



August 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Maria @ 10:00am <b>Beg Spin@4:15</b> Jeff @ 5:30pm	Sue @ 5:30am  Crisan @ 4:15pm	<b>Beg Spin@4:15</b>	Crisan @ 5:30am  Maria @ 10:00am	Crisan @ 8:00am
6 Sue @ 8:00am	7 Sue @ 5:30am  Crisan @ 4:15pm	8 Maria @ 10:00am <b>Beg Spin@4:15</b> Jeff @ 5:30pm	9 Fran @ 5:30am  Crisan @ 4:15pm	10 <b>Beg Spin@4:15</b>	11 Fran @ 5:30am  Maria @ 10:00am	12 Crisan @ 8:00am
13 Sue @ 8:00am	14 Fran @ 5:30am  Crisan @ 4:30pm	15 Maria @ 10:00am <b>Beg Spin@4:15</b> Jeff @ 5:30pm	16 Sue @ 5:30am  Crisan @ 4:15pm	17 <b>Beg Spin@4:15</b>	18 Fran @ 5:30am  Maria @ 10:00am	19 Crisan @ 8:00am
20 Sue @ 8:00am	21 Fran @ 5:30am  Crisan @ 4:15pm	22 Maria @ 10:00am <b>Beg Spin@4:15</b> Jeff @ 5:30pm	23 Fran @ 5:30am  Crisan @ 4:15pm	24 <b>Beg Spin@4:15</b>	25 Crisan @ 5:30am  Maria @ 10:00am	26 Crisan @ 8:00am
27 Sue @ 8:00am	28 Sue @ 5:30am  Crisan @ 4:30pm	29 Maria @ 10:00am <b>Beg Spin@4:15</b> Jeff @ 5:30pm	30 Sue @ 5:30am  Crisan @ 4:15pm	31 <b>Beg Spin@4:15</b>		

**ITZ CYCLING @ FIT HAPPENS**  
 39 ARTERIAL PLAZA GLOVERSVILLE  
 518-725-5433 OR VISIT [go2fithappens.com](http://go2fithappens.com)