






May 22-28

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

POWER STUDIO located upstairs

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28	
5:45 am	ABS		ABS		ABS			
6:00 am	POWER SCULPT Megan		POWER SCULPT Deanna		POWER SCULPT Carol			
7:00 am			FOREVER YOUNG Margaret		FOREVER YOUNG Carol			
7:15 am	FIT BALL Margaret	New Class!		FIT BALL Margaret				
8:30 am	JAM & PUMP 30/30 Myka	POWER CIRCUIT Carrie	CARDIO DANCE Alejandra	POWER CIRCUIT Ines	CARDIO DANCE Lauren	POWER CIRCUIT Carol	CORE FUSION Megan	
9:30 am	CORE FUSION Gail	POWER SCULPT Mary Anne	EXTREME BARRE Myka	POWER SCULPT Myka	CORE FUSION Alejandra	EXTREME BARRE Alejandra	JAM Lauren	
10:30 am	POWER SCULPT Carrie	FOCUS & FLEX Ginger	POWER SCULPT Erika	FOCUS & FLEX Gail	POWER SCULPT Deanna	POWER SCULPT Deanna	POWER SCULPT Susan	
4:30 pm	POWER CIRCUIT Gail	POWER SCULPT Alejandra	POWER CIRCUIT Elizabeth	POWER SCULPT Erika		<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 5/19/17</p>		
5:30 pm	POWER SCULPT Mary Anne	CORE FUSION Megan	POWER SCULPT Megan	CORE FUSION Elizabeth	POWER SCULPT Megan			
6:30 pm	JAM Lauren		JAM Lauren					

CYCLE STUDIO located upstairs

5:30 am		SPIN Ginger		SPIN Deanna			
6:00 am	SPIN STRONG 45 Deanna		SPIN STRONG 45 Natalie		SPIN STRONG 45 Susan		
8:00 am						SPIN STRONG 45 Mary Anne	
9:00 am	SPIN STRONG 45 Ginger	POWER YAS Gail & Ashley		SPIN & POWER CORE Carrie	SPIN STRONG 45 Brittany	SPIN Susan	POWER YAS Mary Anne & Chris
10:00 am	SPIN & POWER CORE Haley		SPIN & SPORT 30/30 Brittany		SPIN & POWER CORE Gail		
10:15 am		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Carrie	SPIN Elizabeth
12:15 pm	SPIN Sonja		SPIN Sonja				
5:30 pm	SPIN STRONG 45 Brittany	SPIN STRONG 45 Deanna	SPIN STRONG 45 Elizabeth	SPIN STRONG 45 Mary Anne	SPIN & SPORT 30/30 Mary Anne		
6:30 pm	SPIN & POWER CORE Mary Anne	SPIN & SPORT 30/30 Natalie	POWER YAS Gail & Chris	SPIN & SPORT 30/30 Natalie			

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 22-28 Updated 5/19/17

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
5:45 am		SUNRISE BOOTCAMP Elizabeth		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	KICK Ines	INSANE CORE Mary Anne	NO LIMITS Josh	CARDIO CONDITIONING Carrie	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 Kathy	HOUR OF POWER YOGA Summer	MORNING FLOW YOGA Ashley			
8:00 am			ONE HOUR STRETCH Margaret			HOUR OF POWER YOGA Jasper	
9:00 am	YOGA Stephanie	YOGA LEVEL 2 Jan	GENTLE YOGA Alex	YOGA LEVEL 2 Jan	YOGA Summer	ONE HOUR STRETCH (9:15) Mary Anne	GENTLE YOGA Alex
10:30 am	GENTLE YOGA Summer		YIN YOGA Kathy		RESTORATIVE YOGA Stephanie	YOGA Jasper	YOGA Jasper
4:30 pm		GENTLE YOGA Alex		GENTLE YOGA Bhavana	YOGA LEVEL 2 Jan		
5:30 pm	HOUR OF POWER YOGA Kathy		YOGA Bhavana				
6:30 pm		YOGA Amanda		YOGA Chris			
7:00 pm	YOGA Stephanie		RESTORATIVE YOGA Ann				

POOL SCHEDULE

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 Bob	
5:30 pm Lap Pool		ADULT SWIM Joe		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-