



April-JANESVILLE

Weekend Group Exercise Schedule

Saturday, April 7th

7:00-8:00am Cycling- Jodeen

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

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

Saturday, April 14th

7:00-8:00am Cycling- Julie

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

Saturday, April 21st

7:00-8:00am Cycling- Julie

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

LAUNCH: Josh, Alisa, and Jeff

Saturday, April 28th

7:00-8:00am Cycling- Amanda

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

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

