

Cycle Zone Class Schedule

September - December 2019



McConnell Heart Health Center

OhioHealth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Cycle Zone Classes 8:00-9:00am Joy 10:00-10:45am Amanda/ JoAnn	6:00-6:45am Beth	5:45-6:25am Jamie	6:00-6:45am Mary Jane	5:45-6:30am Sarah		7:00-7:45am Jamie/ Mary Jane/ Sarah	
						8:00-9:00am DaVaun	
		9:15-10:00am DaVaun					9:30-10:15am Amanda/ Theresa
			9:30-10:15am Julie	Express Cycling 9:30-10:00am DaVaun	9:30-10:15am Julie	9:15-10:00am Julie	
		NEW MyZone Ride *see class description for requirements 11:15-12:00pm Lara		MyZone Express Ride *see class description for requirements 12:15-12:45pm Lara		NEW MyZone Ride *see class description for requirements 11:15-12:00pm Joy	A "Ticket to Ride" is needed for ALL cycling classes. Please pick up a ticket at the Customer Service Desk up to 30 minutes before the class begins.
		5:15-6:00pm Richard	5:15-6:00pm Richard	5:15-6:00pm Richard	5:15-6:00pm Richard		The Cycle Zone Studio door opens 15 minutes prior to class start time.
	6:15-7:00pm Noelle	NEW Intro to Cycling 6:15-7:15pm (Offered on 9/10 & 11/5) Mary Jane	MyZone Express Ride *see class description for requirements 6:30-7:00pm Joy	6:15-7:00pm Noelle		Instructors and classes are subject to change. Classes averaging fewer than 6 participants may be removed from the schedule	



Cycling at McConnell

The Cycle Zone Studio welcomes participants of all fitness levels.

Indoor cycling is a high intensity, low impact aerobic workout that is an individually paced group training class.

The instructors will coach participants to achieve a fun, safe and challenging workout.

Each bike is equipped with an adjustable resistance lever, which allows each participant to select their own level of intensity.

The intensity of the workout is influenced by several things:

- cadence or pedal rate
- resistance of the bike's flywheel, which can be continually adjusted throughout the class to make pedaling easier or more difficult
- the rider's body position, as they either ride from the seated position or rise from the saddle

All classes include a warm-up, cool-down and stretching.

Express Cycling –

This is a 30 minute mixed level class.

Intro to Cycling –

This class is recommended for those new to indoor cycling.

During the class, the instructor will explain bike set up, standard positions and transitions, safety & stretching. Participants will only spend a portion of the class riding.

Please bring a water bottle.

These classes are offered at 6:15pm on the following Tuesdays: 9/10 & 11/5

MyZone Ride –

This class will feature MyZone technology, in which real-time exercise and heart rate data will be displayed on our large monitor. *Wear your MyZone belt but do not open the app for the class.

Non-MyZone users are welcome to attend, although the best experience comes with having a MyZone belt. See instructor for how to purchase a belt if interested.

MyZone Express Ride is a 30 minute class.