

POWER RYDE FULL-TILT INDOOR CYCLING STUDIO

WHAT IS POWER RYDE?

Power Ryde is Cincinnati's only RealRyder Indoor Cycling studio. We have 37 state-of-the-art RealRyder bikes which tilt left and right, giving you a 5-in-1 workout: arms, abs, legs, cardio, and balance.

WHY YOU NEED US!

Faster – Quicker – Injury Free

Unlike traditional, stationary spinning, our bikes tilt side-to-side. This allows us to work the lateral sides of our bodies. No athlete moves in one, unilateral direction; we move side to side and we pivot. Our bikes allow us to strengthen the left and right sides of our bodies; preventing the rotational deficiencies that many athletes have. Also, indoor cycling is low-impact and high-cardio; the best of both worlds when cross-training and preventing overuse injuries.

Fun – Team Building

The side-to-side motion of our bikes makes our classes dynamic and fun. Kids are fascinated by the motion of the bikes and have a blast. Not only does this benefit athletes individually, but it is also a great team-building activity because there is no winner or loser. The instructor guides the class, ryders goes at their own pace, and everyone works at their own ability.

Success Stories

We have many athletes who are running faster, running further, and staying injury-free. Over the years we have hosted a variety of high school sports teams, including: Indian Hill track and cross country, Indian Hill soccer, Loveland cross country, Madeira cross country, Ursuline cross country, Moeller cross country, Moeller wrestling, and Sycamore cross country. The athletes love coming to Power Ryde and always ask their coach if they can come more frequently during the season.

SUCCESS STORIES

2016 – Indian Hill Boys' Cross Country team qualified for State for the first time in 20+ years.

2017 – Indian Hill Girls' Track Team won their CHL-League meet for the first time since 2011.

2017 – Ursuline Cross country finished second in State.

2017 and 2018 – Madeira Boys' Cross Country Team won the CHL League meet and qualified for State.

2018 – Indian Hill's Ben Bayless won the Regional cross country race.



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ABOUT THE OWNER

Casey Hilmer, 28, is a former 2:54-marathon runner. Running injuries led her to indoor cycling. She needed a high-intensity workout that was fun but kept her in running-shape. She found the RealRyder bikes and never looked back. She opened Power Ryde to share her passion for fitness and never give-up attitude with others.

