

## June 2019

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
2	3	4	5	6	7	8
		9 a.m. Muscle Strength Vicki 10:15 Gentle Yoga Rose 5:15 Power Kickbox Denise	8:30 Zumba toning 10:15 TRX Elizabeth 5:15 Pumped Denise	9 a.m. Tabata Vicki 10:15 Zumba Gold Cheryl 6 p.m. Tabata Denise	9 a.m. Pulse PT barre Vicki 10:15 TRX Elizabeth	8:30 NANCY's YOGA
9	10	11	12	13	14	15
8:30 Zumba Vicki	9:00 Pulse Pt. Barre 10:30 Zumba Gold -Vicki 5:30 Nancy's Yoga	9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise	8:30 Zumba Toning - Vicki 5:15 p.m. Pumped Denise	9 a.m. Tabata Vicki 10:30 Zumba Gold - Cheryl	9:00 Pulse Pt. Barre - Vicki	8:30 Pumped Vicki
16	17	18	19	20	21	22
8:30 Zumba Vicki <b>Fathers FREE!!!</b>	9:00 Pulse Pt. Barre vicki 10:30 Zumba Gold -Vicki 5:30 Nancy's Yoga	9:00 Muscle & Strength - Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox denise	8:30 Zumba Toning - Vicki 10:15 TRX Elizabeth 5:15 Pumped Denise	9 a.m. Tabata Denise 10:30 Zumba Gold - Cheryl 6 p.m. Causeway Zumba	9:00 Pulse Pt. Barre Vicki 10:15 TRX Elizabeth	8:30 PUMPed - Denise
23	24	25	26	27	28	29
8:30 Zumba Vicki SOUND SCENT BATH Meditation Tara Atwood 10-11:30 TIX ONLINE!	9:00 Pulse Pt. Barre 10:30 Zumba Gold – Vicki 5:30 Nancy's Yoga	9:00 Muscle & Strength Denise 10:15 Gentle Flow Yoga Rose 5:15 Zumba Toning Vicki	8:30 Zumba Toning - Vicki 5:15 Pumped Denise	9 a.m. Tabata Denise 10:30 Zumba Gold - Cheryl 6 p.m. Causeway Zumba	9:00 Pulse Pt. Barre -Vicki	8:30 PUMPed - Denise
30	July 1	2	3	4	5	6
8:30 Zumba Vicki	9:00 Pulse Pt. Barre 10:30 Zumba Gold – Vicki 5:30 Nancy's Yoga	9:00 Muscle & Strength -Denise 10:15 Gentle Flow Yoga Rose 5:15 Zumba Toning Vicki	8:30 Zumba Toning - Vicki 5:15 Pumped Denise	9 a.m. Tabata	9:00 Pulse Pt. Barre -Vicki	8:30 a.m. Pumped 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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