

GROUP FITNESS CLASSES

HEALTHQUEST



MAY 20 - 26

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

20
MONDAY

21
TUESDAY

22
WEDNESDAY

23
THURSDAY

24
FRIDAY

25
SATURDAY

26
SUNDAY

POWER STUDIO *UPSTAIRS*

To access HQ@HOME VIDEO CLASSES visit napahealthquest.com

5:45AM	ABS		ABS				
6:00AM	PUMP Carol		PUMP Luma		YOGA - Sculpt KELLIE		
7:00AM		FOREVER YOUNG Kellie		FOREVER YOUNG Janelle	FOREVER YOUNG Carol		
8:30AM	POWER CIRCUIT Myka	JAM Margarita	KICK & CORE Teagan	JAM Margarita	POWER CIRCUIT Carol	BARRE Erika	CORE FUSION Megan
9:30AM	PUMP Luma	BARRE Hollie	PUMP Susan	BARRE Hollie	TRX CIRCUIT 60 Nicole	PUMP Anna	YOGA - Sculpt KELLIE
10:30AM		PUMP Alejandra		ROTATE & REJUVENATE Josh			
4:30PM	PUMP Megan	POWER CIRCUIT Carol	PUMP Carol				
5:30PM	TRX CIRCUIT 45 Erika	PUMP Teagan	CORE FUSION Megan	PUMP Angela			
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 Mike	
8:30 AM		SPIN STRONG 45 Mary Anne	POP-UP! STAGES Mary Anne	SPIN STRONG 45 Susan			
9:00 AM					SPIN & COMBAT Sam		SPIN STRONG 45 Liz
5:30PM	SPIN STRONG 45 Teagan	VIDEO BEATZ 45 Megan	SPIN STRONG 45 Liz	SPIN & CORE Anna			

ENERGY STUDIO *DOWNSTAIRS*

YOGA SCULPT CLASSES ARE HELD UPSTAIRS IN THE POWER STUDIO

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 ELIZABETH	STRETCH Megan	
10:30AM	YOGA - Gentle KAT	YOGA - Gentle SUMMER	YOGA - YIN JASPER	YOGA - Gentle SARA	YOGA - Gentle WENDY	YOGA - All Levels JAN	YOGA - All Levels EDWARD
4:30PM		POPUK - KAT BREATH OF LOVE		YOGA - Gentle WENDY			
5:30PM	STRONG FLOW - KELLY		HAPPY HOUR FLOW AL - SUMMER				
6:00PM		YOGA - All Levels JASPER		YOGA - All Levels ELIZABETH			
7:00PM	YOGA - YIN STEPHANIE		YOGA - Restorative STEPHANIE				

SPORT STUDIO *DOWNSTAIRS*

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