



# May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					<b>SPINNING</b> express Stan		
8:30AM							
8:30AM	<b>YOGA</b> <i>(all levels)</i> Lynne	Les Mills BodyPump Sabrina				<b>8:45am:</b> Les Mills BodyPump Diane	<b>YOGA</b> <i>(all levels)</i> 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> Vicky	<b>10:00am:</b> <b>Zumba</b> Vicky	
11:00AM	Silver Sneakers Sabrina	<b>YOGA</b> <i>(all levels)</i> Carmen	Silver Sneakers Sabrina	<b>YOGA</b> <i>(all levels)</i> Lynne	Silver Sneakers Vicky		
1:30pm							
5:30PM	Les Mills BodyPump Diane	<b>SPINNING</b> Cindy Les Mills BodyPump Diane	Total Body Sculpt Vicky	<b>SPINNING</b> Cindy <b>Zumba</b> Vicky			

\* Schedule is subject to change  
last updated: 4/23/26

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