



Fall Schedule 2020

ZOOM Fitness Classes for all levels

Monday: 9a Zumba Gold, 6p Nancy's Gentle Yoga

Tuesday: 7:45 Yamuna Body Rolling, 9 Muscle Strength 5:30 YBR

HOOPING Tuesday, 6 p.m. LIVE on the Village Green (till mid Sept.)

Wednesday: 8:30 a.m. Zumba Toning 5:30 p.m. Pumped

Thurs: 8 Yin Yoga 9 CardioBoot, 6 p.m. Causeway Zumba (till Sept 17)

Friday: 9 am Barre 10:30 a.m. Zumba Gold

Saturday: 8:30 a.m. PUMPED Returns via ZOOM

Sunday: 830 am Zumba

Sign up on our website at least one hour in advance to get zoom links

Personal Training available online or In person

5, 10, and 20 class pass Virtual Passes available

Visit our website at fountainofyoufitness.com

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