

May 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
		9 a.m. Muscle Strength Vicki 10:15 Gentle Yoga Rose 5:15 Power Kickbox Denise	1 8:30 Zumba toning 5:15 Pumped Denise	2 9 a.m. Tabata Aileen NO ZUMBA GOLD TODAY 6 p.m. Tabata Denise	3 NO BARRE FRIDAY 5:30 Nancy's Yoga	4 8:30 PUMPed - Denise
5 8:30 Zumba Denise	6 9:00 Pulse Pt. Barre 10:30 Zumba Gold -Vicki 5:30 Nancy's Yoga 7 p.m. Aqua Zumba Vicki Colonial Mast \$10 drop in	7 9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise	8 8:30 Zumba Toning - Vicki 5:15 p.m. Pumped Denise 6:30 Twist Tone Cheryl	9 9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 p.m. Tabata	10 9:00 Pulse Pt. Barre - Vicki 5:30 Nancy's Yoga	11 8:30 Pumped Vicki 1 -3 p.m. Mom/Daughter Yoga Workshop
12 8:30 MOTHER'S Day ZUMBA Come burn some calories before Brunch! Vicki	13 9:00 Pulse Pt. Barre 10:30 Zumba Gold -Vicki 5:30 Nancy's Yoga 7 p.m. Aqua Zumba Vicki Colonial Mast \$10 drop in	14 9:00 Muscle & Strength - Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox	15 8:30 Zumba Toning - Vicki 5:15 Pumped Denise 6:30 Twist Tone Cheryl 7 p.m. Last Spring Aqua Zumba \$10 Colonial Mast	16 9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 p.m. Tabata Denise	17 9:00 Pulse Pt. Barre Vicki	18 8:30 PUMPed - Denise
19 8:30 Zumba Denise	20 9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki	21 9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise	22 8:30 Zumba Toning - Vicki 5:15 Pumped Denise 6:30 Twist Tone Cheryl	23 9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 p.m. Tabata Denise	24 9:00 Pulse Pt. Barre -Vicki	25 8:30 PUMPed - Denise
26 8:30 Zumba Vicki	27 9:00 Pulse Pt. Barre 10:30 Zumba Gold - Vicki	28 9:00 Muscle & Strength -Vicki 10:15 Gentle Flow Yoga Rose 5:15 Power Kickbox Denise	29 8:30 Zumba Toning - Vicki 5:15 Pumped Denise 6:30 Twist Tone Cheryl	30 9 a.m. Tabata Aileen 10:30 Zumba Gold - Cheryl 6 p.m. Tabata Denise	31 9:00 Pulse Pt. Barre -Vicki 5:30 Nancy's Yoga	June 1 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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