HQ Recreational Gymnastics

Fall 2026-2027

Contact Karen Martini or Gabrielle Brecht at Gymnastics@HqFit.com or 908-782-4009 with any questions!

Programs by Age	Monday	Tuesday	Wednesday	Thursday	Saturday
You & Me 12-36mo (Gym 2)			9:30-10:00am	9:30-10:00am	9:00-9:30am 9:35-10:35am
*Pre-Gym 3yrs (Gym 1)		5:15-5:45pm	10:05-10:35am 4:30-5:00pm	10:05-10:35am 6:00-6:30pm	10:30-11:00am
Pre-Gym 4/5 yrs (Gym 1)	5:15-5:55pm	4:30-5:10pm	5:05-5:45pm	4:30-5:10pm	9:00-9:40am 11:05-11:45am
Kindergarten (Gym 1)	4:30-5:10pm 6:00-6:40pm	5:50-6:30pm	5:50-6:30pm	5:15-5:55pm	9:45 - 10:25am
Girls 6+ (Gym 2)	4:30-5:25pm 5:30-6:25pm 6:30-7:25pm		5:20-6:00pm 6:20-7:15pm	6:45-7:40pm	10:15-11:10am
Boys 6+ Ninjastics (Gym 2)		6:00-6:40pm 6:45-7:25pm		6:00-6:40pm	11:15-11:55am
**Tumbling 6+ (Gym 2)			4:30-5:15pm		
Adult Gymnastics				10:45-11:45am	

*Pre-Gym 3yrs MUST be potty trained

** Tumbling students MUST have a solid round-off to register

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HEALTHQUEST FITNESS CLUB

No Class Days

Halloween, Sat October 31st - No Class after 12 noon
Wednesday, November 25th - No Class after 12 noon
Thanksgiving, Nov 26th - 29th - No Class
Winter Break, Dec 24-Jan 1st - No Class

MLK day - January 18th - No Class
Presidents Weekend, Feb 12-15 - No Class
Spring Break, Mar 26-Apr 3rd - No Class
Memorial Weekend, May 28-31st - No Class

Classes end June 11th, 2027!