



Plyometrics

Introduction to exercises that use muscle to exert strength and power in short intervals. Learn how to apply this to simple tasks like walking or sports like golf.

Kinesis

Learn how to use our Kinesis machine! Introduction and example exercises for Golf & Functional Fitness.

Fitness Orientation

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

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5 Fitness Orientation 1:00-2:00PM	6	7
8	9 Plyometrics 2:30-3:00PM	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	25 Kinesis 2:00-2:30PM	26 Fitness Orientation 1:00-2:00PM	27	28
29	30	31				

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