



JULY-JANESVILLE

Weekend Group Exercise Schedule

Saturday, July 7th

7:00-8:00am Cycling– Julie St.

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

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

Saturday, July 14th

7:00-8:00am Cycling– Julie St.

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

Saturday, July 21st

7:00-8:00am Cycling– Julie St.

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

LAUNCH: Josh, Jana, and Jeff

Saturday, July 28th

7:00-8:00am Cycling– Julie St.

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

*****POSTPONED*****

