

# June

## SPINNING



BETTER BODIES

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

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

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