

October



BETTER BODIES

SPINNING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Strength	2 6:15-Garrett 9:15--Shannon- Strength 6-Tina-Fat Burn1	3 9:15-Lynsey 4:45- Valerie 6-Tina-Interval	4 6-Valerie 9:15--Julia- Ins Choice 6-Marcella-Endurance	5 5:45-Lynsey 9:15-Molly-Strength	6 8:15-Alexis 9:15-Beth -Strength
7 9:00-Julia -Ins Choice	8 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Interval	9 6:15-Garrett 9:15--Beth-Strength 6-Amy-Fat Burn1	10 9:15-Lynsey 4:45-Marcella 6-Tina- Ins. Choice	11 6-Andy 9:15-Julia--Interval 6-Tina-Strength	12 5:45- Beth 9:15-Tina- Endurance	13 8:15-Stephanie 9:15--Shannon-- Strength
14 9:00-Amy -Ins Choice	15 5:45-Amy 9:15- Dan 4:45-Lynsey 6-Mary- Strength	16 6:15-Garrett 9:15--Beth-Endurance 6--Tina-Fat Burn1	17 9:15-Lynsey 4:45-Amy 6-Tina- Interval	18 6-Valerie 9:15-Tina -Ins Choice 6-Shannon-Endurance	19 5:45-Andy 9:15-Valerie- Strength	20 8:15-Stephanie 9:15-Lynsey- Endurance
21 9:00-Alexis-Ins Choice	22 5:45-Amy 9:15-Dan 4:45-Lynsey 6-Julia- Ins. Choice	23 6:15-Garrett 9:15-Beth-Interval 6-Amy-Fat Burn1	24 9:15-Lynsey 4:45-Valerie 6-Tina-Endurance	25 6-Valerie 9:15-Tina- Ins Choice 6-Shannon-Strength	26 5:45-Amy 9:15-Valerie-- Interval	27 8:15-Marcella 9:15-Julia-Strength
28 9:00-Andy-Ins Choice	29 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Strength	30 6:15-Garrett 9:15-Shannon- Ins. Choice 6-Tina-Fat Burn 1	31 9:15-Lynsey Happy Halloween!			

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.