

# December

## SPINNING



BETTER BODIES

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

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

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.

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