



Fountain View Fitness Group Fitness Class Schedule

Limited Group Fitness Schedule 12/24, 12/31

December 2018
All classes are available to FVF All inclusive Members

Monday					Tuesday					Wednesday				
Time	Class	Inst	Loc	Key	Time	Class	Inst	Loc	Key	Time	Class	Inst	Loc	Key
5:15- 6:00a	Group Cycle	Kristina	206		5:30-6:15a	S.W.E.A.T.	Dottie	201		5:30-6:15a	Spin Boot Camp	Kristina	206	
5:30-6:30a	Tabata Boot Camp	Cynthia	201		6:30-7:15a	Yoga Stretch	Lisa	201		5:30-6:15a	Barre Fusion	Brittany	201	
6:05-6:50a	Xpress Strong for Life	Instructor Rotation	206		9:00-9:45a	Aqua Interval	Gail	Pool		6:15-6:30a	Foam Rolling, Recover, Release	Dottie	206	
9:00-10:00a	Core Fit	Sherry	201		9:15-10:00a	Group Cycle	Amanda	206		9:15-10:15a	Total Body Conditioning	Amanda	206	
9:00-10:00a	Aqua Boot Camp	Lynn	Pool		9:15-10:15a	Butt & Guts	KC	201		9:45-10:30a	Aqua Tai Chi	Sherry	Warm	
9:15-10:00a	Xpress Strong for Life	Amanda	206		9:45-10:45a	Aqua Zumba	Charity	Pool		10:25-11:25a	Fit-4-Ever	Amanda	206	FYF
10:00-10:45a	Aqua Fusion	Lynn	Pool		10:15-11:15a	W.O.W. Women on Weights	Sue	Fitness Floor		10:30-11:30a	Deep Water Conditioning	Sherry	Deep	
10:15-11:15a	Functional Fitness	Gail	206	FYF	10:25-11:25a	Tai Chi	Sherry	206	FYF	10:45-11:45a	Aqua Arthritis	Lee Anne	Warm	
10:30-11:30a	Gentle Yoga	Jennifer	201		10:45-11:45a	Aqua Arthritis	KC	Warm		5:15-6:15p	Butt & Guts	KC	206	
10:45-11:45a	Warm Water Therapy	Lynn	Warm		4:30-5:30p	Total Body Conditioning	Genny	206		5:30-6:30p	Hydro Running	Patti	Deep	
4:30-5:15p	Hatha Yoga	Sherry	201		5:40-6:10p	Tabata Xpress	Genny	206		6:25-7:25p	Zumba®	Evon/ Cristina	201	
5:25-6:10p	Triple Threat	Genny	201		6:25-7:25p	Strong For Life	Gina	206		6:30-7:15p	Group Cycle	Kristina	206	
5:30-6:30p	Aqua Blast	Julianne	Pool		6:30-7:15p	S.W.E.A.T.	Cynthia	201		7:35-8:35p	Hatha Yoga	Sherry	201	
5:30-6:15p	Group Cycle	Lisa	206		7:35-8:35p	Strong by Zumba®	Bibiana	206		<p style="color: red; font-weight: bold;">*All classes, day, times and instructors are subject to change without notice.</p> <p style="color: red; font-weight: bold;">Key: FYF Forever Young Fitness</p>				
6:15-7:15p	Cardio Fit & Tone	Genny	201		7:35-8:35p	Yogalates	Fran	201						
6:25-7:25p	Zumba®	Bibiana	206		YELLOW New Classes									
7:30-8:25p	Hatha Yoga	Lisa	201											
7:50 -8:50p	Zumba Intense	Bibiana	206											



Fountain View Fitness Group Fitness Class Schedule

December 2018
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Thursday					Friday					Saturday									
Time	Class	Inst	Loc	Key	Time	Class	Inst	Loc	Key	Time	Class	Inst	Loc	Key					
5:30-6:15a	Group Cycle	Kristina	206	new time	5:30-6:30a	Strong for Life	Gina S.	206		6:30-7:15a	Group Cycle	Kristina	206						
5:30-6:30a	H.E.A.T. High Energy Athletic Training	Cynthia	FVRC Gym		9:00-10:00a	Aqua Boot Camp	Anita	Pool		7:00-7:40a	Xpress Boot Camp	Genny	FVRC/ Gym						
6:30-7:15a	Yoga Stretch	Lisa/ Brittany	201		9:15-10:15a	Strong for Life	Amanda	201		7:20-7:50a	Stretching for Injury Prevention	Kristina	201						
9:00-9:45a	Aqua Interval	KC	Pool		9:15-10:15a	Zumba®	Bibiana	206		7:50-8:10a	Ab Attack	Genny	206						
9:00-9:45a	Aqua Tai Chi	Sherry	Warm		10:00-10:45a	Aqua Fusion	Anita	Pool		8:00-9:00a	Good Morning Yoga	Sherry	201						
9:15-10:15a	Kickbox Cardio	Amanda	201		10:25 - 11:25a	Balance, Strength, Stretch	KC	201	FYF	8:15-9:15a	Lift & Tone	Genny	206						
9:15-10:15a	Strong by Zumba®	Cynthia	206		10:30-11:30a	Gentle Yoga	Jennifer	206		9:30-10:15a	Group Cycle	Instructor Rotation	206						
9:45-10:45a	Aqua Zumba	Crista	Pool		10:45-11:45a	Warm Water Therapy	Anita	Warm		9:30-10:30a	Yogalates	Gail	201						
10:25-11:25a	W.O.W. Women on Weights	Cynthia	Fitness Floor	new time	5:00-5:45p	Stretch, Relax, Breathe	Lee	201		10:35-11:35a	Zumba®	Debbie	206						
10:25-11:25a	Beginner Yoga	Sherry	206	FYF	YELLOW New Classes Key: FYF Forever Young Fitness					11:00-12:00p	Deep Water Conditioning	Patti	Deep						
										Sunday									
															Time	Class	Inst	Loc	Key
10:30-11:30a	Zumba®	Whitney	201							8:00-9:00a	Strong by Zumba/ Pound®	Bibiana/ Annette	206						
10:45-11:45a	Aqua Arthritis	KC	Warm							8:15-9:00a	Barre Fusion	Briittany	201						
5:25-6:10p	3-2-1 Kettlebell Interval	Genny	201							9:15-10:15a	Strong for Life	Lisa	201						
5:30-6:30p	Aqua Zumba	Pool	KC							9:20-10:20a	Zumba®	Debbie	206						
6:15-7:15p	Cardio Kickboxing	Genny	201							10:00-11:00a	Deep Water Conditioning	Julianne/ Sue	Deep						
6:30-7:30p	Aqua Boot Camp	Patti	Deep							10:30 - 11:30a	Gentle Yoga	Lisa/Lee	201						
6:30-7:15p	Group Cycle	Gina	206																
7:30-8:30p	Tai Chi	Sherry	206																