



## TRX

Looking for more instruction with TRX? Join us as we review proper technique and discover exercises to get you to your next goal!

## Plyo Boxes

Learn about the many ways a plyo box can be used and why it is one of the best pieces of equipment in our gym. You'll walk away ready to take on your next workout.

## Fitness Orientation

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

# May

# 2018

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

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