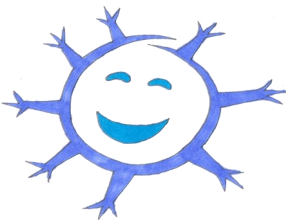





January 8-14 2018

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

POWER STUDIO located upstairs

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Megan		PUMP Liza		PUMP Deanna			
7:00 am			FOREVER YOUNG Margaret		FOREVER YOUNG Chair Yoga Alex			
7:15 am	CORE, STRENGTH & FLEX Margaret			CORE, STRENGTH & FLEX Margaret				
8:30 am	JAM & PUMP 30/30 Makayla	POWER CIRCUIT Myka	JAM & PUMP Alejandra	POWER CIRCUIT Hollie	JAM & PUMP 30/30 Alejandra	POWER CIRCUIT Hollie	CORE FUSION Gail	
9:30 am	EXTREME BARRE Myka	PUMP Mary Anne	CORE FUSION Mary Anne	KICK & PUMP 30/30 Haley	PUMP Susan	EXTREME BARRE Hollie	JAM Haley R.	
10:30 am	PUMP Alejandra	CORE FLEX 30/30 Ginger	SUSPENSION STRENGTH Mary Anne	CORE FLEX 30/30 Mary Anne	SUSPENSION STRENGTH Haley	PUMP Haley	PUMP Elizabeth	
4:30 pm	POWER CIRCUIT Carol	PUMP Carol	POWER CIRCUIT Carol	PUMP Alejandra	<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 01/05/2017</p>			
5:30 pm	PUMP Liza	EXTREME BARRE Mary Anne	PUMP Megan	SUSPENSION STRENGTH Mary Anne				PUMP Megan
6:30 pm	JAM Haley R.		JAM Haley R.					

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


5:30 am		Stages Flight Elizabeth		SPIN Elizabeth			
6:00 am	SPIN STRONG 45 Mary Anne		SPIN STRONG 45 Deanna		SPIN STRONG 45 Emilie		
8:00 am						SPIN STRONG 45 Deanna	
9:00 am	SPIN STRONG 45 Angelina	POWER YAS Gail & Kat	Stages Flight Elizabeth	SPIN & POWER CORE Gail	SPIN STRONG 45 Brittany	Stages Flight Susan	POWER YAS 45/45 Mary Anne & Kathy
10:00 am	SPIN & POWER CORE Gail				SPIN & POWER CORE Angelina		
10:15 am		SPIN & SPORT 30/30 Angelina		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Elizabeth	
12:15 pm	Stages Flight Ginger		Stages Flight Ginger			<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 45 Brittany	SPIN STRONG 45 Brittany	POWER YAS 45/45 Gail & Jasper	SPIN STRONG 45 Angelina	Stages Flight 45 Gail		
6:30 pm	SPIN & POWER CORE Deanna	Stages Flight 45 Megan					

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 January 8-14 Updated 12/26/17

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
5:45 am		SUNRISE BOOTCAMP Emilie		SUNRISE BOOTCAMP Megan			<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 Haley	INSANE CORE Brittany	NO LIMITS Josh	CARDIO CONDITIONING Mary Anne	NO LIMITS Brittany	
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		NO LIMITS Josh				

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 Margaret			HOUR OF POWER YOGA Elise	
9:00 am	YOGA Summer	YOGA LEVEL 2 Jan	GENTLE YOGA Summer	YOGA LEVEL 2 Jan	YOGA Alex	ONE HOUR STRETCH (9:15) Luma	GENTLE YOGA Jasper
10:30 am	GENTLE YOGA Barbara		YIN YOGA Kathy		RESTORATIVE YOGA Stephanie	YOGA Barbara	YOGA Jasper
4:30 pm		GENTLE YOGA Barbara		GENTLE YOGA Alex	YOGA LEVEL 2 Jan		
5:30 pm	HOUR OF POWER YOGA Elise		YOGA Bhavana				
6:30 pm		YOGA Stephanie		YIN YOGA Summer			
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 Carol	
9:00 am Lap Pool					ADULT SWIM Dania	
5:30 pm Lap Pool		ADULT SWIM Don		ADULT SWIM Joe		
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.