



HealthQuest Fitness Class Schedule

February 6-12

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

POWER STUDIO located upstairs in the new addition

| | MONDAY 6 | TUESDAY 7 | WEDNESDAY 8 | THURSDAY 9 | FRIDAY 10 | SATURDAY 11 | SUNDAY 12 |
|---------|---------------------------|--------------------------|----------------------------|--------------------------|---------------------------|--------------------------------------|---------------------------------|
| 5:45 am | | ABS | ABS | ABS | ABS | | |
| 6:00 am | MAYHEM ZACK | POWER SCULPT KATELYN | POWER CIRCUIT KATELYN | POWER SCULPT DEANNA | POWER CIRCUIT RUBEN | | |
| 7:00 | NEVER TOO OLD MARGARET | | | | NEVER TOO OLD MARGARET | | |
| 8:15 | CARDIO DANCE LANA | STEP HOLLIE | CARDIO DANCE LANA | STEP HOLLIE | CARDIO DANCE LANA | STEP (8:00) HOLLIE | CORE FUSION (8:30) MARY ANNE |
| 9:30 | KICK TERESA | POWER SCULPT LANA | EXTREME BARRE MARY ANNE | POWER SCULPT KARA | KICK LINDA | EXTREME BARRE (9:15 am) HOLLIE | SIZZLE MARY ANNE |
| 10:30 | POWER SCULPT ANGELINA | BLAST JOSH | POWER SCULPT MARY ANNE | BLAST JOSH | POWER SCULPT KARA | POWER SCULPT SUSAN | POWER SCULPT KATELYN |
| 4:30 | STEP CAROL | POWER SCULPT CAROL | STEP CAROL | POWER SCULPT MARYANNE | | | |
| 5:30 | POWER SCULPT GAIL | CORE FUSION MARY ANNE | POWER SCULPT MEGAN | CORE FUSION MEGAN | | | |
| 6:30 | BLAST JOSH | KICK LINDA | MAYHEM RUBEN | KICK LINDA | | | |

ENERGY STUDIO located downstairs in the new addition

| | | | | | | | |
|-------|--------------------------|----------------------|------------------------------|----------------------|----------------------|--------------------------|---------------|
| 8:00 | FIT BALL MARGARET | YOGA JUAN | ONE HOUR STRETCH MARGARET | GENTLE YOGA KATHY | FIT BALL MARGARET | | |
| 9:15 | CORE FUSION MARY ANNE | | CORE FUSION GAIL | | CORE FUSION KARA | ONE HOUR STRETCH LUMA | |
| 9:30 | | YOGA ELISE | | YOGA JUAN | | | |
| 10:30 | RESTORATIVE JUAN | | YOGA JUAN | | YOGA JASPER | YOGA DONIA | YOGA PAULA |
| 4:30 | | GENTLE YOGA KATHY | | YOGA SHARON | | | |
| 5:30 | YOGA BARBARA | | YOGA SHARON | | | | |
| 6:30 | | YOGA JUAN | | YOGA PAULA | | | |

CYCLE SCHEDULE located upstairs in the new addition

| | | | | | | | |
|-------|------------------|------------------|-----------------|------------------|----------------|------------------------|-------------------------|
| 6:00 | SPIN JESS | SPIN MIKE | SPIN DEANNA | SPIN MIKE | SPIN LUMA | | |
| 9:30 | SPIN ANGELINA | | SPIN KARA | | SPIN SUSAN | SPIN ANGELINA | SPIN LUMA |
| 10:30 | | SPIN SUSAN | | SPIN ANGELINA | | SPIN & STRETCH KARA | SPIN & STRETCH SUSAN |
| 12:15 | SPIN HOWARD | | SPIN CELESTE | | SPIN HOWARD | | |
| 5:30 | SPIN DEANNA | SPIN DEANNA | SPIN JESS | SPIN HOWARD | | | |
| 6:30 | | SPIN ANGELINA | | SPIN MEGAN | | | |

This Schedule Updated 2/4/12

| POOL SCHEDULE FEBRUARY 6-12 | | | | | | | |
|------------------------------------|-----------------------|---------------------------|-----------------------|-----------------------------|-----------------------|-----------------------------|---------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 7:15 am | | AQUA CORY | | AQUA LINDA | | | |
| 9:00 am | AQUA TRACY | | AQUA TRACY | | AQUA TRACY | AQUA TRACY | |
| 9:00 am Lap Pool | | | | | | ADULT SWIM DANIA | |
| 10:00 am Lap Pool | | | | | | | |
| 5:30 pm | | ADULT SWIM JOE | | ADULT SWIM CHRIS | | | |
| 6:00 pm | AQUA TRACY | | AQUA LINDA | | | | |

HEALTHQUEST FITNESS CLASS DESCRIPTIONS

ABS—A 15 minute abdominal workout! A great way to warm-up and get your day started.

ADULT SWIM/ LAP SWIM— A coached swim workout for swimmers of all ages and levels. Just show up at the lap pool, let the coach know your level, and swim for fitness. Immediately following Adult Swim is a 30 minute, learn the basics, for novice swimmers.

AQUA—One hour water exercise program in the pool.

BLAST— Take fitness to the next level with this high powered functional fitness workout.

CARDIO DANCE— A traditional and energetic aerobic dance class.

CORE FUSION—A core training class fused with exercises from Pilates, Yoga, back strengthening, abdominal exercises, balance, and stretch.

EXTREME BARRE— Ballet to upbeat tunes! A high paced Ballet/Dance class incorporating ballet barre exercises with classic fitness principles.

FIT BALL—Designed to teach the how and why of trunk stabilization and flexibility training using the balls and mats.

KICK — High Intensity intervals interspersed with traditional Kick boxing and Martial Arts moves.

MAYHEM—HealthQuest Boot Camp Trainers invite you to this high energy & fast paced hour long class combining cardio and strength training in the form of complexes, intervals, and high density training!

NEVER TOO OLD—Focusing on strength, balance and flexibility in the aging adult.

ONE HOUR STRETCH— Spend one hour working on flexibility training for the entire body.

POWER CIRCUIT— These one hour classes will show you the ropes of athletic performance using all the creative and innovative props on the fitness scene— jump boxes, ladders, balance boards, wall balls, medicine balls, and more.

POWER SCULPT—The class focus is on muscle strength and endurance using light weights, bands, tubes and various props.

SIZZLE— A super fun and easy to follow dance class infused with international moves and music.

SPIN—Listen to the beat as you take this guided tour on a stationary bike. The beauty of the Spin class is your ability to control your ride by using the tension levels you desire. We guarantee you'll sweat !

SPIN & STRETCH— 45 minute ride followed by a 15 minute standing stretch.

STEP — Advanced step class with intricate combinations. Great exercise for the mind and body!

YOGA— This ancient art is not just about feeling better. It's about feeling more. Yoga is an invitation to relax, breathe, feel and let go. Yoga embraces the consciousness of moment-to-moment awareness.

- **Restorative Yoga**-A sequence of nurturing physical poses held for five to fifteen minutes so the body has the opportunity to relax and the mind is able to move into a meditative state.
- **Gentle Yoga**-a class designed for people who want a slower pace and the extra support of props for added stability and balance. It is suitable for all levels as well as those with specific conditions or injuries.