



FALL 2025 STARTING SEPT 2ND

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
STRENGTH 7:00-7:55am RAY—GFS	Group Cycle 5:30-6:25am WAKA—CYC	STRENGTH 7:00-7:55am RAY—GFS	Interval Training 8:30-9:25am ANGELA—GFS	Group Cycle 8:00—8:55am ROSE—CYC	FIGHT 8:30am-9:25am NATHALIE—RM 3	BLAST 9:00-9:55am LAURA—GFS
Group Cycle 8:00-8:55am RAY-CYC	Interval Training 8:30-9:25am ANGELA—GFS	ACTIVE 8:15-9:10am HEATHER—GFS	Multilevel Yoga 9:00-9:55am SARAH— RES	Stretch & Mobility 9:00-9:55am JOY—RES	L1FT 9:45-10:40am ALISON—GFS	Slow Yoga Flow 10:30-12p ELIZABETH—GFS
ACTIVE 8:15-9:10am HEATHER—GFS	Multilevel Yoga 9:00-9:55am SARAH— RES	Group Cycle 8:30-9:25am MIKE—CYC	STRENGTH 9:45-10:40am ANGELA—GFS	POWER 8:30-9:25am MIKE—GFS	Mat Pilates 10:00-10:55am JOY—RES	
Barre Fusion 8:30—9:25am MARIA -RES	STRENGTH 9:45-10:40am JENNIFER—GFS	Stretch & Mobility 9:00-9:55am JOY—RES	Chair Yoga *starts 10/9 10:15-11:10am NANCY--RES	Boot Camp 9:35-10:25am PAM—GFS	TRX Extreme ** 10:30-11:25am NATHALIE— TRX	
Zumba 9:30-10:25am MARIA--GFS	Chair Yoga *starts 10/7 10:15-11:10am NANCY--RES	Mat Pilates 9:30-10:25am JENNIFER—GFS	Mat Pilates 4:00-4:55pm KRISTI—RES	Group Cycle 9:45-10:40am MIKE—CYC		
TRX Power Hour ** 10:00-10:55am ANGELA— TRX	BODYBALANCE 10:45-11:40am JENNIFER—GFS	TRX ** 10:00—10:45am MIKE— TRX	STRENGTH 5:30-6:25pm RAY—GFS	Chair Yoga 10:15-11:10am JOY--RES		
Chair Yoga 10:15-11:10am JOY--RES	Mat Pilates 4:00-4:55pm KRISTI—RES	Chair Yoga 10:15-11:10am JOY--RES		Zumba 10:30-11:25am DALE--GFS		
Gentle Yoga—V 12:00-12:55pm WENDY—GFS	STRENGTH 5:30-6:25pm RAY—GFS	Zumba 10:30-11:25am DALE--GFS		BALANCE 12:00-12:30pm VARIES—RES		
BALANCE 12:00-12:30pm MATT—RES		Gentle Yoga—V 12:00-12:55pm WENDY—GFS		Gentle Yoga 5:30-6:45pm ELIZABETH-RES		
Foam Rolling 1:15-2:10pm WENDY—GFS		BALANCE 12:00-12:30pm VARIES—RES		Zumba 5:30-6:25pm VASELIKI--GFS	BRING YOUR OWN MAT TO CLASSES	
BLAST 4:30-5:25pm KAREN—GFS		Centergy 4:30-5:25pm KAREN—GFS				
Group Cycle 5:30-6:25pm MIKE—CYC		Group Cycle 5:30-6:25pm RYAN—CYC			Mossa - LesMills-	
Restorative Yoga 5:30-6:45pm ELIZABETH-RES					Red = Cardio Blue=Strength Orange = Cycle	V = Virtual and In Person
BODYPUMP 5:45—6:40pm WAKA—GFS					Purple = TRX Green = Mind/Body	** TRX ** Must sign up for TRX class within Antaris