



# **October-JANESVILLE**

## **Weekend Group Exercise Schedule**

### **Saturday, Oct 6th**

8:15-9:15am Group Power (Strength Train Together)– Josh  
11:00-12:00pm-Yoga R&R-Mari

### **Saturday, Oct 13th**

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

### **Saturday, Oct 20th**

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

### **Saturday, Oct 27th**

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

**\*\*Due to attendance, we no longer offer cycling on Sat Downtown. Please join us in Milton for cycling at 8AM!**

**\*\*Rise and Shine Yoga will return at a later date/month.**

