



February-JANESVILLE

Weekend Group Exercise Schedule

Saturday, Feb 3rd

7:00-8:00am Cycling– Julie

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

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

Saturday, Feb 10th

7:00-8:00am Cycling– Lance

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

Saturday, Feb 17th

7:00-8:00am Cycling– Katie L.

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

Saturday, Feb 24th

7:00-8:00am Cycling– Julie

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

****Bootcamp remains the same every Saturday:
8:15-9:15am– Rene**

