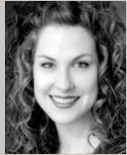


# LAVENDER

## PEDAL INDOOR CYCLING STUDIO



by Heidi Fellner

**EXERCISE IS PROBABLY** the easiest thing to talk yourself out of. Gym memberships? Too expensive. Walking or running? The weather is always too hot or too cold. Swimming laps? Boring. Weight-lifting? Painful! And, let's face it: Aerobics or Pilates classes can be downright embarrassing if you're not already in good shape.

But if you want the benefits of being more physically fit, like having a better mood, more consistent sleep patterns, an improved energy level, greater



stamina, a healthier immune system, and a more toned appearance, indoor cycling (Spinning is a trademarked term) might fit the bill.

Pedal Indoor Cycling Studio focuses solely on indoor cycling classes, something owner Maryjo Hackett believes makes her studio unique to Minnesota. And, unlike a gym, you have no long-term financial commitment.

"We don't have membership fees or initiation fees," Hackett says. "We have

it set up so if you just want to take one class, that's fine. And your first ride's free always."

The studio has 19 state-of-the-art bikes, so classes are fairly intimate. Therefore, customers are encouraged to sign up in advance via the Web site.

Yes, one simply could slog along at a stationary bike at home or at the gym, but at Pedal Studio, cycling can be an entertaining, enjoyable experience. Special DVDs simulate roads, and Pedal's instructors create iTunes playlists to keep cyclists motivated. Plus, the studio offers a wide variety of classes, including Pedal Roadtrip, Pedal Tween, Pedal Yoga, even Pedal Karaoke.

"We've had anyone from 12-year-olds to 70-year-olds come in. We can make it work for pretty much everybody," Hackett boasts.

Even members of local gyms frequent the studio, because, Hackett points out, it actually can be cheaper to have a gym membership for its basic facilities, and take special fitness classes elsewhere.

It was also important to Hackett that her studio be a full-fledged member of the community. So, once a month, Pedal hosts a two-hour charity ride.

"The instructors donate their time, we donate the space, we ask for a donation, and 100 percent of the proceeds go to the charity of the month," Hackett relates.

The studio also can be rented out for team-building exercises, triathlon training, or even a girl's night out.

More information on Pedal Indoor Cycling Studio, including upcoming special events, can be found on the comprehensive Web site. ■