

Answer is Fitness™














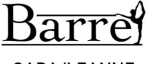

Answer is Fitness Foxboro SPRING SCHEDULE

7 Lincoln Road Foxboro MA | 508-543-7777

Cara McNeany Group X Director











cara_mcneany@answerisfitness.com

GROUP EXERCISE STUDIO

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | TIME | Saturday | Sunday |
|--------|--|---|--|---|--|--------|--|--------|
| 8:30a | Interval Challenge GAIL |  Pilates CARA |  POWER NICOLE |  PiYO MICHELLE |  GENTLE YOGA - NOREEN | 8:00a |  INSANITY KAREN | |
| 9:15a | | | | TABATA Training MICHELLE | | 9:00a |  POWER DEB | |
| 9:30a |  Barre GAIL | Pure Muscle DEB L | Cardio Combo DEB L | |  POWER NICOLE | 9:30a |  YOGA - CHERYL | |
| 12:00p | | | | | | 10:00a | | |
| 5:30p | Kick Express CARA | | Circuit Training SHANE | | | 10:30a |  ZUMBA fitness HOLLY | |
| 6:00p | |  POWER CELESTE | |  POWER CELESTE | | | | |
| 6:30p |  ZUMBA fitness DENISE | |  Barre CARA/LEANNE | | | | | |
| 7:00p | |  YOGA - CHERYL | | | | | | |

CYCLE STUDIO

Sign up required for ARC, SPARC & Cycle Classes

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | TIME | Saturday | Sunday |
|--------|---|--|---|---|---|-------|--|---|
| 5:30a |  CYCLING MARY | |  CYCLING CHRISTINE J | |  CYCLING MARY | 8:00a |  CYCLING MARY |  CYCLING CHRISTINE J |
| 8:30a | |  CYCLING NICOLE | | |  CYCLING NICOLE | 9:00a | | |
| 12:00p | | | | | | | | |
| 4:30p |  CYCLING DEB L | | | | | | | |
| 5:45p | |  CYCLING CINDY | |  CYCLING SCOTT | | | | |
| 6:30p | TABATA CYCLE SCOTT | | | | | | | |

PLAYCARE HOURS:

Monday to Friday: 8:15 am - 11:30 am

Monday: 4:15 pm - 7:30 pm

Tuesday to Thursday: 5:15 pm - 7:30 pm

Saturday: 7:45 am - 11:30 am

Sunday: 9:00 am - 11:00 am