



FITNESS QUEST 10 // LARGE GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	TD Fitness* (30 min)	TD Fitness* (30 min)	TD Fitness* (30 min)	TD Fitness* (30 min)	TD Fitness* (30 min)		
7:30 AM					TD Fitness		
8:00 AM						BOOT CAMP	
8:30 AM						Pilates Mat (upper studio)	
9:00 AM				Pilates Circuit (upper studio)		TD Fitness	
9:30 AM		TD Fitness		TD Fitness			Hatha/Vinyasa Flow Yoga** (90 min) (upper studio)
12:00 PM		Hatha/Vinyasa Flow Yoga (upper studio)		Hatha/Vinyasa Flow Yoga (upper studio)			
12:30 PM		TD Fitness		TD Fitness			
6:00 PM	TD Fitness Pilates Mat (upper studio)	TD Fitness Pilates Mat (upper studio)	TD Fitness Pilates Mat (upper studio)	TD Fitness Pilates Mat (upper studio)			
7:00 PM		Gentle Hatha Yoga (upper studio)	Cardio Blast* (30 min)				

*All classes are 60 minutes unless otherwise denoted

**Hatha/Vinyasa Flow Yoga is offered the first Sunday of every month;

***Specialty classes & camps are not offered every week; check with the front desk on the exact schedule

WHAT IS LARGE GROUP TRAINING?

Our large group training program provides you with the best class options for either high-energy calorie burning workouts (featuring MYZONE Heart Rate Technology) designed to make you SWEAT or mind-body, restorative classes (Pilates and yoga) that are designed to help you RECOVER by emphasizing strength, flexibility and corrective exercise.

Effective 10/16/17

9972 SCRIPPS RANCH BLVD, SAN DIEGO, CA 92131 | 858-271-1171 | WWW.FQ10.COM



FITNESS QUEST 10 // SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Pilates Power Hour (upper studio)		Pilates Power Hour (upper studio)		
7:00 AM	Small Group Training: Fitness	Small Group Training: Fitness	Small Group Training: Fitness	Small Group Training: Fitness	Small Group Training: Fitness	
8:00 AM		Small Group Training: Fitness		Small Group Training: Fitness		Small Group Training: Fitness
8:30 AM	Small Group Training: Fitness		Small Group Training: Fitness		Small Group Training: Fitness	
9:00 AM						
10:30 AM						Pilates Power Hour (upper studio)
12:00 PM	Pilates Power Hour (upper studio)		Pilates Power Hour (upper studio)		Pilates Power Hour (upper studio)	

All classes are 60 minutes unless otherwise denoted

WHAT IS SMALL GROUP TRAINING?

Small Group training offers a unique opportunity to work with a personal trainer at a great value! With a maximum of 5 people in each session, you are guaranteed accountability, motivation and high energy. You do NOT want to miss this opportunity to train with the best!

Each session is 60 minutes and includes:

Assessments & testing | Nutrition guidance | Individualized attention | Accountability

SIGN UP REQUIRED. STRICT LIMIT OF 5 PER SESSION

9972 SCRIPPS RANCH BLVD, SAN DIEGO, CA 92131 | 858-271-1171 | WWW.FQ10.COM