

February 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
					9:00 Pulse Pt. Barre Vicki 1:30 Balance strength Yoga 6:30 Anyone's Yoga Nancy	8:30 PUMPed - Denise
3	4	5	6	7	8	9
8:30 Zumba & ABS Vicki	9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki 7:15 Yin Yoga Aileen	9:00 Muscle & Strength - Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise 6:30 Anyone's Yoga Nancy 6 Aqua Zumba Microtel \$10 drop In	8:30 Zumba Toning - Vicki 5:15 Pumped 6:30 Zumba Amanda	9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 Tabata Denise 6 Aqua Zumba Microtel \$10 drop Ins	9:00 Pulse Pt. Barre Vicki 6:30 Anyone's Yoga Nancy	8:30 PUMPed - Denise
10	11	12	13	14	15	16
8:30 Zumba	9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki 7:15 Yin Yoga Aileen	9:00 Muscle & Strength - Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise 6:30 Anyone's Yoga Nancy 6 Aqua Zumba Microtel \$10	8:30 Zumba Toning - Vicki 5:15 Pumped 6:30 Zumba Amanda	9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 Tabata Denise 6 Aqua Zumba Microtel drop Ins \$10	9:00 Pulse Pt. Barre Vicki 6:30 Anyone's Yoga Nancy	8:30 PUMPed - Denise
17	18	19	20	21	22	23
8:30 Zumba & AB	9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki 7:15 Yin Yoga Aileen	9:00 Muscle & Strength - Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise 6:30 Anyone's Yoga Nancy 6 Aqua Zumba Microtel \$10	8:30 Zumba Toning - Vicki 5:15 Pumped 6:30 Zumba Amanda	9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 Tabata Denise	9:00 Pulse Pt. Barre Vicki 6:30 Anyone's Yoga Nancy	8:30 PUMPed - Denise
24	25	26	27	28		
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**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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