



May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING[®] express Heidi		SPINNING[®] express Stan		
8:00AM				Les Mills RPM (spin) Heidi		SPINNING[®] TBD	
8:30AM		Les Mills BodyPump Diane			YOGA NEW:Lynne	Les Mills BodyPump Erin	YOGA (all levels) Audra
9:45AM	Total Body Sculpt Sabrina	Cardio/ LM Core Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	Total Body Sculpt Sabrina	Zumba Vicky	
11:00AM	Silver Sneakers TBD	YOGA Carmen	Silver Sneakers TBD	YOGA (all levels) Lynne	Silver Sneakers TBD		
12:00PM							
5:30PM	SPINNING[®] Stan Les Mills BodyPump Diane	SPINNING[®] Cindy Zumba Vicky	Les Mills BodyPump Diane	SPINNING[®] Vicky F			
6:15PM							
6:30PM							

*check emails for Zoom logins & recordings
 ** Schedule is subject to change
 last updated: 5/01/24

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