

# HealthQuest

765 S. Lapeer Rd. Oxford 48371 (248) 236-0035

## Medical Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a	PiYo Live! <i>coming in May...</i>	Core Barre	Boot Camp Gold <i>coming in May...</i>	Pilates	Zumba Toning	Core Barre
10:00a		Zumba Gold		Zumba Gold Toning		
10:15a	SilverSneakers		SilverSneakers		Gentle Yoga	
11:15a					SilverSneakers	
6:00p			Pilates	Gentle Yoga		
7:00p	TRX Fusion	Zumba Toning	STRONG by Zumba	Core Barre		

***Ask about our FREE CLASS Coupon!***

***Schedule is subject to change. Please sign up in advance and check status of class before attending.***

Instructors: Cyndy DuVal, Michelle Kitching, Kathy Anderson, Matt Zitny, Melinda Grix, Colette Curtis, Danielle Black