



November-JANESVILLE

Weekend Group Exercise Schedule

Saturday, Nov. 4th

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

Saturday, Nov. 11th

- 8:15-9:15am Group Power (Strength Train Together)– Alisa
- 8:15-9:15am Cycling– Katie L.
- 8:15-9:15am Bootcamp– Rene

Saturday, Nov. 18th

- 8:15-9:15am Group Power (Strength Train Together)– Josh
- 8:15-9:15am Cycling– Lance
- 8:15-9:15am Bootcamp– Rene

Saturday, Nov. 25th

- 8:15-9:15am Group Power (Strength Train Together)- Josh
- 8:15-9:15am Cycling– Lance
- 8:15-9:15am– Bootcamp– Rene