



Golf Fitness

Learn the best exercises to improve your golf swing and stance. Tips to stay in the game and play your best each time you step on the course.

Squat

Protect your knees and hips. Follow the instruction of the fitness specialists to make sure you are doing this critical exercise correctly.

Fitness Orientation

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

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Fitness Orientation 1:00-2:00PM	3	4
5 Golf Fitness 2:30-3:00PM	6	7	8	9 Fitness Orientation 1:00-2:00PM	10	11
12	13	14	15	16 Fitness Orientation 1:00-2:00PM	17	18
19	20	21 Squat 2:30-3:00PM	22	23 Fitness Orientation 1:00-2:00PM	24	25
26	27	28	29	30 Fitness Orientation 1:00-2:00PM	31	

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