



# HealthQuest

PHYSICAL THERAPY AND MEDICAL FITNESS

765 S. Lapeer Road Oxford, MI 48371  
HQPT.com/fitness

For more detail please email us:  
[cyndyandmichellefitness@gmail.com](mailto:cyndyandmichellefitness@gmail.com)

## Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	All Levels Boot Camp	Core Barre	CardioBLAST	Pilates	CardioGROOVE	Core Barre
10:00 am	Restorative Yoga	Zumba Gold	Gentle Yoga	MELT Method	Intro to Yoga <i>(class begins at 10:30 January 2023)</i>	
6:00 pm	Pilates		TRX Fusion			
6:30 pm				Core Barre		

*This schedule is subject to change. Virtual on ZOOM available for most classes. Recordings available for 24 hours for most classes .*

*For up-to-date schedule and location of classes, please visit & sign up on our Mindbody site:*

*(Health Quest Oxford): <https://clients.mindbodyonline.com>*

Instructors: Cyndy DuVal, Michelle Kitching and Leslie Glenn