



SUMMER 2025 JUNE 1-AUG 31

WHITAKER GROUP FITNESS SCHEDULE

2330 IMMOKALEE RD. NAPLES, FL 34110



REMEMBER TO SCAN THE QR
CODE TO CHECK THE ONLINE LIVE
SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boot Camp 5:30-6:25am WAKA—GFS	POWER 5:30-6:25am KAREN—GFS	Group Cycle 5:30-6:25am RAY—CYC	BODYPUMP 5:30-6:25am WAKA—GFS	Group Cycle 5:30-6:25am RYAN—CYC	Group Cycle 8:30-9:25am LYNN—CYC	Group Cycle 9:00-9:55am RYAN—CYC
Group Cycle 8:00-8:55am RAY—CYC	Group Cycle 5:30-6:25am WAKA—CYC	Group Cycle 8:30-9:25am MIKE—CYC	Interval Training 8:30-9:25am ANGELA—GFS	Group Cycle 8:00—8:55am ROSE—CYC	LIFT 9:45-10:40am ALISON—GFS	BLAST 9:00-9:55am LAURA—GFS
Barre Fusion 8:30—9:25am MARIA -RES	Interval Training 8:30-9:25am ANGELA—GFS	Stretch & Mobility 9:00-9:55am JOY—RES	Multilevel Yoga 9:00-9:55am SARAH— RES	Stretch & Mobility 9:00-9:55am JOY—RES	Mat Pilates 10:00-10:55am JOY—RES	Multilevel Yoga 10:30-12p ELIZABETH—GFS
Zumba 9:30-10:25am MARIA—GFS	Multilevel Yoga 9:00-9:55am SARAH— RES	Mat Pilates 9:30-10:25am JENNIFER—GFS	STRENGTH 9:45-10:40am ANGELA—GFS	POWER 8:30-9:25am MIKE—GFS		
TRX Power Hour ** 10:00-10:55am ANGELA— TRX	STRENGTH 9:45-10:40am JENNIFER—GFS	TRX ** 10:00—10:45am MIKE— TRX	INTRO TRX ** 3:00—3:30pm CHRIS— TRX	Boot Camp 9:35-10:25am PAM—GFS		
Chair Yoga 10:15-11:10am JOY--RES	BODYBALANCE 10:45-11:40am JENNIFER—GFS	Chair Yoga 10:15-11:10am JOY--RES	Mat Pilates 4:30-5:25pm JOY/KRISTI—RES	Group Cycle 9:45-10:40am MIKE—CYC		
Gentle Yoga—V 12:00-12:55pm WENDY—GFS	Mat Pilates 4:30-5:25pm JOY/KRISTI—RES	Zumba 10:30-11:25am DALE--GFS	Boot Camp 5:30-6:25pm RAY—GFS	Chair Yoga 10:15-11:10am JOY--RES		
BALANCE 12:00-12:30pm MATT—RES	Boot Camp 5:30-6:25pm RAY—GFS	Gentle Yoga—V 12:00-12:55pm WENDY—GFS		Zumba 10:30-11:25am DALE--GFS		
Foam Rolling 1:15-2:10pm WENDY—GFS		BALANCE 12:00-12:30pm VARIES—RES		BALANCE 12:00-12:30pm VARIES—RES		
BLAST 4:30-5:25pm KAREN—GFS		Centergy 4:30-5:25pm KAREN—GFS		Gentle Yoga 5:30-6:45pm ELIZABETH-RES		
Group Cycle 5:30-6:25pm MIKE—CYC		Group Cycle 5:30-6:25pm RYAN—CYC		Zumba* 6:00-6:55pm JAVI--GFS	BRING YOUR OWN MAT TO CLASSES	
Restorative Yoga 5:45-6:40pm ELIZABETH-RES		BODY COMBAT 5:30-6:25pm WAKA—RES		*check online schedule for dates Friday Zumba w/Javi		
BODYPUMP 5:45—6:40pm WAKA—GFS					Mossa - LesMills-	
					Red = Cardio Blue=Strength Orange = Cycle	V = Virtual and In Person
					Purple = TRX Green = Mind/Body	** TRX ** Must sign up for TRX class within Antaris