



HealthQuest Fitness Club

310 Hwy 31N • Flemington, NJ • hqfit.com

Adaptive Special Needs

Keep Active Year Round!

Ages 21 and Up

Private Training Available

Offerings

Monday

**Synergy Fitness
Pickleball**

**2:30-3:30*
3:30-4:30**

Tuesday

**Synergy Fitness
All Sports**

**2:30-3:30
3:30-4:30**

Wednesday

**Sports and Socialization 9:00-12:00/12:00-3:00
Pickleball**

2:30-3:30

Thursday

**Synergy Fitness/All Sports
Ping Pong/Cornhole
Basketball**

**3:00-4:30
4:00-5:00**

We also have a variety of 1 on 1 sports training.

Basketball, Swim, Fitness, Soccer, Pickleball, Yoga, Dance, Ping Pong and more!

"BUDDY" Program and "FIT WITH FRIENDS" available – customizable to fit your schedule/needs!

Please email Coach Candace for registration information

BUNNELL@HQFIT.COM

For more info, call 908.782.4009, ext. 234 or bunnell@hqfit.com