



# 2010 HEALTHQUEST FITNESS SCHEDULE!

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APRIL 26- MAY 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM STUDIO 1	ABS	ABS	ABS	ABS	ABS		
6:00 AM STUDIO 1	SPIN CELESTE	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 DEANNA		
7:00 AM STUDIO 2	NEVER TOO OLD SCOTT				NEVER TOO OLD MARGARET		
8:00 AM STUDIO 1						STEP CAROL	
8:00 AM STUDIO 2	FIT BALL MARGARET	YOGA JUAN		YOGA BARBARA	FIT BALL BETH		
8:30 AM STUDIO 1	CARDIO DANCE LANA	STEP HOLLIE	CARDIO DANCE LANA	STEP HOLLIE	CARDIO DANCE LANA		CORE FUSION LUMA
8:30 AM STUDIO 2							
9:15 AM STUDIO 1						EXTREME BARRE HOLLIE	SPIN DEANNA
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 MARY ANNE	CYCLE CORE KARA	CORE FUSION BETH		
9:30 AM STUDIO 2		POWER SCULPT LANA		POWER SCULPT CAROL		POWER SCULPT LUMA	CARDIO DANCE LANA
10:30 AM STUDIO 1	POWER SCULPT INES	SPIN ANGELINA	EXTREME BARRE MEGGAN	SPIN SUSAN	POWER SCULPT INES	SPIN SUSAN	EXTREME BARRE (10:15) HOLLIE
10:30 AM STUDIO 2	YOGA JUAN	BLAST JOSH	YOGA JUAN	BLAST JOSH	YOGA (10:45) BARBARA	KICK LINDA	POWER SCULPT MEGAN
12:15 PM STUDIO 1	SPIN SONJA		SPIN SONJA		SPIN HOWARD		
4:30 PM STUDIO 1	STEP CAROL	POWER SCULPT CAROL	STEP CAROL	POWER SCULPT MEGGAN	<p><b>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!</b></p> <p><b>This Schedule Updated 4/12/10</b></p>		
5:30 PM STUDIO 1	POWER SCULPT KATELYN	SPIN SUSAN	POWER SCULPT DEANNA	SPIN ANGELINA			
5:30 PM STUDIO 2	POWER CIRCUIT LINDA	CORE FUSION MEGAN	POWER CIRCUIT MEGGAN	CORE FUSION MEGAN			
6:30 PM STUDIO 1	SPIN JESS	LATIN SIZZLE CAROL & MEGAN	SPIN HOWARD	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
				ADULT SWIM BOB			
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 TRACY	AQUA CORY	AQUA TRACY	AQUA BETH	AQUA (9:30) TRACY	
5:30 pm Lap pool		ADULT SWIM DANIA		ADULT SWIM DON			
6:00 pm Fitness pool	AQUA BETH		AQUA BETH				