



### Medicine Balls

Develop Strength and coordination with a variety of exercises. Learn how you can use medicine balls to meet your fitness goals.

### 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.

# June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Medicine Balls 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 Kinesis 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

Please RSVP with our Fitness Specialists!  
 Call 239-317-0012 or email [fitness@naplesesplanade.com](mailto:fitness@naplesesplanade.com)