# Cycle Zone Class Schedule

**April – June 2019 revised**

**McConnell Heart Health Center**

**OhioHealth**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>Cycle Zone Classes</strong></td>
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<tr>
<td>6:00-6:45am Jamie</td>
<td>5:45-6:25am Jamie</td>
<td>6:00-6:45am Mary Jane</td>
<td>5:45-6:30am Sarah</td>
<td>7:00-7:45am Jamie/ Mary Jane/ Sarah</td>
<td>8:00-9:00am DaVaun</td>
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<tr>
<td>8:00-9:00am Joy</td>
<td>9:15-10:00am DaVaun</td>
<td>9:30-10:15am Julie</td>
<td>9:30-10:15am Julie</td>
<td>9:15-10:00am Julie</td>
<td>9:30-10:15am Amanda/ Theresa</td>
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<td>10:00-10:45am Amanda/ JoAnn</td>
<td>11:15-12:00pm Lara</td>
<td>10:30-11:15am Lara</td>
<td>11:15-12:00pm Joy</td>
<td><strong>The Cycle Zone Studio door opens 15 minutes prior to class start time.</strong></td>
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<tr>
<td>5:15-6:00pm Richard</td>
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<td><strong>Instructors and classes are subject to change. Classes averaging fewer than 6 participants may be removed from the schedule.</strong></td>
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<td>6:15-7:00pm Noelle</td>
<td>5:45-6:25am Jamie</td>
<td>5:45-6:30am Sarah</td>
<td>6:15-7:15pm Mary Jane</td>
<td>6:15-7:00pm Noelle</td>
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**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.**

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**A “Ticket to Ride” will not be handed out beyond 5 minutes after a class has started.**
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.

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 Wednesday, May 1st

Express Cycling –
This is a 30 minute mixed level class.