







NOVEMBER GROUP EXERCISE SCHEDULE

201.462.0010
QUESTFITNESSNJ.COM
November 1st, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE BODY 9:30am - 55 min. Tara PERFORMANCE CYCLING 6:00pm - 55 min. Stephanie STEP & PUMP 5:30pm - 55 min. Melissa S. YOGA 6:30pm - 55 min. Deirdre PERFORMANCE BOXING 7:30pm - 55 min. Alec	STEP & PUMP 9:30am - 55 min. Cindy PERFORMANCE CYCLING 6:00pm - 55 min. Marieliz FITNESS FUSION 6:00pm - 55 min. Stephanie  ZUMBA 7:00pm - 55 min. David	PILATES 9:30am - 55 min. Tara HIIT 5:30pm - 25 min. Stephanie PERFORMANCE CYCLING 6:00pm - 55 min. Stephanie **KINSTRETCH** 6:00pm - 55 min. Jared PILATES 7:15pm - 55 min. Margarita	PERFORMANCE CYCLING 9:30am - 55 min. Cindy PERFORMANCE CYCLING 6:00pm - 55 min. Melissa S. MUSCLE MAX 6:00pm - 55 min. Melissa B.  ZUMBA toning 7:00pm - 55 min. Nery PERFORMANCE BOXING 8:00pm - 55 min. Dave	YOGA 9:30am - 55 min. Deirdre YOGA 6:00pm - 55 min. Lyanna  ZUMBA 7:00pm - 55 min. David	PERFORMANCE CYCLING 8:00am - 55 min. Melissa S. YOGA 8:00am - 55 min. Danielle  ZUMBA 9:00am - 55 min. Omid **TRX** 9am - 55min. Tara PILATES STRENGTH FUSION 10:00am - 55 min. Sunny **KINSTRETCH** 11:00pm - 55 min. Jared	PERFORMANCE CYCLING 9:30am - 55 min. Margarita YOGA 9:30am - 55 min. Deirdre BUFF & BALANCED 10:30am - 55 min. Stephanie

A "Class Ticket" is required to be admitted into a Group Exercise Class. Please pick up a ticket from the front desk before your class. Tickets are only granted to those with a membership that includes classes. If your membership does not include classes, you may purchase a one-time use ticket to take a class of your choice.

Non-member class drop-in: \$15.00
Member with no class access: \$10.00

Please arrive early for classes. No admittance will be granted after class has begun for safety purposes.

**Classes with asterisks are small group training classes and require additional payment. Drop ins are welcomed. Please see Fitness Director.

