



DECEMBER-JANESVILLE

Weekend Group Exercise Schedule

Saturday, Dec 1st

8:15-9:15am Group Power (Strength Train Together)– Alisa
8:15-9:15am Boot Camp– Rene
11:00-12:00pm-Yoga R&R-Mari

Saturday, Dec 8th

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

Saturday, Dec 15th

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

Saturday, Dec 22nd

8:15-9:15am Group Power (Strength Train Together)- Julie Sh
8:15-9:15am Boot Camp– Rene

Saturday, Dec 29th

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

