

# May

## SPINNING



BETTER BODIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:45-Amy 9:15-Dan 4:45-Shannon 6-Mary- Endurance	2 6:15-Garrett 9:15-Molly 6-Valerie- Fat Burn1	3 9:15-Leah 4:45- Beth 6-Andy- Strength	4 6-Tina 9:15-Sue- Ins Choice 6-Krista- Ins. Choice	5 5:45-Beth 9:15-Amy-Strength	6 8:15-Stephanie 9:15-Julia -Endurance
7 8:30-Amy 9:30-Beth- Ins. Choice	8 5:45-Amy 9:15-Marcella 4:45-Julia 6-Mary-Interval	9 6:15-Garrett 9:15-Sue-Strength 6-Tina-Fat Burn1	10 9:15-Leah 4:45-Beth 6-Shannon-Ins. Choice	11 6-Amy 9:15-Julia- Interval 6-Shannon-Strength	12 5:45-Alexis 9:15-Valerie-Endurance	13 8:15-Stephanie 9:15-Tina- Ins Choice
14 8:30-Shannon 9:30-Andy-Ins. Choice	15 5:45-Amy 9:15-Dan 4:45-Shannon 6-Mary -Strength	16 6:15-Garrett 9:15-Sue-Endurance 6-Andy-Fat Burn1	17 9:15- Leah 4:45-Beth 6-Amy-Interval	18 6-Valerie 9:15-Julia- Interval 6-Shannon-Endurance	19 5:45-Beth 9:15-Tina-Strength	20 8:15-Tina 9:15-Beth -Interval
21 8:30-Alexis 9:30-Molly-Ins. Choice	22 5:45-Amy 9:15-Sue 4:45-Andy 6-Mary- Ins. Choice	23 6:15-Andy 9:15-Tina-Interval 6-Valerie-Fat Burn1	24 9:15-Leah 4:45-Beth 6-Shannon- Strength	25 6-Valerie 9:15-Marcella-Interval 6-Tina- Ins Choice	26 5:45-Alexis 9:15-Amy- Endurance	27 8:15-Stephanie 9:15-Valerie -Interval
28 8:30-Tina 9:30-Shannon-Ins. Choice	29 <b>9:15-Dan-Ins. Choice</b> <b>Enjoy Your Day!</b>	30 6:15-Garrett 9:15-Sue-Ins. Choice 6-Amy-Fat Burn1	31 9:15- Tina 4:45-Beth 6-Shannon-Endurance			
<p>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.</p>						