

# June

# SPINNING



BETTER BODIES

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

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