



HealthQuest Group Fitness Schedule

May 14 - 20

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

POWER STUDIO located upstairs								
	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Luma		PUMP Elizabeth		PUMP Deanna			
7:00 am			FOREVER YOUNG Margaret		FOREVER YOUNG Chair Yoga Alex			
7:15 am	CORE, STRENGTH & FLEX Margaret			CORE, STRENGTH & FLEX Mary Anne				
8:30 am	JAM & PUMP 30/30 Haley R.	POWER CIRCUIT Makayla	JAM & PUMP Alejandra	POWER CIRCUIT Hollie	JAM & PUMP 30/30 Alejandra		POWER CIRCUIT Megan	CORE FUSION Luma
9:30 am	EXTREME BARRE Makayla	PUMP Mary Anne	CORE FUSION Alejandra	KICK & PUMP 30/30 Ines	PUMP Mary Anne		EXTREME BARRE Alejandra	JAM Haley R.
10:30 am	PUMP Ines	CORE FLEX 30/30 Gail	SUSPENSION STRENGTH Carrie	CORE FLEX 30/30 Mary Anne	SUSPENSION STRENGTH Myka	PUMP Susan	PUMP Deanna	
4:30 pm	POWER CIRCUIT Carol	PUMP Deanna	POWER CIRCUIT Carol	PUMP Carol		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 5/14/18		
5:30 pm	PUMP Gail	EXTREME BARRE Alejandra	PUMP Megan	SUSPENSION STRENGTH Mary Anne	PUMP Susan			
6:30 pm	Reserved for Spin & Pump		Reserved for Spin & Pump					
CYCLE STUDIO								
5:30 am		Stages Flight 45 Carrie		SPIN Deanna				
6:00 am	SPIN STRONG 45 Carrie		SPIN STRONG 45 Deanna		Stages Flight 45 Megan			
8:00 am						SPIN STRONG 45 Mary Anne	Special Class! POWER YAS BY THE POOL! 45/45 Mary Anne & Jasper	
8:30 am								
9:00 am	VIDEO BEATZ 45 Gail	POWER YAS Gail & Jasper	Stages Flight 45 Carrie	SPIN & POWER CORE Haley	SPIN STRONG 45 Brittany	Stages Flight 45 Susan		
10:00 am	SPIN & POWER CORE Haley				SPIN & POWER CORE Gail			
10:15 am		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Brittany	Stages Flight 45 Megan	
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 Mary Anne	SPIN STRONG 45 Elizabeth	SPIN STRONG 45 Brittany	SPIN & SPORT 30/30 Carrie	Stages Flight 45 Elizabeth			
6:30 pm	SPIN & PUMP Megan	Stages Flight 45 Carrie	SPIN & PUMP Elizabeth	VIDEO BEATZ 45 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 Schedule Updated 5/10/18

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
5:45 am		SUNRISE BOOTCAMP Mary Anne		SUNRISE BOOTCAMP Mary Anne			This room is open first come first serve any hours that are not designated for class or basketball.
9:15 am	CARDIO CONDITIONING Carrie	COMBAT Haley	INSANE CORE Mary Anne	NO LIMITS Josh	CARDIO CONDITIONING Haley	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	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 Kelsey	HOUR OF POWER YOGA Kelsey	MORNING FLOW YOGA Alex			
8:00 am			ONE HOUR STRETCH Margaret			HOUR OF POWER YOGA Kellie	
9:00 am	YOGA Jan	YOGA LEVEL 2 Jan	GENTLE YOGA Kellie	YOGA LEVEL 2 Elise	YOGA Summer	ONE HOUR STRETCH (9:15) Mary Anne	GENTLE YOGA Alex
10:30 am	GENTLE YOGA Kellie		YIN YOGA Stephanie		RESTORATIVE YOGA Summer	YOGA Alex	YOGA Stephanie
4:30 pm		GENTLE YOGA Bhavana		GENTLE YOGA Cari	YOGA LEVEL 2 Jan		
5:30 pm	HOUR OF POWER YOGA Elise		YOGA Jasper				
6:30 pm		YOGA Stephanie		YIN YOGA Kathy			
7:00 pm	YOGA HOUR Jasper		RESTORATIVE YOGA Ann				

POOL SCHEDULE

7:30 am		AQUA Summer		AQUA Summer		
9:00 am	AQUA Tracy		AQUA Tracy		AQUA Tracy	AQUA Carol
9:00 am Lap Pool						ADULT SWIM Chris
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.