

August

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesny.com

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