



February

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

* Schedule is subject to change
last updated: 1/30/25

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