

# December 2018

This schedule is subject to change. Visit [fountainofyou.com/schedule](http://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](mailto:Ircjv@fairpoint.net))

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Zumba <sup>2</sup>	9:00 Pulse Pt. Barre <sup>3</sup> 10:30 Zumba Gold - Vicki 1:30 Strength/Balance Yoga	9:00 Muscle & Strength -Vicki <sup>4</sup> 10:15 Gentle Flow Yoga Rose 5:45 Zumba STRONG	8:30 Zumba Toning - Vicki <sup>5</sup> 9:30BOSU STRENGTH 5:15 Yin Yoga - Aileen 6:30 Pumped Denise	9 a.m. Tabata kickbox Aileen <sup>6</sup> 10:30 Zumba Gold - Cheryl 6 Zumba Janet 7:15 Moderate Flow Yoga Rose	9:00 Pulse Pt. Barre Vicki <sup>7</sup> 1:30 Balance strength Yoga	8:30 PUMPed - Denise <sup>8</sup>
8:30 Zumba Rachel <sup>9</sup>	<b>10</b> 9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki 1:30 Strength/Balance Yoga	<b>11</b> 9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:45 Zumba STRONG	8:30 Zumba Toning - Vicki <sup>15</sup> 9:30BOSU STRENGTH 5:15 Yin Yoga - Aileen 6:30 Pumped Denise	9 a.m. Tabata kickbox Aileen <sup>13</sup> 10:30 Zumba Gold - Cheryl 6 Zumba Janet 7:15 Moderate Flow Yoga Rose	<b>14</b> 9:00 Pulse Pt. Barre Vicki 1:30 Balance strength Yoga	8:30 PUMPED Denise <sup>15</sup>
8:30 Zumba Vicki <sup>16</sup>	9:00 Pulse Pt. Barre <sup>17</sup> 10:30 Zumba Gold - Vicki 1:45 Strength/Balance Yoga 6:30 Anyone's Yoga Nancy	9:00 Muscle & Strength - Vicki <sup>18</sup> 10:15 Gentle Flow Yoga Rose 5:45 Zumba STRONG	8:30 Zumba Toning - Vicki <sup>19</sup> 9:30 BOSU STRENGTH - Aileen 5:15 Yin Yoga - Aileen 6:30 Pumped Denise	9 a.m. Tabata kickbox Aileen <sup>20</sup> 10:30 Zumba Gold - Cheryl 6 Zumba Janet 7:15 Moderate Flow Yoga Rose	9 a.m., Pulse Point Barre <sup>21</sup> 1:30 Balance Strength Yoga	8:30 PUMPed - Denise <sup>22</sup>
8:30 Zumba & AB <sup>23</sup>	9:00 Pulse Pt. Barre <sup>24</sup> 10:30 Zumba Gold - Vicki	 <sup>25</sup>	8:30 Zumba Toning - Vicki <sup>26</sup> 9:30BOSU STRENGTH - Aileen 5:15 Yin Yoga - Aileen 6:30 Pumped Denise	9 a.m. Tabata kickbox Aileen <sup>27</sup> 10:30 Zumba Gold - Cheryl 6 Zumba Janet 7:15 Moderate Flow Yoga Rose	9:00 Pulse Pt. Barre -Vicki <sup>28</sup> 1:30 Balance Strength Yoga	8:30 PUMPed - Denise <sup>29</sup>
8:30 Zumba <sup>30</sup>	9:00 Pulse Pt. Barre <sup>31</sup> 10:30 Zumba Gold - Vicki	<b>January 1 NY DAY!</b> 8:30 AM PROJECT GRAD ZUMBA FUNDRAISER SUGG DONATION \$10				

\*\*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.

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