



OCycle SCHEDULE

WOC
WEST OCEAN CITY
FITNESS

**AUGUST
2018
SCHEDULE**

wocfitness.com • 410-213-7000

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|---|
| <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>Combo Cycling Class is a combination all Intervals, Strength and Endurance.</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>1 9:30-10:15 AM Strength Cycling with Kris</p> <p>5:15-6:00 PM Interval Cycling with Megan</p> | <p>2 6:00-6:45 AM Strength Cycling with Sallie</p> <p>5:15-6:00 PM Combo Cycling with Todd</p> | <p>3 9:30-10:15 AM Endurance Cycling with Jeannie</p> | <p>4 9:00-9:45 AM Strength Cycling with Beth</p> |
| | <p>5 9:30-10:15 AM Interval Cycling with Sue</p> <p>5:15-6:00 PM Combo Cycling with Megan</p> | <p>6 6:00-6:45 AM Strength Cycling with Sallie</p> | <p>7 9:30-10:15 AM Interval Cycling with Kris</p> <p>5:15-6:00 PM Combo Cycling with Megan</p> | <p>8 6:00-6:45 AM Interval Cycling with Sallie</p> <p>5:15-6:00 PM Endurance Cycling with Todd</p> | <p>9 9:30-10:15 AM Strength Cycling with Jeannie</p> | <p>10 9:00-9:45 AM Interval Cycling with Beth</p> |
| | <p>12 9:30-10:15 AM Combo Cycling with Sue</p> <p>5:15-6:00 PM Endurance Cycling with Megan</p> | <p>13 6:00-6:45 AM Interval Cycling with Sallie</p> | <p>14 9:30-10:15 AM Combo Cycling with Kris</p> <p>5:15-6:00 PM Endurance Cycling with Megan</p> | <p>15 6:00-6:45 AM Combo Cycling with Todd</p> <p>5:15-6:00 PM Strength Cycling with Todd</p> | <p>16 9:30-10:15 AM Interval Cycling with Jeannie</p> | <p>17 9:00-9:45 AM Combo Cycling with Beth</p> |
| | <p>19 9:30-10:15 AM Endurance Cycling with Sue</p> <p>5:15-6:00 PM Strength Cycling with Megan</p> | <p>20 6:00-6:45 AM Combo Cycling with Sallie</p> | <p>21 9:30-10:15 AM Endurance Cycling with Kris</p> <p>5:15-6:00 PM Strength Cycling with Megan</p> | <p>22 6:00-6:45 AM Endurance Cycling with Sallie</p> <p>5:15-6:00 PM Interval Cycling with Todd</p> | <p>23 9:30-10:15 AM Combo Cycling with Jeannie</p> | <p>24 9:00-9:45 AM Endurance Cycling with Beth</p> |
| | <p>26 9:30-10:15 AM Strength Cycling with Sue</p> <p>5:15-6:00 PM Interval Cycling with Megan</p> | <p>27 6:00-6:45 AM Strength Cycling with Sallie</p> | <p>28 9:30-10:15 AM Interval Cycling with Kris</p> <p>5:15-6:00 PM Combo Cycling with Megan</p> | <p>29 6:00-6:45 AM Combo Cycling with Todd</p> <p>5:15-6:00 PM Strength Cycling with Todd</p> | <p>30 9:30-10:15 AM Strength Cycling with Jeannie</p> | <p>31</p> |