

# March



BETTER BODIES

## SPINNING

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