



# OCycle SCHEDULE

**WOC**  
WEST OCEAN CITY  
FITNESS

**MAY  
2018  
SCHEDULE**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00-6:45 AM Endurance Cycling with Sallie ①	9:30-10:15 AM Strength Cycling with Kris ② 5:15-6:00 PM Interval Cycling with Megan	6:00-6:45 AM Strength Cycling with Sallie ③ 5:15-6:00 PM Combo Cycling with Todd	9:30-10:15 AM Endurance Cycling with Jeannie ④	9:00-9:45 AM Strength Cycling with Beth ⑤
10:00-10:45 AM Spiritual Cycling ⑥	9:30-10:15 AM Interval Cycling with Sue ⑦ 5:15-6:00 PM Combo Cycling with Megan	6:00-6:45 AM Strength Cycling with Sallie ⑧	9:30-10:15 AM Interval Cycling with Kris ⑨ 5:15-6:00 PM Combo Cycling with Megan	6:00-6:45 AM Interval Cycling with Sallie ⑩ 5:15-6:00 PM Endurance Cycling with Todd	9:30-10:15 AM Strength Cycling with Jeannie ⑪	9:00-9:45 AM Interval Cycling with Beth ⑫
10:00-10:45 AM Spiritual Cycling ⑬	9:30-10:15 AM Combo Cycling with Sue ⑭ 5:15-6:00 PM Endurance Cycling with Megan	6:00-6:45 AM Interval Cycling with Sallie ⑮	9:30-10:15 AM Combo Cycling with Kris ⑯ 5:15-6:00 PM Endurance Cycling with Megan	6:00-6:45 AM Combo Cycling with Todd ⑰ 5:15-6:00 PM Strength Cycling with Todd	9:30-10:15 AM Interval Cycling with Jeannie ⑱	9:00-9:45 AM Combo Cycling with Beth ⑲
10:00-10:45 AM Spiritual Cycling ⑳	9:30-10:15 AM Endurance Cycling with Sue ㉑ 5:15-6:00 PM Strength Cycling with Megan	6:00-6:45 AM Combo Cycling with Sallie ㉒	9:30-10:15 AM Endurance Cycling with Kris ㉓ 5:15-6:00 PM Strength Cycling with Megan	6:00-6:45 AM Endurance Cycling with Sallie ㉔ 5:15-6:00 PM Interval Cycling with Todd	9:30-10:15 AM Combo Cycling with Jeannie ㉕	9:00-9:45 AM Endurance Cycling with Beth ㉖
10:00-10:45 AM Spiritual Cycling ㉗	9:30-10:15 AM Strength Cycling with Sue ㉘ 5:15-6:00 PM Interval Cycling with Megan	6:00-6:45 AM Strength Cycling with Sallie ㉙	9:30-10:15 AM Strength Cycling with Kris ㉚ 5:15-6:00 PM Interval Cycling with Megan	6:00-6:45 AM Interval Cycling with Sallie ㉛ 5:15-6:00 PM Endurance Cycling with Todd		

**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.

**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.

**Endurance Cycling Classes** gives you the ability to cycling longer and stronger.

**Combo Cycling Class** is a combination all Intervals, Strength and Endurance.