



**HEALTHQUEST**  
FITNESS CLUB



2024/2025

updated 8/26/24

## QDynamics Dance Company

QDynamics Dance Company is HealthQuest's Elite, competitive dance training program for dancers who want to take their dancing to the next level. Our dancers train intensely year round and compete regionally as well as nationally.

### Petites level 1/2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:30pm (5) Ballet Miss Alex		4:30-5:30pm (5) Jazz Miss Alex			10:30-11:30am Acro(4) Miss Sammie
5:30-6:30pm (2) Tap Miss Annette		5:30-6:30pm (5) Contemporary Miss Alex			11:30-12:30 Ballet(4) Miss Maryann
					12:30-2:30pm rehearsal

### Junior level 2/3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:30-5:30pm Ballet (4) Miss Maryann		4:30-5:30pm Ballet (4) Miss Maryann	4:30-5:30pm Hip Hop(4) Miss Sammie	12:30-1:30pm Tap(pulse) Miss Annette
	5:30-6:30pm Contemporary(5) Miss Alex		3:30-7:30pm rehearsals Miss Marialana	5:30-6:30pm technique Miss Cici	1:30-3:30pm rehearsal

### Teen level 3/4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:30-5:30pm Contemporary(5) Miss Alex	6:30-7:30pm rehearsal Miss Alex	3:30-7:30pm rehearsals Miss Marialana	4:30-5:30 technique Miss Cici	12:30-1:30pm Tap(pulse) level 3 Miss Annette
	5:30-7:00pm Ballet(4) Miss Maryann		5:30-7:00pm Ballet(4) Miss Julie	5:30-6:30pm Hip Hop(4) Miss Sammie	
	7:00-8:30pm rehearsal Miss Alex		7:00-8:30pm rehearsal Miss Alex	6:30-8:30pm rehearsal Cici/Sammie	