

January



BETTER BODIES

SPINNING

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