



October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					SPINNING® <i>express</i> Stan		
8:00AM							
8:30AM	YOGA <i>(all levels)</i> Lynne	Les Mills BodyPump Sabrina	<i>starting 10/08:</i> Cardio & Weights Kim		<i>starting 10/10:</i> Cardio & Weights Kim	<i>8:45am:</i> Les Mills BodyPump Jenn/Diane	YOGA <i>(all levels)</i> Audra
9:45AM	Total Body Sculpt Sabrina	Cardio/ LM Core Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	Total Body Sculpt Kim	<i>10:00am:</i> Zumba Vicky	
11:00AM	Silver Sneakers TBD	YOGA <i>(all levels)</i> Carmen	Silver Sneakers Sabrina	YOGA <i>(all levels)</i> Lynne			
1:30pm					Silver Sneakers Jenn		
5:30PM	Les Mills BodyPump Jenn	Zumba Nicole	Les Mills BodyPump Jenn	Zumba Vicky			

* Schedule is subject to change
last updated: 10/02/25

GROUP FITNESS FEEDBACK
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TEXT "GFS" to 87365 for NFF Updates