

FALL 2018 SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5:30a	CYCLING MARY	AnswerFitt:60 MICHELLE KROLICK	CYCLING GEORGE	AnswerFitt:60 MICHELLE KROLICK	CYCLING MARY	5:30a		
8:30a	RIPPED DEBRA LANCI	CYCLING NICOLE MILLETTE	AnswerFitt:60 DEBRA LANCI	GROUP BLAST EXPRESS MICHELLE S.	YOGA - NOREEN	8:00a	AnswerFitt:60 JEN BEAULE	CYCLING CHRISTINE JASSET
9:15a		POWER NICOLE MILLETTE	POWER PILATES EXPRESS JEN B.		CYCLING NICOLE MILLETTE		INSANITY KAREN	
9:30a	AnswerFitt:60 ARIEL KIRKPATRICK	RIPPED DEBRA LANCI	INSANITY DEBRA LANCI	EXPRESS CYCLING SAMMY	AnswerFitt:60 CHRISTINE JASSET		9:00a	
	CARDIO KICK & ABS JESSICA N.				POWER NICOLE MILLETTE	9:15a	AnswerFitt:60 ANGELA FOLEY	
5:30p	AnswerFitt:60 ED FREEMAN	POWER PILATES JEN B.	AnswerFitt:60 ANGELA FOLEY					
			CIRCUIT BOOT CAMP ED FREEMAN					
6:00p	INTERVALS CYCLING SCOTT	EXPRESS CYCLING CINDY		EXPRESS CYCLING CINDY				
6:30p	ZUMBA fitness DENISE	AnswerFitt:60 ED FREEMAN		AnswerFitt:60 ANGELA AVERI				
		LIGHTS OUT KICKBOXING JEN BEAULE						
7:00p								

AnswerFitt:60

- ✓ Small Group Training Atmosphere
- ✓ 60 min Total Body workouts
- ✓ Designed for all fitness levels
- ✓ Burn 500-1000 calories per workout
- ✓ Heart rate monitored program to maximize results.

*** THIS IS A PAID CLASS AND REQUIRES SIGN-UP ***

PLAYCARE HOURS:

Monday to Friday: 8:15 am - 11:30 am
 Monday to Thursday: 5:15 pm - 7:30 pm
 Saturday: 7:45 am - 11:30 am
 Sunday: 9:00 am - 11:00 am

NOTE: ALL ANSWERFITT:60 CLASSES ARE A PAID PROGRAM AND SIGN UP IS REQUIRED ONLINE IN ADVANCE.

GROUP X DIRECTOR DEBRA LANCI DEB_LANCI@ANSWERISFITNESS.COM

EFFECTIVE MONDAY, SEPTEMBER 10TH, 2018. CLASSES ARE SUBJECT TO CHANGE.