

GROUP FITNESS CLASSES

HEALTHQUEST



APRIL 29 - MAY 5

PARTICIPANTS MUST REGISTER FOR CLASS WHEN CHECKING-IN TO THE FACILITY. ONLINE AND PHONE-IN REGISTRATION NOT AVAILABLE.

29
MONDAY

30
TUESDAY

1
WEDNESDAY

2
THURSDAY

3
FRIDAY

4
SATURDAY

5
SUNDAY

POWER STUDIO UPSTAIRS

To access HQ@HOME VIDEO CLASSES visit napahealthquest.com

5:45AM	ABS		ABS				
6:00AM	PUMP Luma		PUMP Carol		YOGA - Sculpt KELLIE		
7:00AM		FOREVER YOUNG Kellie		FOREVER YOUNG Kellie	FOREVER YOUNG Luma		
8:30AM	POWER CIRCUIT Hollie	JAM Margarita	KICK & CORE Hollie	JAM Margarita	POWER CIRCUIT Alejandra	BARRE Erika	CORE FUSION Carol
9:30AM	PUMP Myka	BARRE Hollie	PUMP Susan	BARRE Megan	TRX CIRCUIT 60 Megan	PUMP Alejandra	YOGA - Sculpt KELLIE
10:30AM		PUMP Megan		ROTATE & REJUVENATE Josh			
4:30PM	PUMP Carol	POWER CIRCUIT Anna	PUMP Erika				
5:30PM	TRX CIRCUIT 45 Nicole	PUMP Carol	CORE FUSION Erika	PUMP Carol			
6:30PM	JAM Cat		JAM Jeff				

CYCLE STUDIO UPSTAIRS - CHECK IN/RESERVE BIKE

6:00AM	POP-UP! STAGES Elizabeth		SPIN STRONG Mike		VIDEO BEATZ Mary Anne		
8:00 AM						SPIN STRONG 45 Elizabeth	
8:30 AM		SPIN STRONG 45 Susan	POP-UP! STAGES Mary Anne	SPIN STRONG 45 Teagan			
9:00 AM					SPIN & COMBAT Myka		SPIN STRONG 45 Liz
5:30PM	SPIN STRONG 45 Sam	VIDEO BEATZ 45 Angela	SPIN STRONG 45 Megan	SPIN & CORE Anna			

ENERGY STUDIO DOWNSTAIRS

6:00AM		YOGA -All Levels KELLIE		YOGA -All Levels KELLIE			
9:00AM	YOGA - All Levels KAT	YOGA - Vinyasa Soundbath SUMMER	YOGA - All Levels KAT	YOGA - All Levels WENDY	YOGA - All Levels JAN	STRETCH Elizabeth	
10:30AM	YOGA - Gentle KAT	YOGA - Gentle SUMMER	YOGA - YIN KAT	YOGA - Gentle SARA	YOGA - Gentle WENDY	YOGA - All Levels JENNA	YOGA - All Levels LINDSEY
4:30PM		PopUp - Pranalini KAT		YOGA - Gentle WENDY			
5:30PM	STRONG FLOW - KELLY		HAPPY HOUR FLOW AL - SUMMER				
6:00PM		YOGA - All Levels LINDSEY		YOGA - All Levels LINDSEY			
7:00PM	YOGA - YIN STEPHANIE		YOGA - Restorative STEPHANIE				

SPORT STUDIO DOWNSTAIRS

5:45 AM		BOOT CAMP Ashley		BOOT CAMP Teagan			
9:00 AM	BOOT CAMP Mary Anne				RESERVED FOR SPIN & COMBAT 9:30-10:00	BOOT CAMP Mary Anne	
5:30 PM	H.E.A.T. Angela		H.E.A.T. Elizabeth				