

Top 5 reasons to «join the ride!»

- **Motivation**

The coach, the music and the group atmosphere will motivate you the entire winter.

- **Personal training goals**

You set your personal goals and train to achieve them. The composition of the group does not play a role in this. You set your pace and obtain the results you train for!

- **Target heart rate**

The program includes working within target heart rate zones.

- **Technique training**

Schwinn® Cycling classes simulate the outdoor feel (mountains, flat stretches, riding in and out of the saddle...). You work on your technique along with your mental aspects. Schwinn® Cycling is ideal to optimize your cycling skills and coordination. You have the opportunity to improve your round pedal stroke and correct muscular imbalances, such as training weaker muscles, for example, concentrating on only one leg. Close your eyes: you improve your concentration ability and visualize the routes!

- **Fun**

We do not need to tell you; you have known for a long time, how much fun it is to ride a bike. Try it in a Schwinn® Cycling class!

The Ideal Winter Training for Cyclists



Schwinn® Cycling - Train Like the Cycling Pros!

Indoor Cycling is the Best Training Alternative for Winter. It's the Equivalent to Outdoor, but Without the Dark, the Unpleasant Cold and the Danger of Slipping.





Schwinn® Cycling is...

A High-Tech Bike

The indoor bikes utilized today incorporate Schwinn's 100 years of experience, making them the highest quality and safest bikes on the market. They are highly adjustable – you can mount your own pedals and seat – and the frame incorporates the same geometry as road bikes. The high inertia flywheel creates a smooth and realistic feel at any speed.

A program derived from outdoor cycling...

The program is developed from Schwinn's experienced Master Instructor team, who personally have years of experience teaching and practicing road cycling, triathlons and mountain biking.

A personal coach for the winter...

Our instructors are Schwinn® Cycling certified. They...

- Design classes simulating mountain biking or road cycling tours!
- Assist you to achieve your specific training goals!
- Help you improve your body posture and cycling techniques (round pedal stroke, muscular coordination).
- Prepare safe and effective classes according to the respective heart rate target zones.
- Select motivating music!
- Teach the courses cheerfully!
- And most importantly: prepare you for the spring season!

A group who motivates and challenges...

This is the alternative to cycling alone at home. With Schwinn® Cycling you ride with a group but at your own tempo and intensity. Take advantage of the group effect to challenge yourself! You set the focus of the class – high-end endurance, strength endurance, compensation – it's your choice!



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