

# April

## SPINNING



BETTER BODIES

859-344-9995 [www.betterbodiesny.com](http://www.betterbodiesny.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:15-Stephanie 9:15-Shannon-Endurance
2 8:30-Dan 9:30-Beth- Ins. Choice	3 5:45-Amy 9:15-Marcella 4:45-Julia 6-Mary-Interval	4 6:15-Garrett 9:15-Sue-Strength 6-Valerie-Fat Burn1	5 9:15-Leah 4:45-Beth 6-Shannon-Ins. Choice	6 6-Amy 9:15-Julia- Interval 6-Shannon-Strength	7 5:45-Beth 9:15-Molly-Endurance	8 8:15-Stephanie 9:15-Shannon-Ins Choice
9 8:30-Amy 9:30-Andy- Ins. Choice	10 5:45-Amy 9:15-Dan 4:45-Beth 6-Andy-Strength	11 6:15-Garrett 9:15-Sue-Endurance 6--Amy-Fat Burn1	12 9:15- Leah 4:45-Andy 6-Tina-Interval	13 6-Tina 9:15-Julia- Ins Choice 6-Amy-Hill Train	14 5:45-Alexis 9:15-Tina-Strength	15 8:15-Stephanie 9:15-Julia -Interval
16 <b>HAPPY EASTER!</b>	17 5:45-Amy 9:15-Sue 4:45-Mary 6-Mary- Ins. Choice	18 6:15-Garrett 9:15-Tina-Interval 6-Amy-Fat Burn1	19 9:15-Leah 4:45-Beth 6-Tina- Strength	20 6-Tina 9:15-Andy-Endurance 6-Amy- Ins Choice	21 5:45-Beth 9:15-Shannon-Endurance	22 8:15-Stephanie 9:15-Beth -Interval
23 8:30-Tina 9:30-Molly-Ins. Choice ----- 30 8:30-Alexis 9:30-Shannon-Interval	24 5:45-Amy 9:15-Dan 4:45-Julia 6-Mary- Strength	25 6:15-Garrett 9:15-Sue-Ins. Choice 6-Tina-Fat Burn1	26 9:15-Leah 4:45-Beth 6-Shannon-Endurance	27 6-Valerie 9:15-Julia-Interval 6-Tina- Ins. Choice	28 5:45-Alexis 9:15-Amy-Strength	29 8:15-Stephanie 9:15-Marcella-Ins. Choice

Sign up begins at the front desk 1/2 hour prior to class to reserve your bike. Sign up a day in advance for \$2. Set up your bike up 10 minutes prior to class. Wipe down your bike after class with a green towel.

2230 Grandview Dr, Ft. Mitchell KY 41017