

HealthQuest

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

Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a	Boot Camp Gold	Core Barre	Boot Camp Gold	Pilates	Zumba Toning	Core Barre
10:00a		Zumba Gold		Zumba Gold Toning		
10:15a	SilverSneakers Classic (Level 1)		SilverSneakers Classic (Level 1)		Gentle Yoga	PiYo Live!
11:15a	TRX Fusion				SilverSneakers Classic (Level 1)	
12:30p	SilverSneakers Circuit (Level 2)		SilverSneakers Circuit (Level 2)			
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.