



Fall Schedule 2020

ZOOM Fitness Classes

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

Tuesday: 9 am Muscle Strength

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

Thurs: 9 CardioBoot, 4:30 p.m. Causeway Zumba (weather permitting)

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

Saturday: 8:30 a.m. PUMPED

Sunday: 9 a.m. Zumba

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

YOUR FIRST CLASS IS ALWAYS FREE!

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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