING Brittany	NO LIMITS Carrie	
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 3:00-5:30 PM	OPEN FOR BASKETBALL 11:30-1:00 PM	
6:30 pm	NO LIMITS Josh		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 Summer	YOGA LEVEL 2 Elise	GENTLE YOGA Summer	YOGA LEVEL 2 Jan	YOGA Alex	ONE HOUR STRETCH (9:15) Luma	GENTLE YOGA Chris
10:30 am	GENTLE YOGA Jan		YIN YOGA Alex		RESTORATIVE YOGA Summer	YOGA Chris	YOGA Jasper
4:30 pm		GENTLE YOGA Bhavana		GENTLE YOGA Bhavana	YOGA LEVEL 2 Jan		
5:30 pm	HOUR OF POWER YOGA Elise		YOGA Jasper				
6:30 pm		YOGA Stephanie		YIN YOGA Elise			
7:00 pm	YOGA HOUR Kathy		RESTORATIVE YOGA Stephanie				

**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 Chris	
5:30 pm Lap Pool		ADULT SWIM Bob		ADULT SWIM Dania			
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.