HQ Kidz Group Fitness - Generation Move

Fall 2026-2027

Contact Kristie Cardoso at Cardoso@HqFit.com or 908-782-4009 ext 224 with any questions!

Classes offered	Monday	Tuesday	Wednesday	Thursday	Friday
Kidz Running Club (Indoor Track)	**4:30-5pm ages 9-13** **5:00-5:30 ages 6-8** Coach Lyn	**4:30-5pm ages 6-8** **5:00-5:30 ages 9-13** Coach Lyn			
Bootcamp (Studio 1)				**4:30-5pm ages 9-13** **5:00-5:30 ages 6-8** Coach Lyn	**4:30-5pm ages 6-8** **5:00-5:30 ages 9-13** Coach Lyn
Pre-Fit 9-13yrs (Fitness Center)	**4:30-5pm** Zach **5:45-6:15** Coach Lyn	**4:30-5pm** Zach **5:45-6:15** Coach Lyn	**4:30-5pm** Coach Lyn **5:00-5:30** Coach Lyn **5:45 - 6:15** Coach Lyn	**4:30-5pm** Tyler **5:45-6:15** Coach Lyn	
Kidz Cycle 9-13 yrs (wheelhouse)	**5:05 - 5:35** Hillary		**5:15-5:45** Kate		
Kidz Yoga (prana)					**4:30-5pm ages 6-8** **5:00-5:30 ages 9-13** Izabella
Strength and Balance 9-13yrs (Releve Studio)				**5:15-5:45** Jasmine	

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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!