

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 POWER RYDE?

Low Impact

Indoor cycling is low-impact and high-cardio; the best combination for all athletes and non-athletes. Unlike traditional, stationary spinning, our bikes tilt side-to-side. This allows us to work the lateral sides of our bodies (i.e., abs and waist!). The side-to-side sway of our bikes is also easier on ryders' backs, knees, and hips. And since the bikes work our abs, arms, and legs, they burn an average of 20-30% more calories than traditional, stationary bikes. But most importantly they are WAY MORE FUN than any other indoor bike!

Fun – Team Building

The side-to-side motion of our bikes makes our classes dynamic and fun. Individuals of all ages are fascinated by our bikes. We love to host sports teams and local businesses for Conditioning and/or Team Building Rydes. Anyone and everyone can take a Power Ryde class because everything is modifiable; this makes it appealing to all age groups and athletic abilities. Our classes are upbeat and music-driven.

Meaning, the only competition is the fun camaraderie between ryders, teammates, and co-workers.

Success Stories

Our runners are running faster and staying injury-free. Our outdoor cyclists have more power and get up hills quicker. The co-workers who come for Team Building Rydes have a banter and camaraderie that is so fun to be a part of. Our clients who come to just workout and have a good time, have lost weight and inches. Everyone feels they are part of our Power Ryde family!

NEW RYDER DEALS

3 classes \$17

Or

First month unlimited for \$80

Call us for more info and let's get
ryding!



info@powerryde.
com



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www.PowerRyde.com

www.Facebook.com/PowerRyde

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ABOUT THE OWNERS

Meg and Casey Hilmer have a passion for fitness and community. Power Ryde is a community-centered fitness studio.

Not only will ryders get a great, fun workout at Power Ryde, but they will feel they are part of a larger community. Power Ryde hosts monthly Fundraising Rydes for various charities and organizations. Over the last 5 years, they have raised and donated over \$65,000 for local charities, organizations, and families.