

Spinning® Class Schedule

July - August



McConnell Heart Health Center
OhioHealth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SPINNING® CLASSES</p> <p>6:00-6:45am Beth</p> <p>8:00-9:00am Joy</p> <p>9:15-10am DaVaun</p> <p>10:00-10:45am Julie/JoAnn</p> <p>Extended Spin® (Offered on the 2nd Sunday of each month: 7/9 & 8/13) 11:00-12:30pm Jill</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>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 Beth/Richard</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/ Theresa/ Jamie</p> <p>8:00-9:00am DaVaun</p> <p>9:30-10:15am Jamie/Ann</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.

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.

SPINNING®

