

April 2019

This schedule is subject to change. Visit fountainofyou.com/schedule for the latest schedule, event details, pricing and registration. Each day's schedule is posted on Facebook, please check our page daily for the latest information.

Fountain of You Fitness and Event Space * Owner: Vicki Toole * 703 Roosevelt Trail, Naples, Maine 04055 * (207-939-2436 * Ircjv@fairpoint.net)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
					9:00 Pulse Pt. Barre Vicki 6:30 Anyone's Yoga Nancy	8:30 PUMPed - Denise
8:30 Zumba & ABS 7	9:00 Pulse Pt. Barre 10:30 Zumba Gold -Vicki 1:30 Balance Strength Yoga 8	9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise 9	8:30 Zumba Toning - Vicki 5 p.m. Pumped Denise 6 p.m. FREE DEMO TWIST AND TONE CHERYL 10	9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 p.m. Tabata 11	9:00 Pulse Pt. Barre - Vicki 6:30 Anyone's Yoga Nancy 12	8:30 PUMPed - Denise 13
8:30 Zumba 14	9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki 1:30 Strength/Balance Yoga 15	9:00 Muscle & Strength - Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox 16	8:30 Zumba Toning - Vicki 5:15 Pumped Denise 6:30 Twist Tone Cheryl 17	6 a.m. Zumba Express Amanda 9 a.m. Tabata Vicki 10:30 Zumba Gold - Cheryl 6 p.m. Tabata 18	9:00 Pulse Pt. Barre Vicki 6:30 Anyone's Yoga Nancy 19	8:30 PUMPed - Denise 20
NO CLASSES Happy Easter 21	9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki 1:30 Strength/Balance Yoga 7 p.m. Aqua Colonial Mast 22	9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise 23	8:30 Zumba Toning - Vicki 5:15 Pumped Denise 6:30 Twist Tone Cheryl 7 p.m. Aqua Zumba Colonial Mast 24	9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 p.m. Tabata Denise 25	9:00 Pulse Pt. Barre -Vicki 6:30 Anyone's Yoga Nancy 26	8:30 PUMPed - Denise 27
8:30 Zumba 28	9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki 1:30 Strength/Balance Yoga 7 p.m. Aqua Zumba Colonial Mast 29	9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise 30				

**Advanced sign up for classes is highly recommended as space is limited. Cancellations/Changes will be posted on FB and on FOY Website Schedule

Contact the instructor for payment and registration, just click on the class on the online calendar and that info will pop up.