



START DATE
SEPT. 22, 2025

CLASS SCHEDULE



	TIME	CLASS	INSTRUCTOR	ROOM
MONDAY	8:30AM 9:30AM NEW 10:30AM 6:00PM	MAX STRENGTH CYCLE H2O FIT CIRCUIT FIT	MICHELE K SEEMA B SEEMA B MIKKI M	FITNESS STUDIO CYCLE STUDIO POOL TURF FIELD
TUESDAY	8:30AM NEW 9:30AM 6:00PM NEW 6:15PM 6:30PM	BODY BLAST FUNCTIONAL MOBILITY & STRENGTH SCULPT PICKLEFLOW YOGA H2O FIT	EILEEN T LULI V ALLY G SHERRY F SEEMA B	FITNESS STUDIO FITNESS STUDIO FITNESS STUDIO MIND BODY STUDIO POOL
WEDNESDAY	8:30AM 9:30AM NEW 5:45PM NEW 6:00PM 6:30PM	HALO SCULPT SCULPT & MOVE CYCLE BUILT FOR HYROX RESTORATIVE YOGA	SEEMA B MICHELLE KAZZ CHAD D FRANKIE C TRICIA L	FITNESS STUDIO FITNESS STUDIO CYCLE STUDIO TURF FIELD MIND BODY STUDIO
THURSDAY	8:30AM 9:30AM 6:00PM 6:30PM	STACKED CORE & RESTORATIVE YOGA HALO SCULPT H2O FIT	MIKKI M MIKKI M MERYL R SEEMA B	FITNESS STUDIO FITNESS STUDIO FITNESS STUDIO POOL
FRIDAY	8:30AM 9:30AM	BURN CYCLE	MICHELLE K MICHELLE K	FITNESS STUDIO CYCLE STUDIO
SATURDAY	8:30AM 9:30AM 10:30AM	TOTAL BODY PUMP CYCLE STRENGTH	MICHELE K MICHELE K ALLY G	FITNESS STUDIO CYCLE STUDIO FITNESS STUDIO
SUNDAY	8:30AM 9:30AM 10:30AM	CYCLE BURN FLOW STRETCH YOGA	PATRICK M PATRICK M MIKKI M	CYCLE STUDIO FITNESS STUDIO MIND BODY STUDIO



SCAN QR CODE FOR MORE
INFO ON CLASSES

CALL (201) 282-5225
FOUNTAINFITNESSCENTER.COM

RESERVATIONS FOR CLASSES ARE REQUIRED AS SPACE IS LIMITED. RESERVATIONS MAY
BE CANCELED WITHIN 1 HOUR OF CLASS START TO AVOID A \$5 NO-SHOW CHARGE.