

Improve Your Spinning® / Indoor Cycling Classes with Video

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Jan. 27, 2009 - [PRLog](#) -- Forward-thinking indoor cycling (Spinning®) facilities across the country are recognizing the next big trend for group cycling classes: cycling to video. Whether it is to break the monotony of traditional class exercise or simply provide clients with a new, innovative training tool, the trend is evolving and becoming a standard at many indoor cycling facilities.

Virtual cycling classes take the riders on a first-person journey, allowing them to become absorbed in the experience and not so focused on staring at the walls, the clocks, and the other people in the room. It boasts phenomenal training and removes the elements of indoor cycling that draw many (especially outdoor cyclists) away. The best DVDs are produced to be proper training tools for indoor and outdoor cyclists, giving outdoor bikers a new method of training indoors during the off-season that is more like the outdoor riding they are familiar with. Many facilities have seen this transformation and have managed to bring the outdoor crowd through their doors with virtual rides.

Setting up video capabilities in an indoor cycling facility can be as inexpensive or extravagant as desired; from dirt cheap wall-hung canvas screens and a digital projector to high-end LCD televisions linked to DVD players.

“Different studios have different needs, budgets, capabilities and space. They can set up the technology for video spins for \$300 or \$10,000,” says a spokesperson for Global Ride, producers of one of the leading virtual cycling DVDs mainly used in virtual cycling classes. “Whatever they do, the response and interest from clients is always enthusiastic and positive. People love doing something different, and it’s something you don’t get everywhere yet.”

Most facilities don’t offer video Spins every day, but pepper their schedule with classes as a means to break the mold, and to draw people to a new type of class. Good DVDs will move at the rider’s pace and take the viewers to locations they probably haven’t been before, locking in their interest.

“It is even more fun for the instructors,” says Lorraine Nacey, a Pennsylvania-based Spinning® instructor. “You get to learn the road and teach the ride your own way. All the instructors will have their own interpretations, which keep the DVDs fresh for the people in the class.”

Getting facilities set up early will be the key to drawing in the attendees. Virtual cycling is a relatively new phenomenon, but is rapidly expanding its influence and could soon become a standard feature in indoor cycling facilities.

For more information about virtual cycling, visit www.globalride.net.

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Global Ride is a video productions company producing the world's foremost virtual cycling training DVDs. Their mission is to bridge the worlds of indoor and outdoor cycling, bringing outdoor cyclists inside and getting indoor cyclists outside.

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Industry [Fitness](#), [Sports](#), [Technology](#)
Tags [Cycling Dvds](#), [Global Ride](#), [Virtual Cycling](#), [Spinning](#), [Indoor Cycling](#), [Virtual Spinning](#), [Dvds](#),
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