

# CLASS SCHEDULE

FITNESS



PICKLEBALL

STARTING  
APRIL 5<sup>TH</sup>

	TIME	CLASS	INSTRUCTOR	ROOM
<b>MONDAY</b>	<b>NEW</b> 8:30AM	<b>STRENGTH</b>	<b>MICHELE K</b>	<b>FITNESS STUDIO</b>
	9:30AM	<b>CYCLE</b>	<b>SEEMA B</b>	<b>CYCLE STUDIO</b>
	6:00PM	<b>CIRCUIT FIT</b>	<b>MIKKI M</b>	<b>TURF FIELD</b>
	6:15PM	<b>HATHA-VIN YOGA FUSION</b>	<b>SHERRY F</b>	<b>MIND BODY STUDIO</b>
<b>TUESDAY</b>	7:00AM	<b>BUILT FOR HYROX</b>	<b>FRANKIE C</b>	<b>TURF FIELD</b>
	8:30AM	<b>BODY BLAST</b>	<b>EILEEN T</b>	<b>FITNESS STUDIO</b>
	9:30AM	<b>FUNCTIONAL MOBILITY</b>	<b>LULI V</b>	<b>FITNESS STUDIO</b>
	<b>NEW TIME</b> 10:30AM	<b>ZUMBA</b>	<b>LULI V</b>	<b>FITNESS STUDIO</b>
	6:00PM	<b>SCULPT</b>	<b>MIKKI M</b>	<b>POOL</b>
<b>WEDNESDAY</b>	8:30AM	<b>HALO SCULPT</b>	<b>SEEMA B</b>	<b>FITNESS STUDIO</b>
	9:30AM	<b>SCULPT &amp; MOVE</b>	<b>MICHELLE KAZZ</b>	<b>FITNESS STUDIO</b>
	5:45PM	<b>CYCLE</b>	<b>CHAD D</b>	<b>CYCLE STUDIO</b>
	6:00PM	<b>BUILT FOR HYROX</b>	<b>FRANKIE C</b>	<b>TURF FIELD</b>
	6:30PM	<b>RESTORATIVE YOGA</b>	<b>TRICIA L</b>	<b>MIND BODY STUDIO</b>
<b>THURSDAY</b>	8:30AM	<b>STACKED</b>	<b>MIKKI M</b>	<b>FITNESS STUDIO</b>
	9:30AM	<b>CORE &amp; RESTORE YOGA</b>	<b>MIKKI M</b>	<b>FITNESS STUDIO</b>
	6:00PM	<b>BURN</b>	<b>MERYL R</b>	<b>FITNESS STUDIO</b>
	6:30PM	<b>H2O FIT</b>	<b>SEEMA B</b>	<b>POOL</b>
<b>FRIDAY</b>	8:30AM	<b>POWER FUSION</b>	<b>MICHELE K</b>	<b>FITNESS STUDIO</b>
	9:30AM	<b>CYCLE</b>	<b>MICHELE K</b>	<b>CYCLE STUDIO</b>
<b>SATURDAY</b>	8:30AM	<b>TOTAL BODY PUMP</b>	<b>MICHELE K</b>	<b>FITNESS STUDIO</b>
	9:30AM	<b>CYCLE</b>	<b>MICHELE K</b>	<b>CYCLE STUDIO</b>
	<b>NEW</b> 10:00AM	<b>STRENGTH</b>	<b>ALLY G</b>	<b>FITNESS STUDIO</b>
<b>SUNDAY</b>	8:30AM	<b>CYCLE</b>	<b>PATRICK M</b>	<b>CYCLE STUDIO</b>
	9:30AM	<b>BURN</b>	<b>PATRICK M</b>	<b>FITNESS STUDIO</b>
	10:30AM	<b>FLOW STRETCH YOGA</b>	<b>MIKKI M</b>	<b>MIND BODY STUDIO</b>



SCAN QR CODE FOR MORE  
INFO ON CLASSES

CALL (201) 282-5225  
[FOUNTAINFITNESSCENTER.COM](http://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.