



SEPTMEMBER- JANESVILLE

Saturday, Sept 7th

8:00-9:00am Group Power (Strength Train Together)–Josh

Saturday, Sept 14th

8:00-9:00am Group Power (Strength Train Together)– Alisa

11:00-12:00pm Yoga R & R– Mari

Saturday, Sept 21st

8:00-9:00am Group Power (Strength Train Together)–Julie Sh

Saturday, Sept 28th

8:00-9:00am Group Power (Strength Train Together)- Julie Sh

9:15-10:15am Mod Flow Yoga (“pop up”)-
Amanda W

