



AUGUST-JANESVILLE

Weekend Group Exercise Schedule

Saturday, Aug 4th

7:00-8:00am Cycling– Jana

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

8:30-9:45am Rise and Shine Yoga– Niqi

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

Saturday, Aug 11th

7:00-8:00am Cycling– Julie St.

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

8:30-9:45am Rise and Shine Yoga– Niqi

Saturday, Aug 18th

7:00-8:00am Cycling– Julie St.

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

8:30-9:45am Rise and Shine Yoga– Niqi

Saturday, Aug 25th

7:00-8:00am Cycling– Julie St.

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

8:30-9:45am Rise and Shine Yoga– Niqi

