



December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING[®] <i>express</i> TBD		SPINNING[®] <i>express</i> Stan		
8:00AM							
8:30AM	Cardio/Core <i>Kim</i>	Les Mills BodyPump <i>Sabrina</i>	Cardio/ Strength Core <i>Kim</i>		YOGA <i>(all levels)</i> <i>Lynne</i>	8:45am: Les Mills BodyPump <i>Jenn</i>	YOGA <i>(all levels)</i> <i>Audra</i>
9:45AM	Total Body Sculpt <i>Sabrina</i>	Cardio/ LM Core <i>Sabrina</i>	PILATES <i>Sabrina</i>	Les Mills BodyPump <i>Sabrina</i>	Total Body Sculpt <i>Sabrina</i>	10:00am: Zumba <i>Vicky</i>	10:00am: Zumba <i>Nicole</i>
11:00AM	Silver Sneakers TBD	YOGA <i>Carmen</i>	Silver Sneakers <i>Sabrina</i>	YOGA <i>Lynne</i>	Silver Sneakers TBD		
12:00PM				<i>(seasonal):</i> Tai Chi <i>Carmella</i>			
5:30PM	Les Mills BodyPump <i>Jenn</i>	Zumba <i>Vicky</i>	Les Mills BodyPump <i>Jenn</i>	Total Body Sculpt <i>Vicky</i>			
5:45PM	SPINNING[®] TBD	SPINNING[®] <i>Cindy</i>		SPINNING[®] <i>Vicky F</i>			

* Schedule is subject to change
last updated: 12/02/24

GROUP FITNESS FEEDBACK
Manager@naplesfamilyfitness.com
TEXT "GFS" to 87365 for NFF Updates