

FITNESS FEBRUARY

Self-care is self-love



JOIN NOW



**WELCOME OUR NEWEST
CERTIFIED PERSONAL TRAINER**

GIANNA LUPO

Hometown:
Setauket, NY

Gianna's Certifications:

- ISSA CPT
- ISSA Cycling Instructor
- IIN Certified Health Coach



Interesting Personal Facts:

- Hiked a few 14er's (mountains over 14,000ft)
- Loves to go Skydiving.
- Used to teach Spin classes.
- Loves doing adventurous activities.

Welcome, Gianna!








Learn more about Gianna and find her at a group fitness class as our spin instructor!

[Read More](#)



**Les Mills RPM is
back on the group
fitness calendar!**

LES MILLS
RPM™

naples family fitness			February				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM							
8:00AM				Les Mills SPRINT-Spin Debbie		 TBD	
8:30AM	Power & Strength Kim	NEW: Les Mills RPM Margaret O. Les Mills BodyPump Diane	Power & Strength Kim	Barre Fusion Margaret	YOGA (all levels) Margaret	Les Mills BodyPump Diane	YOGA (all levels) Margaret
9:45AM	Total Body Sculpt Sabrina	Cardio/ LM Core Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	Total Body Sculpt Sabrina	10:00 Power & Strength Vicky	Total Body Sculpt Laurel
11:00AM	Silver Sneakers Sue	YOGA Carmen	Silver Sneakers Sue	YIN YOGA Margaret	Silver Sneakers Sue		
12:00PM				TAI CHI Carmella			
5:30PM	 NEW: Gianna Les Mills BodyPump Diane	 NEW: Amy Total Body Sculpt Vicky	Les Mills BodyPump Diane	 Amy			
6:15PM							
6:30PM	Les Mills Core Diane		Les Mills Core Diane				
<div>*check emails for Zoom logins & recordings ** Schedule is subject to change last updated: 1/31/23</div> <div>GROUP FITNESS FEEDBACK GF@naplesfamilyfitness.com TEXT "GFS" to 52236 for NFF Updates</div>							



Share your power.

February 26th, 11 am to 5 pm
at Naples Family Fitness
 (Make sure you sign up at least 1 day in advance.)
 Please visit oneblood.org/donate-now and use
 sponsor code 36081





RSVP Here

SAVE \$\$\$ with your



KEY TAG



Redeem all these great discounts by showing your NFF key tag!

All discounts subject to service provider existing policies. Discounts may or may not be combined with other offers

- **Poke Mahi** - 10% Off Bill
- **Pantinella's Chicken Grill** - 10% Off Bill
- **Smoothie King** - 10% Off Bill
- **Forgetaboudit Bakery** - 10% Off Bill
- **Nawty Hog** 10% Off
- **Cosmic Kava**- 10% Off all bar drinks, Growlers, and CBD products.
- **Marquise Mobile Detailing** - 15% Off (exc. Paint Correction/Ceramic coating Auto/Marine. Anything from wash and Wax and above is 10% Off)
- **Clean Streaks** - 10% Off All Services (window and exterior home cleaning)
- **Master Gutters** - 10% Off + Free estimates
- **Excalibur Event Rentals** - 10% Off All Services
- **Thrive Chiropractic** - \$40 Exam & Infrared Thermography
- **Maximum Tan**-10% Off
- **Rejuvenation Inc.-Cryo Spa Cryotherapy** (\$20 Off Single Session) & **Lipo-Light | Cavi Lipo Body Sculpting** (\$10 Off)
- **Roosters Men's Grooming Center**-15% Off Club Cut | Hero Cut
- **American Kenpo Karate & Shootfighting®**, MMA-FREE 30 min. Kenpo Karate Intro | T'ai Chi Chuan
- **Nuviva Medical Weight Loss**-\$50 Off Sign Up
- **Naples Wellness For Men**-10% Off Sign Up

Now hiring!

Part-time
Pay is up to \$18.00 per hour
Benefits:

- Employee discount
- Weekly day range:
- Weekend availability

Apply at the front desk or online in the link below.

[Read More](#)

WE ARE HIRING

**WEEKEND/PART-TIME
FRONT DESK POSITION**

We are currently seeking an energetic, charismatic, and responsible employee for our weekend part-time front desk position

APPLY AT NAPLES FAMILY FITNESS AT THE FRONT DESK OR ON INDEED

WE APPRECIATE OUR MEMBERS

Member Referral

Refer a Friend, get a
FREE month!

2349 VANDERBILT BEACH RD #550
NAPLES, FL 34109
(239) 594-5050



(Only for Friends who have never been to Naples Family Fitness before.)


MEMBERSHIP SPECIAL

**FREE ONE TIME
CONSULTATION WITH A
PERSONAL TRAINER WITH
YOUR MEMBERSHIP**

Connect With Us



Naples Family Fitness



www.NaplesFamilyFitness.com



[NaplesFamilyFitness](https://www.instagram.com/NaplesFamilyFitness)



Group Fitness Schedule:

www.naplesfamilyfitness.com/schedule

2349 Vanderbilt Beach Rd #550, Naples, FL 34109 • (239) 594-5050



Naples Family Fitness | 2349 Vanderbilt Beach Rd #550, Naples, FL 34109

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