



MARCH GROUP EXERCISE SCHEDULE

201.462.0010
QUESTFITNESSNJ.COM
March 1, 2020

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

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.

