



2010 HEALTHQUEST FITNESS SCHEDULE

3175 California Blvd. Napa CA

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napahealthquest.com

APRIL 5-11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM STUDIO 1	ABS	ABS	ABS	ABS	ABS		
6:00 AM STUDIO 1	SPIN KATELYN	SPIN MIKE	SPIN CELESTE	SPIN MIKE	SPIN LUMA		
6:00 AM STUDIO 2	CORE FUSION MEGGAN	POWER SCULPT DEANNA	POWER CIRCUIT KATELYN	POWER SCULPT CELESTE	POWER CIRCUIT KATELYN		
7:00 AM STUDIO 2	NEVER TOO OLD SCOTT				NEVER TOO OLD MARGARET		
8:00 AM STUDIO 1	FIT BALL MARGARET				FIT BALL MARGARET	STEP HOLLIE	
8:00 AM STUDIO 2		YOGA BARBARA		YOGA BARBARA			
8:30 AM STUDIO 1	CARDIO DANCE LANA	STEP MARY ANNE	CARDIO DANCE LANA	STEP HOLLIE	CARDIO DANCE LANA		CORE FUSION MARGARET
8:30 AM STUDIO 2							
9:15 AM STUDIO 1						EXTREME BARRE HOLLIE	SPIN KATELYN
9:15 AM STUDIO 2	KICK TERESA		KICK TERESA		KICK TERESA		
9:30 AM STUDIO 1	CORE FUSION MARY ANNE	CYCLE CORE MEGGAN	CORE FUSION KARA	CYCLE CORE KARA	CORE FUSION KARA		
9:30 AM STUDIO 2		POWER SCULPT KARA		POWER SCULPT CAROL		POWER SCULPT INES	CARDIO DANCE LANA
10:30 AM STUDIO 1	POWER SCULPT MEGGAN	SPIN SUSAN	EXTREME BARRE MARY ANNE	SPIN SUSAN	POWER SCULPT INES	SPIN ANGELINA	EXTREME BARRE HOLLIE
10:30 AM STUDIO 2	YOGA LEVEL 1 STEPHANIE	BLAST JOSH	YOGA STEPHANIE	BLAST JOSH	YOGA (10:45) BARBARA	KICK TERESA	POWER SCULPT INES
12:15 PM STUDIO 1	SPIN HOWARD		SPIN SONJA		SPIN SONJA		
4:30 PM STUDIO 1	STEP CAROL	POWER SCULPT CAROL	STEP CAROL	POWER SCULPT MEGGAN		ATTENTION Our 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 3/29/10	
5:30 PM STUDIO 1	POWER SCULPT DEANNA	SPIN ANGELINA	POWER SCULPT MEGAN	SPIN ANGELINA			
5:30 PM STUDIO 2	POWER CIRCUIT LINDA	CORE FUSION MEGAN	POWER CIRCUIT DEANNA	CORE FUSION MEGAN			
6:30 PM STUDIO 1	SPIN JESS	LATIN SIZZLE MARY ANNE & MEGAN	SPIN JESS	LATIN RHYTHMS (FEE BASED)			
6:30 PM STUDIO 2	BLAST JOSH	YOGA STEPHANIE	KICK LINDA	YOGA STEPHANIE			

POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am Lap Pool				ADULT SWIM DON			
7:30 am Fitness Pool		AQUA JANET		AQUA JANET			
9:00 am Lap Pool						ADULT SWIM DANIA	
9:00 am Fitness Pool	AQUA TRACY	AQUA JANET	AQUA TRACY	AQUA TRACY	AQUA CAROL	AQUA (9:30) TRACY	
5:30 pm Lap pool		ADULT SWIM DON		ADULT SWIM BOB			
6:00 pm Fitness pool	AQUA BETH		AQUA BETH				