



MAY-JANESVILLE

Weekend Group Exercise Schedule

Saturday, May 5th

7:00-8:00am Cycling– Julie

8:15-9:15am Group Power (Strength Train Together)– Josh

11:00-12:00pm-Yoga R&R-Mari

Saturday, May 12th

7:00-8:00am Cycling– Katie

8:15-9:15am Group Power (Strength Train Together)– Alisa

Saturday, May 19th

7:00-8:00am Cycling– Julie

8:15-9:15am Group Power (Strength Train Together)– Jana

Saturday, May 26th

7:00-8:00am Cycling– Julie

8:15-9:15am Group Power (Strength Train Together)- Alisa

****Bootcamp** is no longer held on Saturdays. It will resume again in the fall.

