



# OCycle SCHEDULE

**WOC** WEST OCEAN CITY FITNESS  
**JULY 2018 SCHEDULE**

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

**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.