

INDOOR ACTIVITY AT QUEST IS CLOSED FOR 14 DAYS EFFECTIVE TODAY.

At Quest Fitness, helping people overcome obstacles and take charge of their lives is what we do. In these unprecedented times, we believe regular exercise is more important than ever to help you maintain your physical and mental health.

SO WE ARE CREATING AN ONLINE VIDEO LIBRARY OF CLASSES FOR YOU TO FOLLOW & A SCHEDULE OF OUTDOOR CLASSES AT QUEST.

ONLINE FITNESS CLASSES

Starting later today, we will be sending you links to Quest Classes: yoga, stretch, strength and functional classes so you can view these and follow from home. These workouts will also be shared on social media and on our website.

Instagram: quest_fitness_edge

OUTDOOR FITNESS CLASSES

Get ready to take your favorite workout outdoors as we convert our parking lot into Kennebunk's first outdoor fitness studio. All classes will be weather dependent. It's supposed to rain and snow tomorrow so we will plan to begin these classes on Wednesday. Look for the schedule on our website and social media tomorrow afternoon. **Sign up via our website as you normally would.**

OUTDOOR SPIN CLASSES

We are currently putting up a 20' x 40' event tent to in our parking lot to create an outdoor cycle studio to allow a schedule of classes while still allowing for social distancing. **This schedule will be posted today and sign up will be through our website as normal, but classes will be available to all our members on a first come basis with no class fee.**

It is our sincere hope that these temporary changes will enable us to continue helping you reach your health and wellness goals.

All indoor group classes are cancelled effective immediately. From 8:30am to 5pm each day, we will have staff available to take your phone calls and answer your questions and address your questions via email.

On behalf of the entire team at Quest Fitness, thank you for your support during this profoundly challenging time. We appreciate your business more than ever and look forward to resuming our regular hours as soon as possible.

Be safe and be well.