

# GROUP FITNESS CLASSES

## HEALTHQUEST



## APRIL 22 - 28

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

**22**  
MONDAY

**23**  
TUESDAY

**24**  
WEDNESDAY

**25**  
THURSDAY

**26**  
FRIDAY

**27**  
SATURDAY

**28**  
SUNDAY

### POWER STUDIO UPSTAIRS

To access HQ@HOME VIDEO CLASSES visit [napahealthquest.com](http://napahealthquest.com)

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

### CYCLE STUDIO UPSTAIRS - CHECK IN/RESERVE BIKE

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

### ENERGY STUDIO DOWNSTAIRS

6:00AM		YOGA -All Levels KELLIE		YOGA -All Levels KELLIE			
9:00AM	YOGA - All Levels KAT	YOGA/Soundbath 75min SUMMER	YOGA - All Levels JASPER	YOGA - All Levels WENDY	YOGA - All Levels EDWARD	STRETCH Susan	
10:30AM	YOGA - Gentle KAT	YOGA - Gentle SUMMER	YOGA - YIN JASPER	YOGA - Gentle SARA	YOGA - Gentle WENDY	YOGA - All Levels SARA	YOGA - All Levels EDWARD
4:30PM				YOGA - Gentle WENDY			
5:30PM	STRONG FLOW - KELLY		HAPPY HOUR FLOW AL - SUMMER				
6:00PM		YOGA - All Levels JASPER		YOGA - All Levels JASPER			
7:00PM	YOGA - YIN STEPHANIE		YOGA - Restorative STEPHANIE				

### SPORT STUDIO DOWNSTAIRS

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