



Dumbbells & Weighted Bars

Try new exercises using two of the most versatile pieces of equipment in the gym. Introduction and example exercises for all fitness levels.

HIIT

No time to train? Learn how to get the most out of your time at the gym. Burn the most calories with some of the best exercises.

Fitness Orientation

1-hour orientation of all equipment in the Fitness Center. Strength, cardio, and functional elements of the gym will be emphasized.

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5 Fitness Orientation 1:00-2:00PM	6	7
8 Dumbbells & Weighted Bars 2:30-3:00PM	9	10	11	12 Fitness Orientation 1:00-2:00PM	13	14
15	16	17	18	19 Fitness Orientation 1:00-2:00PM	20	21
22	23	24 HIIT 2:30-3:00PM	25	26 Fitness Orientation 1:00-2:00PM	27	28
29	30					

Please RSVP with our Fitness Specialists!
Call 239-317-0012 or email fitness@naplesplanade.com