

FACILITIES THAT INSPIRE YOU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:00-9:00AM NINI SILVER SNEAKERS</p> <p>9:00-10:00AM MORGAN POWER YOGA</p> <p>10:00-11:00AM ELSA ZUMBA</p> <p>11:30AM-12:30PM NANCY BOOM FITNESS</p> <p>5:30-6:30PM NINI POWER PUMP</p> <p>6:00-7:00PM JIM CYCLE</p> <p>6:30-7:30PM NINI CARDIO KICKBOXING</p> <p>7:00-8:00PM MARY A. YOGA</p>	<p>8:00-9:00AM NINI SILVER SNEAKERS</p> <p>9:00-10:00AM LISA B. GENTLE YOGA</p> <p>10:00-11:00AM CATHERINE ZUMBA</p> <p>11:00A-12:00PM LENA SILVER SNEAKERS</p> <p>5:30-6:30PM MORGAN POWER YOGA</p> <p>6:00-7:00PM NINI CYCLE</p> <p>7:30-8:30PM CATHERINE ZUMBA</p>	<p>8:00-9:00AM LISA B. PILATES</p> <p>9:00-10:00AM LISA A. YOGA</p> <p>10:45-11:45AM CINDY SILVER SNEAKERS</p> <p>11:45-12:45 MARIA SILVER SNEAKERS</p> <p>5:30-6:30PM NATALIE CYCLE</p> <p>5:30-6:30PM AMY HIIT CARDIO/ STRENGTH</p> <p>6:30-7:30PM AMY YOGA</p> <p>7:30-8:30PM ANGIE ZUMBA</p>	<p>8:00-9:00AM MARIA SILVER SNEAKERS</p> <p>9:00-10:00AM LISA B. REST & RECOVERY YOGA</p> <p>10:45-11:45AM CARMEN SILVER SNEAKERS</p> <p>6:00-7:00PM JIM CYCLE</p> <p>6:00-7:00PM MARIZOL ZUMBA</p> <p>7:00-8:00PM MARY A. YOGA</p>	<p>8:00-9:00AM LISA B. PILATES</p> <p>9:00-10:00AM LISA A. YOGA</p> <p>10:00-11:00AM CATHERINE ZUMBA</p> <p>11:00-12:00PM CINDY SILVER SNEAKERS</p>	<p>8:00-9:00AM MARIA SILVER SNEAKERS</p> <p>9:00-10:00AM LIBBY CYCLE</p> <p>9:30-10:30 AM MORGAN POWER YOGA</p> <p>9:30-10:30AM KARLA & CATHERINE STRENGTH & CARDIO</p> <p>10:30-11:30AM MARIZOL ZUMBA</p>	<p>9:00-10:00AM MORGAN YOGA</p> <p>10:00-11:00AM KELLY CYCLE</p> <p>10:00-11:00AM ANGIE ZUMBA</p>

FITNESS CLASS INFORMATION:

VISIT US ONLINE FOR MORE INFORMATION &
UPDATES AT WWW.ATHLETICAHF.COM/NAPLES



PILATES: Pilates is a type of low-impact workout that incorporates light resistance training by performing small, repetitive, intense movements with a strong focus on the core muscles that helps build strength and develop balance.

GENTLE YOGA/REST & RECOVERY YOGA: A slow flow yoga class. Flow through yoga poses (Asanas) with creative transitions from pose to pose. Includes holding poses, breathing exercises (Pranayama) & relaxation. This class is perfect for anyone looking to improve their range of motion, move slowly to standing poses without too much "up & down". Suitable for all levels.

YOGA: Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

POWER YOGA: Power yoga is designed specifically to improve muscle strength and cardiovascular endurance. The poses are challenging, and you move from one pose to the next quickly.

ZUMBA: Zumba is an aerobic fitness exercise based on Latin American dance rhythms. Participants are taught basic, easy-to-learn movements set to upbeat salsa & international music. Essentially, Zumba is a fun, high-energy workout experience that keeps you excited to exercise & return for more.

STRENGTH & CARDIO: This is a group circuit-training class coached by certified personal trainers. This class provides total body workouts for anyone looking to get lean, toned & fit. Using light to moderate weights, this class can help you build strength & burn calories in the process. You'll leave feeling challenged, motivated & ready to come back for more.

■ STRENGTH ■ CARDIO ■ STRENGTH/CARDIO ■ STRETCH ■ SENIOR FRIENDLY

BOOM FITNESS: This is a classic total body strength & conditioning workout that focuses on building muscle, while burning a lot of calories. All fitness levels are welcome as exercises can be modified to meet your needs. This high intensity workout will give you results, a sense of accomplishment & new friends!

POWER PUMP: Stop counting the rep and start training to the beat. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

FULL BODY BLASTER: Fun, functional and always fresh, this workout helps tone and fine-tune major muscle groups to ignite total-body strength and coordination. This class is appropriate for all fitness levels.

HIIT CARDIO/STRENGTH: This class consists of intervals of intense cardio and strength exercises paired with active recovery. It will increase your heart rate while improving your strength.

STRONG NATION: Stop counting the rep and start training to the beat. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

CARDIO KICKBOXING: This class takes a sports conditioning training approach and blends strength training. It will challenge your body so you are constantly developing strength, agility, flexibility, and balance.

SILVER SNEAKERS: This is a beginner-friendly strength class for seniors. It focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, bands, a pilates ring, and a Silver Sneakers ball. A chair is used for seated exercises or standing support.