

September 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
1	2	3 9 a.m. Muscle Strength Vicki 10:15 Gentle Yoga Rose	4 8:30 Zumba toning 10:15 TRX Elizabeth 5:15 Pumped Denise	5 9 a.m. Tabata Vicki 10:15 Zumba Gold Cheryl 6 p.m. Zumba Vicki Causeway	6 9 a.m. Pulse PT barre Vicki 10:15 TRX Elizabeth	7 8:30 Pumped
8 8:30 Zumba Vicki 9:45 CBD Yoga with Becky! Massage, Drums sign up online	9 9:00 Barre Vicki 10:30 Zumba beginner – Janet 6 p.m. Nancy's Yoga	10 9:00 Muscle & Strength –Vicki 10:15 Gentle Flow Yoga Rose 5 p.m. Barre Vicki Toole (45 min) 6 p.m. Tabata Vicki (45)	11 5:30a. Zumba Strong Rachel 8:30 Zumba Toning Vicki 10:15 TRX Elizabeth Advanced sign up required message us! 5:15 p.m. Pumped Denise	12 9 a.m. Tabata Vicki 10:30 Zumba Gold – Cheryl 6 p.m. Zumba Causeway Vicki	13 9:00 Body Sculpt Denise 10:15 TRX Elizabeth Sign up ahead!	14 8:30 Pumped Denise
15 8:30 Zumba Vicki	16 9:00 Pulse Pt. Barre vicki 10:30 Zumba Gold -Vicki 6 p.m. Nancy's Yoga	17 9:00 Muscle & Strength – Denise 10:15 Gentle Flow Yoga Rose 5 p.m. Barre Vicki Toole (45 min) 6 p.m. Tabata Vicki (45)	18 5:30 a Zumba Strong Rachel 8:30 Zumba Toning - 10:15 TRX Elizabeth sign up! 5:15 Pumped Denise	19 9 a.m. Tabata Denise 10:30 Zumba Gold - Cheryl 6 p.m. Causeway Zumba	20 9:00- Barre Vicki 10:30 TRX Elizabeth Message us!	21 8:30 PUMPed - Denise
22 8:30 Zumba Vicki	23 9:00 Pulse Pt. Barre 10:30 Zumba Gold – Vicki 6 p.m. Nancy's Yoga	24 9:00 Muscle & Strength Denise 10:15 Gentle Flow Yoga Rose 5 p.m. Barre Vicki Toole (45 min) 6 p.m. Tabata Vicki (45)	25 5:30 a Zumba Strong Rachel 8:30 Zumba Toning - 10:15 BOSU Vicki 5:15 Pumped Denise	26 9 a.m. Tabata Denise 10:30 Zumba Gold - Cheryl 6 p.m. Causeway Zumba	27 9:00 Pulse Pt. Barre –Vicki	28 8:30 Pumped Denise
29 298:30 Zumba Vicki	30 9:00 Pulse Pt. Barre 10:30 Zumba Gold – Vicki 6 p.m Nancy's Yoga					

**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.

Air Conditioned Studio!

8:30 Zumba Vicki	29	9:00 Pulse Pt. Barre 10:30 Zumba Gold – Vicki 5:30 Nancy's Yoga	30	9:00 Muscle & Strength -Denise 10:15 Gentle Flow Yoga Rose	8:30 Zumba Toning – Vicki 10:15 TRX Elizabeth sign up ahead 5:15 Pumped Denise	9 a.m. Tabata Denise 10:30 Zumba Cheryl 6 p.m. Causeway Zumba Vicki	9:00 Pulse Pt. Barre –Vicki 10:15 TRX Elizabeth sign up ahead please	8:30 a.m. Pumped Denise

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