



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 5:30-6:15am 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
STRENGTH *starts 7/7 7:00-7:45am RAY—GFS	Group Cycle 5:30-6:25am WAKA—CYC	STRENGTH *starts 7/9 7:00-7:45am RAY—GFS	Interval Training 8:30-9:25am ANGELA—GFS	Group Cycle 8:00—8:55am ROSE—CYC	FIGHT *starts 7/12 8:30am-9:25am NATHALIE—RM 3	BLAST 9:00-9:55am LAURA—GFS
Group Cycle 8:00-8:45am RAY-CYC	Interval Training 8:30-9:25am ANGELA—GFS	Group Cycle 8:30-9:25am MIKE—CYC	Multilevel Yoga 9:00-9:55am SARAH— RES	Stretch & Mobility 9:00-9:55am JOY—RES	L1FT 9:45-10:40am ALISON—GFS	Multilevel Yoga 10:30-12p ELIZABETH—GFS
Barre Fusion 8:30—9:25am MARIA -RES	Multilevel Yoga 9:00-9:55am SARAH— RES	Stretch & Mobility 9:00-9:55am JOY—RES	STRENGTH 9:45-10:40am ANGELA—GFS	POWER 8:30-9:25am MIKE—GFS	Mat Pilates 10:00-10:55am JOY—RES	
Zumba 9:30-10:25am MARIA—GFS	STRENGTH 9:45-10:40am JENNIFER—GFS	Mat Pilates 9:30-10:25am JENNIFER—GFS	Mat Pilates 4:30-5:25pm KRISTI—RES	Boot Camp 9:35-10:25am PAM—GFS		
TRX Power Hour ** 10:00-10:55am ANGELA— TRX	BODYBALANCE 10:45-11:40am JENNIFER—GFS	TRX ** 10:00—10:45am MIKE— TRX	STRENGTH 5:30-6:15pm RAY—GFS	Group Cycle 9:45-10:40am MIKE—CYC		
Chair Yoga 10:15-11:10am JOY—RES	Mat Pilates 4:30-5:25pm KRISTI—RES	Chair Yoga 10:15-11:10am JOY--RES		Chair Yoga 10:15-11:10am JOY--RES		
Gentle Yoga—V 12:00-12:55pm WENDY—GFS	STRENGTH 5:30-6:15pm RAY—GFS	Zumba 10:30-11:25am DALE--GFS		Zumba 10:30-11:25am DALE--GFS		
BALANCE 12:00-12:30pm MATT—RES		Gentle Yoga—V 12:00-12:55pm WENDY—GFS		BALANCE 12:00-12:30pm VARIES—RES		
Foam Rolling 1:15-2:10pm WENDY—GFS		BALANCE 12:00-12:30pm VARIES—RES		Gentle Yoga 5:30-6:45pm ELIZABETH-RES		
BLAST 4:30-5:25pm KAREN—GFS		Centergy 4:30-5:25pm KAREN—GFS		Zumba 5:30-6:25pm VASELIKI--GFS	BRING YOUR OWN MAT TO CLASSES	
Group Cycle 5:30-6:25pm MIKE—CYC		Group Cycle 5:30-6:25pm RYAN—CYC				
Restorative Yoga 5:45-6:40pm ELIZABETH-RES		BODY COMBAT 5:30-6:25pm WAKA—GFS			Mossa - LesMills-	
BODYPUMP 5:45—6:40pm WAKA—GFS					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