



October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					SPINNING[®] <i>express</i> Stan		
8:45AM			starting 10/7: Cardio & Weights <i>Kim</i>		starting 10/9: Cardio & Weights <i>Kim</i>	08:45am Les Mills BodyPump <i>Sharon</i>	YOGA <i>(all levels)</i> <i>Audra</i>
9:45AM	Total Body Sculpt <i>Sabrina</i>	NEW: Bodypump & Cardio <i>Sabrina</i>	PILATES <i>Sabrina</i>	Les Mills BodyPump <i>Sabrina</i>	Total Body Sculpt <i>Vicky</i>	10:00am: 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> NEW: 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: 9/28/26

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