



October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					SPINNING[®] <i>express</i> Stan		
8:30AM			<i>starting 10/7:</i> Cardio & Weights <i>Kim</i>		<i>starting 10/9:</i> Cardio & Weights <i>Kim</i>	<i>08:45am</i> Les Mills BodyPump <i>Sharon</i>	YOGA <i>(all levels)</i> <i>Audra</i>
9:45AM	Total Body Sculpt <i>Sabrina</i>	<i>NEW:</i> Bodypump & Cardio <i>Sabrina</i>	PILATES <i>Sabrina</i>	Les Mills BodyPump <i>Sabrina</i>	Total Body Sculpt <i>Vicky</i>	<i>10:00am:</i> Zumba <i>Vicky</i>	
11:00AM	Silver Sneakers <i>Sabrina</i>	YOGA <i>(all levels)</i> <i>Carmen</i>	Silver Sneakers <i>Sabrina</i>	YOGA <i>(all levels)</i> <i>Lynne</i>	Silver Sneakers <i>Vicky</i>		
			Afternoon				
5:30PM	Les Mills BodyPump <i>Sharon</i>	SPINNING[®] <i>Cindy</i> <i>NEW:</i> Zumba <i>Karla</i>	Les Mills BodyPump <i>Sharon</i>	SPINNING[®] <i>Cindy</i> Zumba <i>Vicky</i>			

* Schedule is subject to change
last updated: 10/06/26

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