



OCycle SCHEDULE

WOC WEST OCEAN CITY FITNESS
JANUARY 2019 SCHEDULE

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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>1 6:00-6:45 AM Strength Cycling with Sallie</p>	<p>2 9:30-10:15 AM Interval Cycling with Beth</p> <p>5:15-6:00 PM Combo Cycling with Megan</p>	<p>3 6:00-6:45 AM Interval Cycling with Sallie</p> <p>5:15-6:00 PM Endurance Cycling with Todd</p>	<p>4 9:30-10:15 AM Strength Cycling with Jeannie</p>	<p>5 9:00-9:45 AM Strength Cycling with Todd</p>
	<p>6 9:30-10:15 AM Interval Cycling with Kris</p> <p>5:15-6:00 PM Combo Cycling with Megan</p>	<p>7 6:00-6:45 AM Interval Cycling with Sallie</p>	<p>8 9:30-10:15 AM Combo Cycling with Beth</p> <p>5:15-6:00 PM Endurance Cycling with Megan</p>	<p>9 6:00-6:45 AM Combo Cycling with Todd</p> <p>5:15-6:00 PM Strength Cycling with Todd</p>	<p>10 9:30-10:15 AM Interval Cycling with Jeannie</p>	<p>11 9:00-9:45 AM Interval Cycling with Sallie</p>
	<p>13 9:30-10:15 AM Combo Cycling with Kris</p> <p>5:15-6:00 PM Endurance Cycling with Megan</p>	<p>14 6:00-6:45 AM Combo Cycling with Sallie</p>	<p>15 9:30-10:15 AM Endurance Cycling with Beth</p> <p>5:15-6:00 PM Strength Cycling with Megan</p>	<p>16 6:00-6:45 AM Endurance Cycling with Sallie</p> <p>5:15-6:00 PM Interval Cycling with Todd</p>	<p>17 9:30-10:15 AM Combo Cycling with Jeannie</p>	<p>18 9:00-9:45 AM Combo Cycling with Megan</p>
	<p>20 9:30-10:15 AM Endurance Cycling with Kris</p> <p>5:15-6:00 PM Strength Cycling with Megan</p>	<p>21 6:00-6:45 AM Strength Cycling with Sallie</p>	<p>22 9:30-10:15 AM Interval Cycling with Beth</p> <p>5:15-6:00 PM Combo Cycling with Megan</p>	<p>23 6:00-6:45 AM Combo Cycling with Todd</p> <p>5:15-6:00 PM Strength Cycling with Todd</p>	<p>24 9:30-10:15 AM Strength Cycling with Jeannie</p>	<p>25 9:00-9:45 AM Endurance Cycling with Beth</p>
	<p>27 9:30-10:15 AM Strength Cycling with Kris</p> <p>5:15-6:00 PM Interval Cycling with Megan</p>	<p>28 6:00-6:45 AM Strength Cycling with Sallie</p>	<p>29 9:30-10:15 AM Combo Cycling with Beth</p> <p>5:15-6:00 PM Endurance Cycling with Megan</p>	<p>30 6:00-6:45 AM Interval Cycling with Sallie</p> <p>5:15-6:00 PM Endurance Cycling with Todd</p>	<p>31</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>	