

April 2007

Week of 4/2/2007:

1. Return to Innocence / Enigma
2. The Way It Is / Bruce Hornsby
3. New Shoes / Paolo Nutini
4. Diamonds / Los Lonely Boys
5. Beautiful Wreck / Shawn Mullins
6. Use Me / Al Jarreau
7. Old Time Rock and Roll / Bob Seger
8. Saving Grace / Tom Petty & The Heartbreakers
9. Light In Your Eyes / Sheryl Crow
10. Learn To Fly / Foo Fighters
11. Stay With Me / Faces
12. Hangin' Around / Counting Crows
13. Angel / Sarah McLachlan
14. Fallen / Sarah McLachlan

Submitted by Certified Spinning Instructor
Kathryn Tremblay, Campton NH

Week of 4/9/2007:

1. Low Rider / War
2. Better Be Good To Me / Tina Turner
3. Tainted Love / Soft Cell
4. Sweet Emotion / Aerosmith
5. Hit The Road, Jack / Ray Charles
6. Sisters Are Doing It For Themselves / Annie Lennox
and Aretha Franklin
7. Rock Of Ages / Def Leppard
8. Bring Me To Life / Evanescence
9. Suddenly I See / KT Tunstall
10. Head Over Heels / The Go Gos
11. How To Save A Life / The Fray

Submitted by Certified Spinning Instructor
Fran LeFever, Gloversville NY

Week of 4/16/2007:

1. 1979 / The Smashing Pumpkins
2. Plowed / Sponge
3. Lullaby / The Cure
4. The Chemicals Between Us / Bush
5. The Hideout / DeJa Vu Soundtrack
6. New Slang / The Shins
7. Molossus / Batman Begins Soundtrack
8. Blow Up The Outside World / Soundgarden
9. Iris / Live
10. Chameleon / No Doubt
11. Trippin on Hole in a Paper Heart /
Stone Temple Pilots
12. Pictures and Indian Summer / John Beltran

Submitted By Certified Spinning Instructor
Shane Templeton, Indianapolis, IN

Week of 4/23/2007:

1. Proper Hoodidge / Amon Tobin
2. Ocean Avenue / Yellowcard
3. E-Pro / Beck
4. Save It For Later / The English Beat
5. Touched / Vast
6. Soul Meets Body / Death Cab for Cutie
7. Through Glass / Stone Sour
8. Sunburn / Muse
9. Radio Radio / Elvis Costello
10. She Makes My Day / Robert Palmer
11. DB / Marius Mellebye from iMusic
for Active Yoga Vol. 2"

Submitted by Certified Spinning Instructor
Cyndi Springford, Lexington MA