

MARCH

SPINNING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:15-Krista 4:45-Tina- Interval	2 6:15-Amy 9:15-Beth- Strength	3 9:15-Jamie-Ins Choice	4 8:15-Stephanie 9:30-Amy-Endurance
5 9:15-Krista- Ins Choice	6 9:15-Marcella 4:45-Kimmi 6-Amy N- Ins. Choice	7 6:15-Garrett 9:15--Beth-Strength 6-Amy- Fat Burn1	8 9:15-Krista 4:45-Tina-Endurance	9 6:15-Garrett 9:15-Lynsey--Interval	10 9:15-Julia-Endurance	11 8:15-Stephanie 9:30-Lynsey--Strength
12 9:15-Jamie- Ins Choice	13 9:15-Lynsey 4:45-Kimmi 6-Amy N-Endurance	14 6:15-Garrett 9:15-Julia-Interval 6-Amy N - Fat Burn1	15 9:15-Krista 4:45-Tina- Strength	16 6:15- Amy 9:15-Molly- Ins. Choice	17 9:15-Jamie- Strength	18 8:15-Stephanie 9:30-Beth-Interval
19 9:15-Jamie- Ins Choice	20 9:15-Marcella 4:45-Amy 6-Amy N- Endurance	21 6:15-Garrett 9:15-Valerie-Strength 6-Krista F- Fat Burn1	22 9:15-Krista 4:45-Tina- Interval	23 6:15-Garrett 9:15-Lynsey- Ins. Choice	24 9:15-Julia-Interval 6-Join us for our Spin/ Jamz Happy Hour. Several Instructors Refreshments After- wards	25 8:15-Amy 9:30-Jamie-Endurance
26 9:15-Krista- Ins Choice	27 9:15-Lynsey 4:45-Marcella 6-Amy N- Strength	28 6:15-Garrett 9:15-Dan- Ins. Choice 6-Krista F- Fat Burn1	29 9:15-Krista 4:45-Tina- Endurance	30 6:15-Amy 9:15-Jamie- Interval	31 9:15-Amy- Strength	

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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.