



HealthQuest Group Fitness Schedule November 13-19

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

POWER STUDIO located upstairs								
	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19	
5:45 am	ABS		ABS		ABS			
6:00 am	PUMP Mary Anne		PUMP Megan		PUMP Carol			
7:00 am			FOREVER YOUNG Margaret		FOREVER YOUNG Carol			
7:15 am	CORE, STRENGTH & FLEX Mary Anne			CORE, STRENGTH & FLEX Margaret				
8:30 am	JAM & PUMP 30/30 Alejandra	POWER CIRCUIT Makayla	JAM & PUMP Alejandra	POWER CIRCUIT Hollie	JAM & PUMP 30/30 Alejandra	POWER CIRCUIT Hollie	CORE FUSION Megan	
9:30 am	EXTREME BARRE Alejandra	PUMP Elizabeth	CORE FUSION Alejandra	KICK & PUMP 30/30 Angelina	PUMP Deanna	EXTREME BARRE Hollie	JAM Lauren	
10:30 am	PUMP Erika	CORE FLEX 30/30 Ginger	SUSPENSION STRENGTH Haley	CORE FLEX 30/30 Mary Anne	SUSPENSION STRENGTH Mary Anne	PUMP Angelina	PUMP Deanna	
4:30 pm	POWER CIRCUIT Carol	PUMP Alejandra	POWER CIRCUIT Carol	PUMP Elizabeth	<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 11/11/17</p>			
5:30 pm	PUMP Megan	EXTREME BARRE Mary Anne	PUMP Deanna	SUSPENSION STRENGTH Angelina				PUMP Erika
6:30 pm	JAM Lauren		JAM Lauren					

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

5:30 am		Stages Flight Mary Anne & Elizabeth		SPIN Deanna			
6:00 am	SPIN STRONG 45 Deanna		SPIN STRONG 45 Deanna		SPIN STRONG 45 Elizabeth		
8:00 am					SPIN STRONG 45 Mary Anne		
9:00 am	SPIN STRONG 45 Angelina	POWER YAS Ines & Jasper	Stages Flight Elizabeth	SPIN & POWER CORE Mary Anne	SPIN STRONG 45 Susan	Stages Flight Susan & Mary Anne	POWER YAS Susan & Chris
10:00 am	SPIN & POWER CORE Gail				SPIN & POWER CORE Susan		
10:15 am		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Haley		SPIN & SPORT 30/30 Elizabeth	Stages Flight Mary Anne & Susan
12:15 pm	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,</p>	
5:30 pm	Stages Flight 45 Mary Anne & Gail	SPIN STRONG 45 Angelina	Stages Flight 45 Gail & Mary Anne	SPIN STRONG 45 Elizabeth	Stages Flight Mary Anne & Megan		
6:30 pm	SPIN & POWER CORE Megan	SPIN & SPORT 30/30 Megan	POWER YAS Gail & Elise				

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 November 13-17 Updated 11/8/17

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
5:45 am		SUNRISE BOOTCAMP Emilie		SUNRISE BOOTCAMP Emilie			<p><i>This room is open first come first serve any hours that are not designated for class or basketball.</i></p> 
9:15 am	CARDIO CONDITIONING Haley	COMBAT Angelina	INSANE CORE Angelina	NO LIMITS Josh	CARDIO CONDITIONING Haley	NO LIMITS Elizabeth	
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 5:30		

ENERGY STUDIO located downstairs

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



POOL SCHEDULE

7:30 am		AQUA Summer		AQUA Tracy			
9:00 am	AQUA Tracy		AQUA Tracy		AQUA Tracy	AQUA Carol	
9:00 am Lap Pool						ADULT SWIM Don	
5:30 pm Lap Pool		ADULT SWIM Dania		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.