

Spinning® Class Schedule

September - December 2018



McConnell Heart Health Center
OhioHealth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
SPINNING® CLASSES 8:00-9:00am Joy 10:00-10:45am Amanda/ JoAnn/ Kelly	6:00-6:45am Beth	5:45-6:25am Jamie	6:00-6:45am Mary Jane	5:45-6:30am Sarah	6:00-6:45am Jamie	7:00-7:45am Jamie/ Mary Jane/ Sarah	
						8:00-9:00am DaVaun	
		9:15-10:00am DaVaun	9:30-10:15am Julie	Express Spinning® 9:30-10:00am DaVaun	9:30-10:15am Julie	9:15-10:00am Julie	9:30-10:15am Amanda/ Kelly/ Theresa
				10:30-11:15a Lara			
		11:15-12:00p Lara				11:15-12:00p Joy	
		5:15-6:00pm Noelle	5:15-6:00pm Richard	5:15-6:00pm Kelly	5:15-6:00pm Richard		
		Express Spinning® 6:15-6:45pm Noelle	NEW 6:30-7:15pm Richard	NEW Intro to Spinning® (Offered on 9/5, 11/7 & 12/5) 6:15-7:15pm Mary Jane	6:15-7:00pm Noelle		
						<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> <hr/> <p>The Spin Studio door opens 15 minutes prior to class start time.</p> <hr/> <p>Instructors and classes are subject to change. Classes averaging fewer than 6 participants may be removed from the schedule.</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: 9/5, 11/7, 12/5

Express Spinning® –

This is a 30 minute mixed level class.

SPINNING®

