

APRIL

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesny.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:45-Amy 9:15-Molly 4:45-Lynsey 6-Mary- Endurance	2 6:15-Garrett 9:15-Shannon-Ins Choice 5:45-Amy-Fat Burn1	3 9:15-Leah 4:45-Amy 6-Shannon-Ins Choice	4 6-Valerie 9:15-Julia--Interval 5:45-Shannon- Strength	5 5:45-Alexis-Spin/Lift 9:15-Leah- Strength	6 8:15-Stephanie 9:15-Dan -Strength
7 9:00-Beth- Ins Choice	8 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Interval	9 6:15-Garrett 9:15--Beth-Strength 5:45-Tina-Fat Burn1	10 9:15-Leah 4:45-Amy 6-Tina- Ins. Choice	11 6-Andy 9:15-Julia--Endurance 5:45-Shannon-Interval	12 5:45-Beth 9:15-Marcella- Endurance	13 8:15-Leah 9:15-Julia--Strength
14 9:00-Alexis- Ins Choice	15 5:45-Tina 9:15-Molly 4:45-Lynsey 6-Mary- Strength	16 6:15-Garrett 9:15--Beth-Endurance 5:45--Tina-Fat Burn1	17 9:15-Leah 4:45-Leah 6-Tina- Interval	18 6-Andy 9:15-Julia -Ins Choice 5:45-Amy-Endurance	19 5:45-Alexis-Spin/Lift 9:15-Amy -Strength	20 8:15-Stephanie 9:15-Alexis-Endurance
21 HAPPY EASTER!	22 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Ins. Choice	23 6:15-Garrett 9:15-Marcella-Interval 5:45-Amy-Fat Burn1	24 9:15-Leah 4:45-Valerie 6-Tina-Endurance	25 6-Valerie 9:15-Julia- Ins Choice 5:45-Shannon- Strength	26 5:45-Beth 9:15-Dan- Interval	27 8:15-Stephanie 9:15-Tina- Strength
28 9:00-Lynsey- Ins Choice	29 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Strength	30 6:15-Garrett 9:15-Beth-Ins. Choice 5:45-Tina-Fat Burn 1				
<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 10 minutes prior to class. Wipe down your bike after class with a green towel.</p>						