

# Answer is Fitness™

## WINTER 2023 SCHEDULE

Answer is Fitness Foxboro

7 Lincoln Road Foxboro, MA 02035

Call 508-543-7777

Debra Lanci Group X Director

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TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5:30a			<b>CYCLING</b> GEORGE GEORGENES		<b>CYCLING</b> MARY TARR	5:30a		
7:00a								
8:00a		<b>ROW &amp; SCULPT</b> DEBRA LANCI	<b>HIIT EXPRESS</b> MICHELLE SHEEHAN	<b>CYCLE EXPRESS</b> 8:15am MARY TARR		8:00a		<b>CYCLING</b> CHRISTINE JASSET
8:30a	<b>CYCLE EXPRESS</b> DEBRA LANCI				<b>STEP &amp; STRENGTH PLUS</b> 8:30-9:45am DEBRA LANCI	8:30a	<b>CYCLE EXPRESS</b> KATHLEEN MARVELLI	
9:00a	<b>RIPPED EXPRESS</b> 9:15am DEBRA LANCI	<b>CLUB ARC</b> 9:15am RIAN FORTIER	<b>BARBELL STRENGTH</b> MICHELLE SHEEHAN	<b>BOOT CAMP</b> CHRISTINE JASSET		9:00a	<b>BARRE EXPRESS</b> 9:15am KATHLEEN MARVELLI	<b>RIPPED EXPRESS</b> CHRISTINE JASSET (STARTS 10/16)
5:15p	<b>CLUB ARC</b> RIAN FORTIER					10:00a	<b>CLUB ARC</b> RIAN FORTIER	
5:30p	<b>CARDIO/MUSCLE FUSION</b> 5:45pm CHRISTINE JASSET	<b>RIPPED EXPRESS 45</b> ELAINE DEANGELIS	<b>CARDIO BARRE</b> 5:45pm SASHA PETROSKY	<b>CYCLING</b> 5:45pm NATALIE VISCONTI				
6:15p		<b>CYCLE EXPRESS</b> GEORGE GEORGENES						

\* ONLINE SIGN UP - UP TO 24 HOURS IN ADVANCE OF SCHEDULED CLASS IS REQUIRED.

GROUP X DIRECTOR DEBRA LANCI DEB\_LANCI@ANSWERISFITNESS.COM

**GROUP-X SCHEDULE EFFECTIVE EFFECTIVE MONDAY - FEBRUARY 6, 2023. CLASSES ARE SUBJECT TO CHANGE.**