

## ***Top 5 reasons to participate:***

- ***Group atmosphere***

Find out how fun it is to ride a bike in a group at your own pace. The coach, the music and the group atmosphere will keep you motivated!

- ***Simple***

Everyone can participate. All you need to know is how to ride a bike!

- ***Strong heart***

Cycling helps to prevent heart disease. You always ride according to your level of fitness within your target heart rate zone. This strengthens your whole cardiovascular system and makes long term improvements to your body composition. Within a few weeks you will feel a difference in your physical condition!

- ***Healthy body***

Schwinn® Cycling has minimal impact on your joints, enhances your coordination and strengthens your muscles. It also leads to a better bone density, which prevents Osteoporosis.

- ***The right fit***

Schwinn® Cycling is perfectly adjusted to all age groups – everyone can participate and set their level of training. Everyone controls the intensity of their workout. Everything from the combination of the class all the way to the music selection is adapted to you!

Your club:

# ***Stay fit. Stay healthy.***



***Schwinn® Cycling***  
***A motivating and simple cardio training where you ride in a group at your own pace!***

**SCHWINN CYCLING**



***Schwinn® Cycling is...***

***Your training group and you!***

Cycling is a group exercise where each and everyone chooses their own intensity level. This way you benefit from the motivating group atmosphere and simultaneously reach your own training goals!

***A safe bike...***

Schwinn® Cycling is taught on Schwinn bikes. Over a century of heritage and experience is built into these bikes, so they are safe and feel smooth.

***Sign up now for our  
Schwinn® Cycling course!***

***A Schwinn® Cycling certified  
coach for your support...***

Our instructors are Schwinn® Cycling certified and support you in reaching your individual training goals. They teach you how to always ride within your target heart rate zone, correct your posture on the bike and choose motivating music.

