



April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING[®] express NEW: Heidi		SPINNING[®] express Stan		
8:00AM				Les Mills RPM (spin) Heidi		SPINNING[®] TBD	
8:30AM	Cardio/ Core Kim	Les Mills BodyPump Diane	Cardio/ Strength Kim	Barre Fusion Missy	SPINNING[®] Kim YOGA Missy	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	10:00 NEW 4/13 Bootcamp Vicky	
11:00AM	Silver Sneakers Sue	YOGA Carmen	Silver Sneakers Sue	YOGA (all levels) Lynne	Silver Sneakers Sue		
12:00PM				TAI CHI Carmella			
5:30PM	SPINNING[®] Stan Les Mills BodyPump Diane	SPINNING[®] Cindy NEW: 4/9/24 Bootcamp Vicky	Les Mills BodyPump Diane	SPINNING[®] Vicky F			
6:15PM							
6:30PM	Les Mills Core Diane		Les Mills Core Diane				

*check emails for Zoom logins & recordings
 ** Schedule is subject to change
 last updated: 4/06/24

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