

# September

## SPINNING



BETTER BODIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:15-Stephanie 9:15-Beth -Strength
2 9:00-Tina-Ins Choice	3 9:15-Amy-Ins Choice <b>LABOR DAY!</b>	4 6:15-Garrett 9:15--Beth -Strength 6-Tina -Fat Burn1	5 9:15-Lynsey 4:45- Valerie 6-Shannon- Ins. Choice	6 6-Valerie 9:15-Julia--Interval 6-Marcella -Strength	7 5:45-Alexis 9:15-Shannon- Endurance	8 8:15-Stephanie 9:15-Andy--Strength
9 9:00-Shannon- Ins Choice	10 5:45-Amy 9:15-Dan 4:45-Lynsey 6-Julia - Strength	11 6:15-Garrett 9:15--Molly-Endurance 6-Tina- Fat Burn1	12 9:15-Lynsey 4:45- Tina 6-Shannon- Interval	13 6-Andy 9:15-Julia -Ins Choice 6-Marcella-Endurance	14 5:45-Beth 9:15-Valerie- Strength	15 8:15-Stephanie 9:15-Tina-Endurance
16 9:00--Amy- Ins Choice	17 5:45-Amy 9:15-Marcella 4:45-Lynsey 6-Mary- Ins. Choice	18 6:15-Garrett 9:15-Beth-Interval 6-Tina -Fat Burn1	19 9:15-Leah 4:45- Valerie 6-Amy -Endurance	20 6-Tina 9:15-Julia-Ins Choice 6-Shannon-Strength	21 5:45-Lynsey 9:15-Valerie-Interval	22 8:15-Stephanie 9:15-Alexis- Strength
23 9:00-Beth- Ins Choice ----- 30 9:00-Alexis- Ins. Choice	24 5:45-Amy 9:15-Molly 4:45-Lynsey 6-Mary- 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.	25 6:15-Garrett 9:15--Beth -Strength 6-Tina- Fat Burn1	26 9:15-Leah 4:45- Tina 6-Shannon-Interval	27 6-Valerie 9:15-Julia-Endurance 6-Shannon -Ins Choice	28 5:45-Andy 9:15-Tina-Interval	29 8:15-Stephanie 9:15-Lynsey- Strength