



HealthQuest

PHYSICAL THERAPY AND MEDICAL FITNESS

765 S. Lapeer Road
Oxford, MI 48371
248-236-0035

Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a				Early Bird Core/Cardio Circuit		
9:00a	All Levels Boot Camp	Core Barre	CardioBlast	Pilates	Zumba Toning	Core Barre
10:00a		Zumba Gold		Zumba Gold Toning		
10:30a	SilverSneakers Classic		SilverSneakers Classic		SilverSneakers Classic	
11:30a	SilverSneakers Yoga		SilverSneakers Circuit			
5:30p			Pilates			
6:30			MELT/Stretch			
7:00p	TRX Fusion	Zumba Toning		Core Barre		

Schedule is subject to change. For up-to-date schedule and to sign up for classes, visit: <https://clients.mindbodyonline.com> .