



April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING <i>express</i> last class 4/9		SPINNING <i>express</i> Stan		
8:00AM							
8:30AM	last class 4/21 Cardio/Core <i>Kim</i>	Les Mills BodyPump <i>Sabrina</i>	last class 4/23 Cardio/ Strength Core <i>Kim</i>		YOGA (all levels) <i>Lynne</i>	8:45am: Les Mills BodyPump <i>Jenn</i>	YOGA (all levels) <i>Audra</i>
9:45AM	Total Body Sculpt <i>Sabrina</i>	Cardio/ LM Core <i>Sabrina</i>	PILATES <i>Sabrina</i>	Les Mills BodyPump <i>Sabrina</i>	Total Body Sculpt <i>Sabrina</i>	10:00am: Zumba <i>Vicky</i>	10:00am: Zumba <i>Nicole</i>
11:00AM	Silver Sneakers <i>TBD</i>	YOGA <i>Carmen</i>	Silver Sneakers <i>Sabrina</i>	YOGA <i>Lynne</i>	Silver Sneakers <i>TBD</i>		
5:30PM	Les Mills BodyPump <i>Diane</i>	Zumba <i>Vicky</i> SPINNING <i>Cindy</i>	Les Mills BodyPump <i>Jenn</i>	Total Body Sculpt <i>Vicky</i> SPINNING			

* Schedule is subject to change
 last updated: 4/01/25

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