

# JANUARY

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>HAPPY NEW YEAR!</b>	2 8:15–Amy 9:30–Beth-Endurance
34 9:15-Krista– Ins Choice	4 6:15-Amy 9:15-Krista 6-Tina- Interval	5 6:15-Garrett 9:15--Beth- Strength 6-Krista F- Fat Burn1	6 9:15-Lynsey 4:45-Tina–Ins Choice	7 6:15-Amy 9:15-Julia--Interval	8 9:15-Dan-Endurance	9 8:15– Tina 9:30–Lynsey-- Strength
10 9:15-Beth- Ins Choice	11 6:15-Amy 9:15–Lynsey 6-Krista- Strength	12 6:15-Garrett 9:15-Marcella–Interval 6-Tina- Fat Burn1	13 9:15-Krista 4:45-Beth- Endurance	14 6:15-Krista 9:15-Julia -Ins Choice	15 9:15-Amy-- Strength	16 8:15-Lynsey 9:30-Tina -Endurance
17 9:15-Amy -Ins Choice	18 6:15-Krista 9:15-Molly 6–Tina - Ins. Choice	19 6:15-Garrett 9:15-Dan– Interval 6-Krista F- Fat Burn1	20 9:15-Krista 4:45–Tina- Strength	21 6:15-Amy 9:15-Julia- Ins Choice	22 9:15-Lynsey– Interval	23 8:15-Amy 9:30-Beth- Strength
24 9:15-Krista- Ins Choice ----- 31 9:15-Lynsey- Ins Choice	25 6:15-Amy 9:15-Lynsey 6-Beth- Strength	26 6:15-Garrett 9:15-Marcella–Interval 6-Tina- Fat Burn 1	27 9:15-Krista 4:45-Amy– Strength	28 6:15-Krista 9:15-Julia-Interval	29 9:15-Molly– Ins Choice	30 8:15– Krista 9:30– Tina– 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 10 minutes prior to class. Wipe down your bike after class with a green towel.