

ITZ CYCLING

MAY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Members: Please make sure that you sign and initial the book before entering the spinning room. Classes are tracked for attendance if your initials do not appear next to your name then you are not counted as being present in the class. This can lead to discontinuation of a time slot due to low enrollment.

Members: As you will see, we have made some changes on the calendar this month. Due to a lower attendance rate on Fridays we are cutting two classes and adding them onto Wednesday at 10:00 AM. **Please! during the busy times if you are signed up and not coming call ahead to cancel so that others may have a chance to get into the class.** Failing to do this could result in no more pre-signing up for classes on busy days.

		Maria@ 10:00am Jeff @ 5:30pm	Fran @ 5:30am Crisan @ 4:15pm	Heidi @ 5:30pm	Fran @ 5:30am Maria@10:00am Joy @ 4:30pm	Sue @ 8:30am
Crisan @ 8:30am	Fran @ 5:30am Crisan @ 4:15pm	Maria@ 10:00am Jeff @ 5:30pm	Fran @ 5:30am Yvonne@4:15pm	Heidi @ 5:30pm	Fran @ 5:30am Maria@10:00am	Sue @ 8:30am
Fran @ 8:30am Mom's Ride	Fran @ 5:30am Crisan @ 4:15pm	Maria@ 10:00am Jeff @ 5:30pm	Sue @ 5:30am Yvonne@10am Trial Basis Crisan@ 4:15pm	Joy @ 5:30pm	Fran @ 5:30am Maria@10:00am Joy @ 4:30pm	Sue @ 8:30am
Crisan @ 8:30am	Fran @ 5:30am Crisan @ 4:15pm	Maria@ 10:00am Jeff @ 5:30pm	Crisan @ 5:30am Fran@4:15pm	Yvonne@530pm	Crisan @ 5:30am Maria@10:00am	Sue @ 8:30am
Fran @ 8:30am 90 min. energy zone ride	Happy Memorial Day! Crisan@ 5:30am Fran @ 8:30am	Maria@ 10:00am Jeff @ 5:30pm	Fran @ 5:30am Yvonne@10am Trial Basis Crisan@ 4:15pm	Heidi @ 5:30pm		