

Answer *is* Fitness™

GROUP EXERCISE STUDIO

Answer is Fitness Canton SPRING SCHEDULE

300 Turnpike St. Canton, MA 02021 | 781-828-9777

Lori Doneghey Group X Director
backoffice@answerisfitness.com

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
8:30a			 KATIE	 KATIE		8:30a		 MARY
9:30a						9:00a		
10:00a	 YOGA - KATHY					10:00a	 YOGA - KRIS	
11:00a						10:15a		 YOGA - PAULA
12:00p						11:15a	 BEGINNER YOGA - PAULA	
5:00p		 YOGA - PAUL		 YOGA - KATHY				
6:15p								
7:00p								

PLAYCARE HOURS:

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

Saturday: 8:00 am - 12:00 pm

\$8 drop in fee for members, \$10 non-members.

PLEASE BRING YOUR OWN YOGA MAT TO CLASS. Please pay at the front desk and turn yellow slip into instructor.