

# JULY

# SPINNING



BETTER BODIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:15- Stephanie 9:15-Dan -Strength
2 8:30-Tina 9:30-Shannon- Ins Choice	3 5:45-Amy 9:15-Sue 4:45-Marcella 6-No Class Tonight	4 9:15-Molly-Strength HAPPY 4TH OF JULY!	5 9:15-Leah 4:45-Beth 6-Shannon- Ins Choice	6 6-Amy 9:15-Tina-Interval 6-Shannon-Strength	7 5:45-Alexis 9:15-Andy-Endurance	8 8:15-Stephanie 9:15-Beth- Strength
9 8:30-Shannon 9:30-Tina- Ins Choice	10 5:45-Amy 9:15- Sue 4:45-Julia 6-Mary- Strength	11 6:15-Garrett 9:15-Dan- Endurance 6--Amy- Fat Burn1	12 9:15- Leah 4:45-Beth 6-Shannon- Interval	13 6-Tina 9:15-Julia -Ins Choice 6-Andy-Hill Training	14 5:45-Beth 9:15-Leah-Strength	15 8:15-Stephanie 9:15-Tina -Endurance
16 8:30-Alexis 9:30-Beth- Ins Choice	17 5:45-Amy 9:15-Andy 4:45-Shannon 6-Mary- Ins. Choice	18 6:15-Garrett 9:15-Marcella-Interval 6-Tina-Fat Burn1	19 9:15-Leah 4:45-Beth 6-Shannon-Endurance	20 6-Tina 9:15-Julia- Ins Choice 6-Amy-Strength	21 5:45-Tina 9:15-Sue-Interval	22 8:15-Stephanie 9:15-Shannon- Strength
23 8:30-Amy 9:30-Molly-Ins Choice <u>30</u> 8:30-Beth 9:30-Dan- Ins. Choice	<b>24/31</b> 5:45-Amy/Amy 9:15-Sue/Sue 4:45-Shannon/Julia 6-Mary-/Mary-Endurance	25 6:15-Garrett 9:15-Marcella-Strength 6-Valerie-Fat Burn1	26 9:15-Tina 4:45-Beth 6-Shannon- Ins Choice	27 6-Tina 9:15-Julia- Interval 6-Andy- Strength	28 5:45-Beth 9:15-Valerie-Strength	29 8:15-Alexis 9:15-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 up 10 minutes prior to class. Wipe down your bike after class with a green towel.

2230 Grandview Dr, Ft. Mitchell KY 41017