

# May

## SPINNING



BETTER BODIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:15-Krista- Ins. Choice	3 6:15-Beth 9:15-Molly 4:45-Krista 6-Tina-Endurance	4 6:15-Garrett 9:15-Beth-Interval 6-Krista F- Fat Burn	5 9:15-Lynsey 4:45-Amy- Ins Choice	6 6:15-Krista 9:15-Julia-Strength	7 9:15-Amy- Endurance	<b>1st and 8th</b> 8:15-Stephanie 9:15-Lynsey-Interval  8:15-Stephanie 9:15-Amy-Strength
9 9:15-Tina- Ins. Choice <b>Happy Mother's Day!</b>	10 6:15-Amy 9:15-Dan 4:45-Krista 6-Tina- Interval	11 6:15-Garrett 9:15--Lynsey- Strength 6-Tina- Fat Burn1	12 9:15-Krista 4:45-Beth-Ins Choice	13 6:15-Amy 9:15-Marcella-- Interval	14 9:15-Julia- Endurance	15 8:15-Krista 9:30-Tina--Strength
16 9:15-Krista- Ins Choice	17 6:15-Amy 9:15-Krista 4:45-Tina 6-Tina- Strength	18 6:15-Garrett 9:15-Dan-Interval 6-Krista F- Fat Burn1	19 9:15-Lynsey 4:45-Beth- Endurance	20 6:15-Krista 9:15-Julia -Ins Choice	21 9:15-Molly- Strength	22 8:15-Stephanie 9:30-Tina -Endurance
23 9:15-Amy -Ins Choice	24 6:15-Beth 9:15-Lynsey 4:45-Krista 6-Tina- Ins. Choice	25 6:15-Garrett 9:15-Marcella-Interval 6-Tina- Fat Burn1	26 9:15-Krista 4:45-Amy- Strength	27 6:15-Krista 9:15-Julia- Endurance	28 9:15-Amy-Interval	29 8:15-Stephanie 9:30-Beth- Strength
30 9:15-Beth- Ins Choice	31 <b>9:15-Lynsey-Interval</b>  <b>HAPPY MEMORIAL DAY!</b>					

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.