

January 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
		9am ZUMBA fundraiser Naples Town Gym 10:30 Gentle Yoga Brad Donation classes	2 8:30 Zumba Toning - Vicki 9:30 BOSU Aileen 6:15 Pumped Denise	3 9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 Tabata Denise	4 9:00 Pulse Pt. Barre Vicki 10:30 Hoop/Tone Janet 1:30 Balance strength Yoga 6:30 Anyone's Yoga Nancy	5 8:30 PUMPed - Denise
6 8:30 Zumba & ABS	7 9:00 Pulse Pt. Barre 10:30 Zumba Gold -Vicki 1:45 Strength Yoga Brad 7:15 Yin Yoga Aileen	8 9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise 6:30 Anyones yoga Nancy	9 8:30 Zumba Toning - Vicki 9:30 BOSU STRENGTH Aileen 6:15 Pumped Denise	10 9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 Tabata Denise	11 9:00 Pulse Pt. Barre - Vicki 10:30 Hoop/Tone /Janet 1:30 Balance Strength Yoga 6 Studio Rented for Private Event	12 8:30 PUMPed - Denise
13 8:30 Zumba Rachel	14 9:00 Pulse Pt. Barre aileen 10:30 Zumba Gold 130 Strong Yoga Brad 5:30 Health and Hope Party Sue Martin 7:15 YIN YOGA Aileen	15 9:00 MuscleStrength - Aileen 10:15 Gentle Flow Yoga Rose 5:15: Power Kickboxing Denise 6:30 Anyone's Yoga Nancy	16 8:30 Zumba Toning 9:30 BOSU STRENGTH - Aileen 6:15 Pumped Denise	17 9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 Tabata Denise	18 1:30 Balance Strength Yoga 6:30 Anyone's Yoga Nancy	19 8:30 PUMPed - Denise
20 8:30 Zumba	21 9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki 1:45 Strength/Balance Yoga 7:15 Yin Yoga Aileen	22 9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise 6:30 Anyones Yoga Nancy	23 8:30 Zumba Toning - Vicki 9:30BOSU Aileen 6:15 Pumped Denise	24 9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 Tabata Denise	25 9:00 Pulse Pt. Barre -Vicki 1:30 Balance Strength Yoga 6:30 Anyone's Yoga Nancy	26 8:30 PUMPed - Denise 10 a.m. Geode Resin Art Workshop
27 8:30 Zumba	28 9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki 1:45 Strength/Balance Yoga 7:15 Yin Yoga Aileen	29 9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise 6 AQUA ZUMBA STARTS! 6:30 Anyone's Yoga Nancy	30 8:30 Zumba Toning - Vicki 9:30 BOSU STRENGTH - Aileen 6:15 Pumped Denise	31 9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 Tabata Denise		

**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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Air Conditioned Studio!

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