



January-JANESVILLE

Weekend Group Exercise Schedule

Saturday, Jan 6th

7:00-8:00am Cycling- Katie

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

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

Saturday, Jan 13th

7:00-8:00am Cycling- Julie

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

Saturday, Jan 20th

7:00-8:00am Cycling- Julie

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

Saturday, Jan 27th

7:00-8:00am Cycling- Julie

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

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

