



Cable Machine

Introduction to the cable machine, attachments, and example exercises that can be used to target total body muscle groups.

Balance

Learn what equipment to use in the gym to help improve your balance. Example exercises and instruction will be shown.

Fitness Orientation

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

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Cable Machine 2:30-3:00PM	4	5	6	7 Fitness Orientation 1:00-2:00PM	8	9
10	11	12	13	14 Fitness Orientation 1:00-2:00PM	15	16
17	18	19 Balance 2:30-3:00PM	20	21 Fitness Orientation 1:00-2:00PM	22	23
24	25	26	27	28 Fitness Orientation 1:00-2:00PM	29	30
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Please RSVP with our Fitness Specialists!
Call 239-317-0012 or email fitness@naplesesplanade.com