

Spinning® in NYC

Cyclone™ is a new Spinning studio in NYC that gives you the ride and workout of a lifetime.

by John Mora

If you've ever watched the Tour de France or the Ironman® Triathlon in Kona, you may have marveled at how top cyclists and triathletes look so flawless on a bicycle. It's as if man (or woman) and machine have become one. You might also wonder what that would feel like. What it would feel like to be fluidly zooming down a curvy coastline highway or furiously climbing a ridiculously steep mountain road.

Spinning workouts, so popularized years ago by fitness persona Johnny G, bottles these highly exclusive fitness experiences and bring them to the mainstream in a fun and educational way. But, less you think it's all fun, Spinning classes can also be serious calorie-burner—you can take off as much as 500 calories during a 40-minute workout.

A New NYC Spinning Spot

With the popularity of Spinning taking hold across the country for more than a decade now, especially in high-demand urban areas, classes at NYC health clubs and fitness centers are often booked well in advance and tough to get into. In addition, the significant investment in high-quality and specialized equipment as well as the necessity for experience, certified instructors makes the availability of true Spinning sessions low.

Which is precisely why fitness expert Lisa Stone decided to break from the pack and create a facility dedicated to the wonderful workout world of Spinning. To help meet the huge demand, her new fitness studio, dubbed Cyclone, features 30 state-of-the-art Spinning bicycles and certified instructors on a full day's schedule, seven days a week.

"Cyclone is the first studio exclusively for Spinning in Manhattan," says Stone, who opened her business in early April. "I've also managed to round up the top instructors in NYC and found a fantastic location that is both inspiring and functional. It's the total package, from the décor to the high-tech audio system, everything has been built from the ground up to heighten and enhance the whole Spinning experience."



The Spinning Experience

If you've never done Spinning before, the experience is a bit difficult to describe. While it may seem like simply a cheerleader-led session on stationary bicycles, each workout is designed to help you become more in tune with your body and work much more than your legs. Using the latest in cycling technology, Spinning participants find themselves transformed on several levels.

"What I love about Spinning is that you lose all track of time and immerse yourself in something that really puts you into a mental zone," says Stone. "It's a total strength and cardio workout that gets results. Best of all, you can customize it to your current fitness level and goals." 💧

Cyclone offers Spinning packages for 10 and 30 sessions. Packages also offer the additional benefit of booking reservations a week in advance. For more information, visit www.cyclone.nyc.com or call 877-SPIN-NYC.