

Spinning® Class Schedule

September – December 2017



McConnell Heart Health Center
OhioHealth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SPINNING® CLASSES</p> <p>8:00-9:00am Joy</p> <p>10:00-10:45am Julie/JoAnn</p> <p>Extended Spin® (Offered on 9/10, 10/8, 11/12, & 12/10) 11:00-12:30pm Jill</p> <p>Instructors and classes are subject to change. Classes averaging fewer than 6 participants may be removed from the schedule.</p>	<p>6:00-6:45am Beth</p> <p>9:15-10am DaVaun</p> <p>11:15-12:00pm Lara</p> <p>5:15-6:00pm Amanda</p> <p>Express Spinning® 6:15-6:45pm Melissa</p>	<p>5:45-6:30am Sarah</p> <p>9:30-10:15am Julie</p> <p>5:15-6:00pm Richard</p> <p>6:30-7:15pm Richard</p>	<p>6:00-6:45am Mary Jane</p> <p>Express Spinning® 9:30-10:00am DaVaun</p> <p>10:30-11:15am Lara</p> <p>5:15-6:00pm Kelly</p> <p>Intro to Spinning® (Offered on 9/13 & 11/1) 6:15-7:15pm Mary Jane</p>	<p>5:45-6:30am Kate</p> <p>9:30-10:15am Julie</p> <p>5:15-6:00pm Richard</p> <p>6:15-7:00pm Richard</p>	<p>6:00-6:45am Beth</p> <p>9:15-10:00am Julie</p> <p>11:15-12:00pm Joy</p>	<p>7:00-7:45am Sarah/ Jamie/ Mary Jane</p> <p>8:00-9:00am DaVaun</p> <p>9:30-10:15am Jamie/Theresa</p> <p>A "Ticket to Ride" is needed for ALL spin classes. Please pick up a ticket at the Customer Service Desk up to 30 minutes before the class begins.</p> <p>The Spin Studio door opens 15 minutes prior to class start time.</p>



SPINNING® at McConnell

The Spinning program welcomes participants of all fitness levels.

Spinning 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 knob, 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.

Intro to Spinning® –

This class is recommended for the new spinner. 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. Handouts will be provided.

Please bring a water bottle.

These classes are offered at 6:15pm on the following Wednesdays: 9/13 & 11/1

Express Spinning® –

This is a 30 minute mixed level class.

Extended Spin® – This 90 minute class is intended for the experience rider who has attended at least 2 spin classes per week for at least 1 month.

These classes are offered at 11:00am on the following Sundays: 9/10, 10/8, 11/12, & 12/10

SPINNING®

