




# June 11-17 Summer ShakeUp

June changes highlighted for your convenience

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

## POWER STUDIO located upstairs


	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17		
5:45 am	ABS		ABS		ABS				
6:00 am	PUMP Luma		PUMP Megan		PUMP Carol				
7:00 am			FOREVER YOUNG Alex Chair Yoga		FOREVER YOUNG Carol				
7:15 am	CORE, STRENGTH & FLEX Margaret			CORE, STRENGTH & FLEX Susan					
8:30 am	JAM & PUMP 30/30 Haley R.	POWER CIRCUIT Myra	JAM & PUMP 30/30 Haley R.	POWER CIRCUIT Susan	<b>Special Today!</b> KICK & PUMP Susan			POWER CIRCUIT Megan	CORE FUSION Luma
9:30 am	KICK & PUMP Ines	PUMP Myra	KICK & PUMP Ines	EXTREME BARRE Gail	PUMP Luma			EXTREME BARRE Gail	JAM Haley R.
10:30 am	PUMP Myra	Intro to Aerial Yoga Summer	CORE FUSION Gail	ROTATE & REJUVENATE Josh	SUSPENSION STRENGTH Carrie	PUMP Susan	PUMP Susan		
4:30 pm	POWER CIRCUIT Carrie	PUMP Carol	POWER CIRCUIT Carol	PUMP Carol		<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 6.11.18</p>			
5:30 pm	PUMP Carrie	EXTREME BARRE Megan	PUMP Carrie	Intro to Aerial Yoga Summer	PUMP Megan				
6:30 pm		Reserved for Spin & Pump		Reserved for Spin & Pump					

## CYCLE STUDIO


5:30 am		Stages Flight 45 Megan		SPIN Megan			
6:00 am	SPIN STRONG 45 Ginger		SPIN STRONG 45 Ginger		Stages Flight 45 Megan		
8:00 am						SPIN STRONG 45 Luma	
8:30 am							POWER YAS 45/45 Gail & Jasper Video Spin and Yoga by the Pool
9:00 am	VIDEO BEATZ 45 Gail	POWER YAS Susan & Kellie	Stages Flight 45 Brittany	SPIN & POWER CORE Ginger	UPPER BODY SPIN CIRCUIT w/ Brittany	Stages Flight 45 Susan	
10:00 am	SPIN & POWER CORE Ginger		UPPER BODY SPIN CIRCUIT Brittany				
10:15 am							
12:15 pm	Stages Flight 45 Sonja		Stages Flight Sonja				
5:30 pm	Stages Flight 45 Brittany	SPIN STRONG Brittany	6:00-7:00 VIDEO BEATZ Gail	Stages Flight 45 Carrie			
6:30 pm	VIDEO ROAD RIDE Virtual Instruction	SPIN & PUMP 30/30 Carrie		SPIN & PUMP 30/30 Carrie			

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!

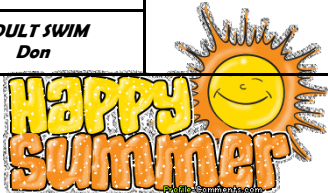
**SPORT STUDIO located downstairs June 11-17 Updated 6/8/18**

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
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 Brittany		TRX CIRCUIT Carrie	NO LIMITS Josh	TRX CIRCUIT Carrie	NO LIMITS Carrie	
10:15 am						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 3:00-6:15 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 Kelsey	Wild WeDNeSdAy FLOW Jasper	MORNING FLOW YOGA Cari	freaky Friday flow Jasper		
8:00 am			ONE HOUR STRETCH Luma				
9:00 am	YOGA Jan	YOGA LEVEL 2 Jasper	SAY Alex	YOGA LEVEL 2 Jan	YOGA Summer	ONE HOUR STRETCH (9:15) Luma	GENTLE YOGA Chris
10:30 am	GENTLE YOGA Ann		YIN YOGA Jasper		RESTORATIVE YOGA Ann	YOGA Stephanie	YOGA Kellie
4:30 pm		GENTLE YOGA Bhavana		GENTLE YOGA Alex	YOGA LEVEL 2 Jan		
5:30 pm	HOUR OF POWER YOGA Kellie		YOGA Summer				
6:30 pm		YOGA Cari		YIN YOGA Stephanie			
7:00 pm	YOGA HOUR Cari						

**POOL SCHEDULE**

5:45 am Lap Pool			HIIT THE DECK W/ EMILIE				
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 Don	
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.