

# FITNESS QUEST HEALTH CLUB

1601 10th Street, Reedley, CA 93654

(559) 638-9895

FitnessQuestHealthClub.com

**GYM ACCESS:**  
**Open 24 Hours**  
**365 Days A Year**

## BUSINESS HOURS:

Mondays & Wednesdays: 8:00am-9:30pm

Tuesdays 9:00am-9:30pm

Thursdays: 10:00am-9:30pm

Fridays: 8:00am-8:00pm

Saturdays: 8:00am-3:30pm

Sundays & Holidays: Closed

## CLASS SCHEDULE

Time	Mon	Tue	Wed	Thurs	Fri	Sat
5:30 AM		Indoor Cycling		Indoor Cycling		
8:05 AM	Tai Chi Class		Tai Chi Review		Weights 101	
8:25 AM			Tai Chi Class			
9:00 AM	Pilates Mat Class	Indoor Cycling Yoga	Weights 101	Indoor Cycling	Yoga	Yoga
9:00AM			Indoor Cycling			
10:15 AM		Kick & Sculpt	Zumba		Zumba	Zumba
	Basketball 11:20am-6pm 8:15pm →	Basketball 11:20-5pm 8:15pm →	Basketball 11:20am-6pm 8:15pm →	Basketball All morning-5pm 8:15pm →	Basketball 11:20am→	Basketball 11:20am→
5:15 PM		Yoga Tone		Step & Tone		
5:30PM	RIPPED 2 THE CORE!		RIPPED 2 THE CORE!			
6:15 PM		Beginners Cycling				
6:15 PM	Zumba Cycling	Weights 101	Zumba	Weights 101		
7:15 PM	H.I.T.		Cross Training Boot Camp			
7:20 PM						
7:30 PM		Zumba		Zumba		

All classes are approximately 55 to 60 minutes long except as noted

**Beginners Cycling Setup & Ride**– Class designed to teach new students the basics of indoor cycling \*1<sup>st</sup> part: bike setup 2<sup>nd</sup> part: ride (approximately 30 to 40 minutes for the ride part of class)

**Step & Tone** – Cardio and Toning with light weights and floor exercises

**Ripped 2 the Core** – Rip and Shred those Abs in a short class (35-40 minutes) for an intense core training workout

**H.I.T. (High Intensity Interval Training)** – High Intensity workout using intervals

**Indoor Cycling** – Cardiovascular workout using spinning bikes

**Intermediate Cycling**- Class designed to teach students more endurance and strength

**Kick & Sculpt** – Easy to follow Kickboxing routine followed by light weight training for sculpting muscle.

**Pilates Mat Class** – Floor exercise designed to build strength while toning the muscles

**Step and Weights** – Step class with emphasis on toning with weights

**Tai Chi** - Uses gentle flowing movements to increase muscular strength, improve balance, flexibility and range of motion

**Tai Chi Review** - Run through of forms and routine. For beginner or intermediate level students.

**Weights 101** – Body sculpting with an emphasis on proper technique

**Yoga** – Muscular strength & flexibility, high fat burning workout

**Yoga Tone**– Muscular strength & flexibility, high fat burning workout with extra emphasis on toning.

**Zumba** – Easy to follow dance style cardio workout with a Latin flare

**Basketball** – Play basketball anytime there are no classes scheduled

**Attended Childcare:** Minimum age 6 months Cost: \$1.00 per hour per child

**Mornings:** Mondays, Wednesdays, Fridays: 8:30 AM – Noon; Saturdays: 9:00 AM – Noon; Tuesday 9:05AM-11:15 AM

**Evenings:** Monday, Wednesday, Friday: 5:00 PM – 8:00 PM; Tuesday & Thursday: 5:00 PM – 8:30 PM

**Depending on age other childcare times may be available**