

MONDAY

5:30 a.m.
Reboot - AR

6:45 a.m.
Body Burn - AR

8:00 a.m.
Rise & Tone - AR

8:30 a.m.
Super Sizzle - AR

9:00 a.m.
Flex & Stretch - AR

9:45 a.m.
Line Dance (Hybrid) - AR

11:00 a.m.
SilverSneakers: Classic - AR

5:00 p.m.
Fiery Cycling - CR

5:30 p.m.
Tone it Up - AR

6:45 pm
Dance Jam - AR

TUESDAY

6:00 a.m.
Body Burn - AR

8:15 a.m.
Silver Stretch - AR

9:00 a.m.
SilverSneakers Classic - AR

10:00 a.m.
SilverSneakers Circuit- AR

11:00 a.m.
Better Balance - AR

12:15 p.m.
Lunch Stretch- AR

12:15 p.m.
Crunch Lunch - MP
No Class Nov 12

1:00 p.m. Chair Sretch- AR

5:30 p.m.
Beginner Yoga - MP

5:15 p.m.
Weightlifting - GF

6:00 p.m.
Reboot - GF

6:15 pm
WERQ - AR
No Class Nov 12 and 19

WEDNESDAY

5:30 a.m. Reboot - AR

6:45 a.m. Body Burn - AR

8:00 a.m. Rise & Tone - AR

8:30 a.m. Super Sizzle - AR

9:00 a.m. Flex & Stretch - AR

9:45 a.m.
Line Dance (Hybrid) - AR

11:00 a.m. WERQ - MP

11:00 a.m.
SilverSneakers: Classic - AR

12:15 p.m.
Lunch Stretch- AR

12:15 p.m.
Crunch Lunch - MP
No Class Nov 13

1:00 p.m. Chair Stretch- AR

5:30 p.m. Tone it Up - AR

6:00 p.m.
UCL- GF

6:45 p.m.
Weightlifting - GF

GF: Gym Floor
AR: Aerobics Room
TL: Training Loft
MP: Multipurpose Room
CR: Cycling Room

Strength & Cardio
 Strength

Cardio
 Stretch

THURSDAY

Closed Nov 28

6:00 a.m.
Body Burn - AR

8:15 a.m.
Silver Stretch - AR

9:00 a.m.
SilverSneakers Classic - AR

10:00 a.m.
SilverSneakers Circuit- AR

11:00 a.m.
Better Balance - AR

12:15 p.m.
Lunch Stretch- AR

1:00 p.m. Chair Stretch- AR

5:30 p.m. Walk 15 - AR

6:00 p.m.
Reboot - GF

6:15 p.m. Zumba - AR

FRIDAY

5:30 a.m.
Reboot - MP

6:15 a.m.
Body Care - AR

8:00 a.m.
Rise & Tone - AR
No Class Nov 29

8:30 a.m.
Super Sizzle - AR
No Class Nov 29

9:00 a.m.
Flex & Stretch - AR
No Class Nov 29

9:45 a.m.
Line Dance (Hybrid) - AR
No Class Nov 29

11:00 a.m.
SilverSneakers: Classic - AR
No Class Nov 29

SATURDAY

9:00 a.m. Walk 15 - AR

10:00 am - Nov 16
Dance Jam - AR

10:00 a.m. Nov 9 & 30
Fiery Cycling - CR



For HealthQuest updates join our text club. Scan the QR code.

HEALTHQUEST
FITNESS & WELLNESS CENTER

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Smithfield, NC 27577

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HealthquestNC.org

INFORMATION:

- Hybrid is offered in-person and online thru Zoom.us. Meeting Code: 590 144 5794 or click [here](#).
- Due to increasing interest in cycling classes, we have implemented a "no-show/late" policy. If members/guest sign-up for a class and are 5 minutes late, any member/guest waiting will have the opportunity to join the class.
- Please arrive to class on time.
- Please inform the instructor of any limitations before class
- Please bring your own towel if you desire to lay one on the mats.
- Please remember to clean all fitness equipment before & after use.
- Please turn off cell phones during class.
- Please be courteous to others & limit your talking during class.
- Instructors and classes are subject to change without notice.
- Class with low attendance will be evaluated every month.
- Don't forget your water!!!!