

Group Exercise Classes | October 2025

MONDAY

5:30 a.m.
Rise & Grind - AR

6:45 a.m.
Body Burn - AR

7:45 a.m.
Lower Sculpt - MP

8:00 a.m. Cardio Care - TL

8:00 a.m.
Rise & Tone - AR

8:30 a.m.
Super Sizzle - AR

8:45 a.m.
Interval Training - MP

9:00 a.m.
Flex & Stretch - AR

9:45 a.m.
Line Dance (Hybrid) - AR

10:00 a.m.
Better Balance - MP

11:00 a.m.
SilverSneakers: Classic - AR

11:00 a.m. SSS- MP

12:15 p.m.
Lunch Stretch- AR

5:00 p.m.
Fiery Cycling - CR

5:30 p.m.
Tone it Up - AR

TUESDAY

6:00 a.m.
Body Burn - AR

8:15 a.m.
Silver Stretch - AR

9:00 a.m.
SilverSneakers Classic - AR

10:00 a.m.
SilverSneakers Circuit- AR

10:30 a.m.
Boxing 101 TL

11:00 a.m.
Chair Stretch - AR

12:00 p.m.
Yo Pi - AR

5:30 p.m.
Yoga - AR

6:00 p.m.
360- GF

6:30 p.m.
Walk 15 - AR

****NEW****

Sign-up for classes online at
healthquest.clubautomation.com.
We can't wait to see you in class!



Strength



Strength & Cardio



Stretch



Cardio

WEDNESDAY

5:30 a.m.
Rise & Grind- GF

6:45 a.m.
Body Burn - AR

7:45 a.m.
Lift 45 - MP

8:00 a.m. Cardio Care - TL

8:00 a.m.
Rise & Tone - AR

8:30 a.m.
Super Sizzle - AR

8:45 a.m.
Interval Training - MP

9:00 a.m.
Flex & Stretch - AR

9:45 a.m.
Line Dance (Hybrid) - AR

10:00 a.m.
Better Balance - MP

11:00 a.m.
SilverSneakers: Classic - AR

11:00 p.m. SSS - MP

12:15 p.m.
Lunch Stretch - AR

4:00 pm Kickboxing - AR

5:30 p.m.
Tone it Up - AR

THURSDAY

6:00 a.m.
Body Burn - AR

8:15 a.m.
Silver Stretch - AR

9:00 a.m.
SilverSneakers Classic - AR

10:00 a.m.
SilverSneakers Circuit- AR

10:30 a.m.
Boxing 101 TL

11:00 a.m.
Chair Stretch - AR

12:00 p.m.
Yo Pi - AR

2:00pm
\$ BPM TL

5:30 p.m.
Walk 15 - AR

5:30 p.m.
Cycle Sculpt- CR

6:30 p.m.
Lift 45 - AR

FRIDAY

5:30 a.m.
Rise & Grind- MP

6:15 a.m.
Body Care - AR

8:00 a.m.
Rise & Tone - AR

8:30 a.m.
Super Sizzle - AR

9:00 a.m.
Flex & Stretch - AR

9:45 a.m.
Line Dance (Hybrid) - AR

11:00 a.m.
SilverSneakers: Classic - AR

12:15 p.m.
Lunch Stretch- AR

SATURDAY

9:00 a.m.
Walk 15 - AR

10:00 a.m. Oct 11 & 25
Fiery Cycling - CR

SUNDAY

1:15 p.m.
\$ F.O.R.M. - AR

HEALTHQUEST
FITNESS & WELLNESS CENTER

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919-938-7581
HealthquestNC.org

INFORMATION:

- Hybrid is offered in-person and online thru Zoom.us. Meeting Code: 590 144 5794 or click [here](#).
- Due to increasing interest in cycling classes, we have implemented a "no-show/late" policy. If members/guest sign-up for a class and are 5 minutes late, any member/guest waiting will have the opportunity to join the class.

- Please arrive to class on time.
- Please inform the instructor of any limitations before class
- Please bring your own towel if you desire to lay one on the mats.
- Please remember to clean all fitness equipment before & after use.
- Please turn off cell phones during class.
- Please be courteous to others & limit your talking during class.
- Instructors and classes are subject to change without notice.
- Class with low attendance will be evaluated every month.
- Don't forget your water!!!!