




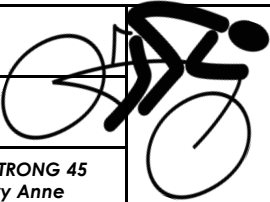
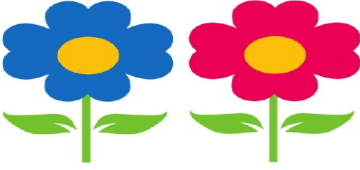
May 15-21

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

POWER STUDIO located upstairs

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
5:45 am	ABS		ABS		ABS		
6:00 am	POWER SCULPT Megan		POWER SCULPT Megan		POWER SCULPT Alejandra		
7:00 am			FOREVER YOUNG Margaret		FOREVER YOUNG Chair Yoga Alex		
7:15 am	FIT BALL Margaret			FIT BALL Margaret			
8:30 am	CARDIO DANCE Alejandra	POWER CIRCUIT Carrie	CARDIO DANCE Alejandra	POWER CIRCUIT Carrie	CARDIO DANCE Lauren	POWER CIRCUIT Ines	CORE FUSION Luma
9:30 am	CORE FUSION Alejandra	POWER SCULPT Myka	EXTREME BARRE Alejandra	POWER SCULPT Ines	CORE FUSION Myka	EXTREME BARRE Myka	JAM Lauren
10:30 am	POWER SCULPT Carrie	FOCUS & FLEX Celeste	POWER SCULPT Erika	FOCUS & FLEX Mary Anne	POWER SCULPT Deanna	POWER SCULPT Luma	POWER SCULPT Deanna
4:30 pm	POWER CIRCUIT Carol	POWER SCULPT Alejandra	POWER CIRCUIT Carol	POWER SCULPT 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 5/17/17</p>	
5:30 pm	POWER SCULPT Erika	CORE FUSION Gail	POWER SCULPT Elizabeth	CORE FUSION Megan	POWER SCULPT Megan		
6:30 pm	JAM Lauren		JAM Lauren				

CYCLE STUDIO located upstairs

5:30 am		SPIN Deanna		SPIN Carrie			
6:00 am	SPIN STRONG 45 Elizabeth		SPIN STRONG 45 Deanna		SPIN STRONG 45 Susan		
8:00 am					SPIN STRONG 45 Mary Anne		
9:00 am	SPIN STRONG 45 Haley	POWER YAS Mary Anne & Jasper		SPIN & POWER CORE Mary Anne	SPIN STRONG 45 Brittany	SPIN Elizabeth	POWER YAS Gail & Jasper
10:00 am	SPIN & POWER CORE Gail		SPIN & SPORT 30/30 Carrie		SPIN & POWER CORE Gail		
10:15 am		SPIN & SPORT 30/30 Brittany		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Carrie	SPIN Susan
12:15 pm	SPIN Sonja		SPIN Sonja				
5:30 pm	SPIN STRONG 45 Elizabeth	SPIN STRONG 45 Elizabeth	SPIN STRONG 45 Brittany	SPIN STRONG 45 Brittany	SPIN & SPORT 30/30 Gail		
6:30 pm	SPIN & POWER CORE Carrie	SPIN & SPORT 30/30 Carrie	POWER YAS Gail & Amanda	SPIN & SPORT 30/30 Britt B			

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 May 15– 21 Updated 5/18/17

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
5:45 am		SUNRISE BOOTCAMP Mary Anne		SUNRISE BOOTCAMP Elizabeth			This room is open first come first serve any hours that are not designated for class or basketball.
9:15 am	CARDIO CONDITIONING Mary Anne	KICK Ines	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		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	RESERVED FOR SPIN & SPORT	NO LIMITS Josh	RESERVED FOR SPIN & SPORT	RESERVED FOR SPIN & SPORT 5:30		



ENERGY STUDIO located downstairs

6:00 am		MORNING FLOW YOGA Jasper	HOUR OF POWER YOGA Kathy	MORNING FLOW YOGA Alex			
8:00 am			ONE HOUR STRETCH Margaret			HOUR OF POWER YOGA Chris	
9:00 am	YOGA Jan	YOGA LEVEL 2 Jan	GENTLE YOGA Alex	YOGA LEVEL 2 Kathy	YOGA Kathy	ONE HOUR STRETCH (9:15) Mary Anne	GENTLE YOGA Ashley
10:30 am	GENTLE YOGA Ann		YIN YOGA Stephanie		RESTORATIVE YOGA Summer	YOGA Jasper	YOGA Chris
4:30 pm		GENTLE YOGA Ann		GENTLE YOGA Summer	YOGA LEVEL 2 Jan		
5:30 pm	HOUR OF POWER YOGA Kathy		YOGA Bhavana				
6:30 pm		YOGA Amanda		YOGA Stephanie			
7:00 pm	YOGA Jasper		RESTORATIVE YOGA Stephanie				

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 Joe	
5:30 pm Lap Pool		ADULT SWIM Bob		ADULT SWIM Chris			
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 pro-