

5 reasons «to join the ride!»

- **Easy**

Everyone can participate. The first hour is already effective!

- **Motivation**

The music, the coach and the group atmosphere motivate women and men of all fitness levels.

- **Training success**

Everyone chooses their own level of intensity and rides towards their personal goals.

- **Health**

Schwinn Cycling has minimal impact on your joints, enhances your coordination and strengthens your muscles.

- **Fun**

Everyone trains together, yet it is personally challenging!

Sign up now for one of our Schwinn® Cycling classes!



Training as easy as 1, 2, 3!



Are you looking for a simple and motivating workout to reach your personal fitness goals?

SCHWINN CYCLING



1. A highly effective workout...

- Allows everyone to participate immediately
- Leads to improvements in cardiovascular health
- Enables everyone to achieve their personal objectives

2. A Schwinn® Cycling certified coach...

- Supports you to achieve your training goals!
- Explains the correct body posture and cycling techniques!
- Designs fun, effective and safe classes!
- Leads you into your target heart rate zone!
- Creates realistic tours like mountain or street biking!
- Selects music that the groups will enjoy!
- Motivates!

3. On a high-tech bike.

Schwinn® Cycling is taught on Schwinn bikes. Schwinn has been building quality bikes since 1895. The bikes used today are made with a store of experience of over 100 years and offer unsurpassed quality and safety.

Schwinn® Cycling is...

A **super effective** cardio training, which brings the elements of bike riding into the health club. The easy to learn motions are varied according to the music.

The beat of the music gives the step frequency.

The various riding techniques simulate uphill, downhill, and flat stretches. The special brake system replaces ground terrain, riding wind, and gears. The training, with an unusual **group dynamic**, is free from a competitive character because **each person rides within their own target heart rate zone and at their own pace.**

