



OCycleSCHEDULE

WOC
WEST OCEAN CITY
FITNESS

**FEBRUARY
2018
SCHEDULE**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				6:00-6:45 AM 1 Strength Cycling with Sallie 5:15-6:00 PM Combo Cycling with Todd	9:30-10:15 AM 2 Endurance Cycling with Jeannie	9:00-9:45 AM 3 Strength Cycling with Beth
11:00-11:45 AM 4 Spiritual Cycling	9:30-10:15 AM 5 Interval Cycling with Sue 5:15-6:00 PM Combo Cycling with Megan	6:00-6:45 AM 6 Strength Cycling with Sallie	9:30-10:15 AM 7 Interval Cycling with Kris 5:15-6:00 PM Combo Cycling with Megan	6:00-6:45 AM 8 Interval Cycling with Sallie 5:15-6:00 PM Endurance Cycling with Todd	9:30-10:15 AM 9 Strength Cycling with Jeannie	9:00-9:45 AM 10 Interval Cycling with Beth
11:00-11:45 AM 11 Spiritual Cycling	9:30-10:15 AM 12 Combo Cycling with Sue 5:15-6:00 PM Endurance Cycling with Megan	6:00-6:45 AM 13 Interval Cycling with Sallie	9:30-10:15 AM 14 Combo Cycling with Kris 5:15-6:00 PM Endurance Cycling with Megan	6:00-6:45 AM 15 Combo Cycling with Todd 5:15-6:00 PM Strength Cycling with Todd	9:30-10:15 AM 16 Interval Cycling with Jeannie	9:00-9:45 AM 17 Combo Cycling with Beth
11:00-11:45 AM 18 Spiritual Cycling	9:30-10:15 AM 19 Endurance Cycling with Sue 5:15-6:00 PM Strength Cycling with Megan	6:00-6:45 AM 20 Combo Cycling with Sallie	9:30-10:15 AM 21 Endurance Cycling with Kris 5:15-6:00 PM Strength Cycling with Megan	6:00-6:45 AM 22 Endurance Cycling with Sallie 5:15-6:00 PM Interval Cycling with Todd	9:30-10:15 AM 23 Combo Cycling with Jeannie 5:15-6:00 PM Happy Hour and Cycle with Todd	9:00-9:45 AM 24 Endurance Cycling with Beth
11:00-11:45 AM 25 Spiritual Cycling	9:30-10:15 AM 26 Strength Cycling with Sue 5:15-6:00 PM Interval Cycling with Megan	6:00-6:45 AM 27 Endurance Cycling with Sallie	9:30-10:15 AM 28 Strength Cycling with Kris 5:15-6:00 PM Interval Cycling with Megan	<p>Interval Cycling Classes are made up of a short periods of high-intensity activity in class (high resistance and/or speed ratio vs your % max in each area) followed by a short rest period.</p> <p>Strength Training Cycling targets most of the muscles in your lower body. There are options for increasing and decreasing your resistance. When the cycling motion is repeated for a period of time, it burns fat as well as exerts your muscles and help build your core. The constant contraction and expansion of muscles provides isotonic exercise.</p> <p>Endurance Cycling Classes gives you the ability to cycling longer and stronger.</p> <p>Combo Cycling Class is a combination all Intervals, Strength and Endurance.</p>		