

REVOLUTION

1

STRESS REDUCTION

Endorphin release reduces stress, improves mood & sleep.

2

SAFETY

Ride inside, no bugs in your teeth, no cars to avoid, it's weather proof!

3

HEART HEALTH

Improves lung capacity, reduces risk of heart disease.

4

LOW IMPACT

Reduces joint strain, increases joint lubrication.

5

COMMUNITY

Never ride alone again. Riding in a group improves commitment.

6

TERRAIN

Within one workout, roll over hills, streak through flats, climb steep mountains.

10

GREAT TUNES

Awesome music with an instructor motivating you to succeed.

9

WEIGHT CONTROL

Burn an average 500+ calories per workout.

8

FOR ALL

Experienced riders, beginners, returning from injury -- choose your pace and intensity to personalize.

7

STRONGER, LEANER MUSCLES

Whole body training, emphasis on hips and legs.

