



September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING[®] <i>express</i> Lee		SPINNING[®] <i>express</i> Lee		
8:00AM				Les Mills SPRINT-Spin Debbie		SPINNING[®] Amy	
8:30AM		Les Mills BodyPump Diane		<i>Barre Fusion</i> Missy	NEW: YOGA <i>(all levels)</i> Missy	Les Mills BodyPump <i>New: Erin</i>	YOGA <i>(all levels)</i> Audra
9:45AM	<i>Total Body Sculpt</i> Sabrina	<i>Cardio/ LM Core</i> Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	<i>Total Body Sculpt</i> Sabrina	10:00 NEW: Zumba Vicky	<i>Total Body Sculpt</i> Julie
11:00AM	Silver Sneakers Sue	YOGA Carmen	Silver Sneakers Sue	YOGA <i>(all levels)</i> Audra	Silver Sneakers Sue		
12:00PM				TAI CHI Carmella			
5:30PM	SPINNING[®] Stan Les Mills BodyPump Diane	SPINNING[®] Amy Zumba Vicky	Les Mills BodyPump Diane	SPINNING[®] Amy			
6:15PM							
6:30PM	<i>No class on</i> Les Mills Core Diane		Les Mills Core Diane				

*check emails for Zoom logins & recordings
 ** Schedule is subject to change
 last updated: 07/31/23

GROUP FITNESS FEEDBACK
 Manager@naplesfamilyfitness.com
TEXT "GFS" to 52236 for NFF Updates