



March 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 Megan		PUMP Mary Anne		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 Mahayla	POWER CIRCUIT Ines	JAM & PUMP Alejandra	POWER CIRCUIT Hollie	JAM & PUMP 30/30 Alejandra	POWER CIRCUIT Hollie	CORE FUSION Megan
9:30 am	EXTREME BARRE Myka	PUMP Ines	CORE FUSION Alejandra	KICK & PUMP 30/30 Susan	PUMP Alejandra	EXTREME BARRE Hollie	JAM Haley R.
10:30 am	PUMP Haley	CORE FLEX 30/30 Mary Anne	SUSPENSION STRENGTH Carrie	CORE FLEX 30/30 Ginger	SUSPENSION STRENGTH Myka	PUMP Carrie	PUMP Angelina
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! Updated 3/9/18</p>	
5:30 pm	PUMP Alejandra	EXTREME BARRE Alejandra	PUMP Mary Anne	SUSPENSION STRENGTH Mary Anne	PUMP Carrie		
6:30 pm	Reserved for Spin & Pump		Reserved for Spin & Pump				

CYCLE STUDIO


5:30 am		Stages Flight Mary Anne		SPIN Deanna				
6:00 am	SPIN STRONG 45 Deanna		SPIN STRONG 45 Liza		Stages Flight 45 Megan			
8:00 am						SPIN STRONG 45 Gail		
8:30 am							POWER YAS 45/45 Gail & Jasper	
9:00 am	VIDEO BEATZ 45 Brittany	POWER YAS Susan & Elise	Stages Flight 45 Elizabeth	SPIN & POWER CORE Mary Anne	SPIN STRONG 45 Deanna	Stages Flight Mary Anne		
10:00 am	SPIN & POWER CORE Mary Anne				SPIN & POWER CORE Mary Anne			
10:15 am		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Angelina	Stages Flight 45 Elizabeth	
12:15 pm	Stages Flight Ginger		Stages Flight Sonja		SPIN Sonja	<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 Mary Anne	SPIN STRONG 45 Elizabeth	SPIN STRONG 45 Brittany	SPIN & SPORT 30/30 Elizabeth	<p>Friday Night Special 5:30 pm DJ SPIN ADAMBOMB & Elizabeth</p>			
6:30 pm	SPIN & PUMP Liza	Stages Flight 45 Megan	SPIN & PUMP Carrie	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 March 12-18 Updated 3/9/18

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

POOL SCHEDULE

7:30 am		AQUA Summer		AQUA Summer			
9:00 am	AQUA Tracy		AQUA Tracy		AQUA Beth	AQUA Carol	
9:00 am Lap Pool						ADULT SWIM Bob	
5:30 pm Lap Pool		ADULT SWIM Bob		ADULT SWIM Chris			
6:00 pm	AQUA Tracy		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.