# **Group Exercise Classes | November 2024**



# 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

GF: Gym Floor

AR: Aerobics Room

TL: Training Loft

MP: Multipurpose Room

CR: Cycling Room

## **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

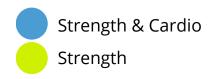
**1:00 p.m. Chair Sretch**- AR

**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



# **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

# 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.

# HEALTH UEST FITNESS & WELLNESS CENTER

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#### **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!!!!