

February

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesny.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6-Valerie 9:15-Julia -Ins Choice 6-Shannon -Strength	2 5:45-Alexis 9:15-Valerie-Strength	3 8:15-Stephanie 9:15-Julia-Endurance
4 8:30-Beth 9:30-Tina- Ins. Choice	5 5:45-Amy 9:15-Dan 4:45-Lynsey 6-Shannon-Interval	6 6:15-Garrett 9:15-Tina-Strength 6-Andy-Fat Burn1	7 9:15-Leah 4:45-Beth 6-Shannon-Ins. Choice	8 6-Tina 9:15-Molly-Interval 6-Amy-Strength	9 5:45-Beth 9:15-Leah-Endurance	10 8:15-Stephanie 9:15-Alexis-Ins Choice
11 8:30-Tina 9:30-Andy- Ins. Choice	12 5:45-Amy 9:15-Molly 4:45-Lynsey 6-Shannon-Strength	13 6:15-Garrett 9:15-Lynsey-Endurance 6-Tina-Fat Burn1	14 9:15-Leah 4:45-Beth 6-Shannon-Interval	15 6-Valerie 9:15-Julia-Ins Choice 6-Amy-Endurance	16 5:45-Alexis 9:15-Tina-Strength	17 8:15-Stephanie 9:15-Amy-Interval
18 8:30-Alexis 9:30-Molly-Ins. Choice	19 5:45-Amy 9:15-Marcella 4:45-Julia 6-Mary-Ins. Choice	20 6:15-Garrett 9:15-Valerie-Interval 6-Tina-Fat Burn1	21 9:15-Leah 4:45-Beth 6-Shannon- Strength	22 6-Andy 9:15-Julia- Endurance 6-Tina- Ins Choice	23 5:45-Beth 9:15-Amy- Endurance	24 8:15-Stephanie 9:15-Valerie-Interval Open House—Bring a Guest for Free! 10:00—2:00
25 8:30-Amy 9:30-Shannon -Ins. Choice	26 5:45-Amy 9:15-Marcella 4:45-Shannon 6-Mary-Strength	27 6:15-Garrett 9:15-Tina-Ins. Choice 6-Amy-Fat Burn1	28 9:15-Leah 4:45-Beth 6-Shannon- 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.

2230 Grandview Dr, Ft. Mitchell KY 41017