



# November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			<b>SPINNING<sup>®</sup></b> <i>express</i> Lee		<b>SPINNING<sup>®</sup></b> <i>express</i> Lee		
8:00AM				Les Mills SPRINT-Spin Debbie		<b>SPINNING<sup>®</sup></b> TBA	
8:30AM	<b>Cardio/ Core</b> Kim	Les Mills BodyPump Diane	<b>Cardio/ Strength</b> Kim	<b>Barre Fusion</b> Missy	<b>YOGA</b> (all levels) Missy	Les Mills BodyPump Erin	<b>YOGA</b> (all levels) Audra
9:45AM	<b>Total Body Sculpt</b> Sabrina	<b>Cardio/ LM Core</b> Sabrina	<b>PILATES</b> Sabrina	Les Mills BodyPump Sabrina	<b>Total Body Sculpt</b> Sabrina	<b>10:00 Zumba</b> Vicky	<b>Total Body Sculpt</b> Julie
11:00AM	<b>Silver Sneakers</b> Sue	<b>YOGA</b> Carmen	<b>Silver Sneakers</b> Sue	<b>YOGA</b> (all levels) Audra	<b>Silver Sneakers</b> Sue	<b>YOGA</b> (all levels) Lynne	
12:00PM				<b>TAI CHI</b> Carmella			
5:30PM	<b>SPINNING<sup>®</sup></b> Stan Les Mills BodyPump Diane	<b>SPINNING<sup>®</sup></b> Cindy <b>Zumba</b> Vicky	Les Mills BodyPump Diane	<b>SPINNING<sup>®</sup></b> Amy			
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: 10/30/23

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