



Core

Protect your back with proper core work. Discover new exercises that target the core better than ever before.

Hip Hinge

The hip hinge is one of the most important movements to ensure we are not causing injury. Learn to do this movement properly and identify what muscles you need more work on.

Fitness Orientation

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

July 2018

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

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