

# December



| SPINNING  |  | BETTER BODIES  |   |   |  |   |
|---|--|--|---|---|--|---|
| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY                                       | SATURDAY  |
|   |  |  |   |   |  | 1<br>8:15-Stephanie<br>9:15-Tina -Strength        |
| 2<br>9:00-Lynsey-<br>Ins Choice   | 3<br>5:45-Andy<br>9:15-Dan<br>4:45-Lynsey<br>6-Mary- Interval                                  | 4<br>6:15-Garrett<br>9:15--Beth-Strength<br>5:45-Amy-Fat Burn1     | 5<br>9:15-Leah<br>4:45-Leah<br>6-Tina- Ins. Choice          | 6<br>6-Valerie<br>9:15-Tina--Interval<br>5:45-Shannon-<br>Strength        | 7<br>5:45- Amy<br>9:15-Molly-Strength        | 8<br>8:15-Stephanie<br>9:15-Julia--Strength       |
| 9<br>9:00-Leah-Ins Choice   | 10<br>5:45-Amy<br>9:15--Marcella<br>4:45--Lynsey<br>6-Mary- Strength                           | 11<br>6:15- Garrett<br>9:15--Dan-Endurance<br>5:45--Tina-Fat Burn1 | 12<br>9:15-Leah<br>4:45-Valerie<br>6-Tina- Interval         | 13<br>6-Valerie<br>9:15-Julia -Ins Choice<br>5:45-Amy-Endurance           | 14<br>5:45-Beth<br>9:15-Shannon-<br>Strength | 15<br>8:15-Stephanie<br>9:15-Alexis-Endurance     |
| 16<br>9:00-Julia-Ins Choice   | 17<br>5:45-Amy<br>9:15- Tina<br>4:45-Shannon<br>6-Mary- Ins. Choice                            | 18<br>6:15- Garrett<br>9:15-Beth-Interval<br>5:45-Tina-Fat Burn1   | 19<br>9:15-Leah<br>4:45-Leah<br>6- Tina-- Endurance         | 20<br>6-Valerie<br>9:15--Julia- Ins Choice<br>5:45-Amy-Endurance          | 21<br>5:45-Beth<br>9:15-Molly-Strength       | 22<br>8:15-Stephanie<br>9:15-Shannon-<br>Strength |
| 23<br>9:00-Lynsey-<br>Ins Choice<br><br>30<br>9:00-Alexis-<br>Ins. Choice | 24<br>9:15- Amy-Ins Choice<br><br>31<br>5:45-Amy<br>9:15-Tina- Strength<br>Enjoy your Evening! | 25<br><b>Merry Christmas!</b>                                      | 26<br>9:15-Leah<br>4:45-Tina<br><b>No 6pm Class Tonight</b> | 27<br>6-Tina<br>9:15-Marcella- Ins<br>Choice<br>5:45-Shannon-<br>Strength | 28<br>5:45-Amy<br>9:15-Shannon-<br>Endurance | 29<br>8:15-Stephanie<br>9:15-Beth-Ins. Choice     |

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