



Group Classes by Location

For sessions beginning 3/17 and running thru 6/17/2009

The letter behind the instructors name designates the location they are at. Classes are held 4 times a week at each location listed below.

| Class | Location | Session Dates/Day/Time | Instructor | Cost |
|----------------|----------------------------|---|--|--|
| Yoga | Janesville & Monroe | Monday: 6 -7 pm Wednesday: 6 – 7 pm | Tuesday : 9 – 10 am Thursday: 9 - 10 am | Lilly Limber - J Penny Peaceful – M \$40 |
| Kick Boxing | Janesville & Delavan | Monday: 5 - 6 pm Wednesday: 5 – 6 pm | Tuesday : 8 – 9 am Thursday: 8 - 9 am | Harry Hardbody –J Billy Blackbelt – D \$70 |
| Senior Classes | Janesville & Fort Atkinson | Monday: 7 - 8 pm Wednesday: 7 – 8 pm | Tuesday : 10 – 11 am Thursday: 10 - 11 am | Fred Flexible – J Sara Senior - FA \$30 |
| Water Aerobics | Janesville & Madison | Monday: 6 -7 pm Wednesday: 6 – 7 pm | Tuesday : 9 – 10 am Thursday: 9 - 10 am | Suzey Swimmer – J Annie Aqua – MS \$50 |
| Aerobics | Delavan & Whitewater | Monday: 6 -7 pm Wednesday: 6 – 7 pm | Tuesday : 9 – 10 am Thursday: 9 - 10 am | Charlie Cardio – D Franny Fitness – W \$35 |
| Cycling | Stoughton & Milwaukee | Monday: 5 - 6 pm Wednesday: 5 – 6 pm | Tuesday : 8 – 9 am Thursday: 8 - 9 am | Bonnie Biker – S Carl Cyclor - MK \$25 |

