



HEART ZONES



MEET CYCLING

Group Technology for Group Indoor Riding

Heart Zones CYCLING is a robust solution for indoor group riding. The turnkey club program uses wearables, group display, and Heart Zones apps. It includes both activities and education to transform your group cycling classes by motivating and engaging riders and instructors. Here are but a few of the features and functions of this group solution:

The Technology: This is the era of connected fitness. Heart Zones connects the indoor bike and the rider to a mobile solution - inside or out. The bike sensors and the body-worn sensors connect to an iPad, to a transceiver, to the group display and then to the cloud. Post workout reports auto-emailed to all. The software app is smoking fast as you can start a class in only 15-seconds.

The Experience: Indoor group cycling provides participants with engagement, connection, and fun. Heart Zones Cycling provides a tech connection coupled with a social connection between riders which keeps members returning, getting better personal fitness results, and leads to membership retention.

The Data: Robust individual and group data results in loyal riders and a more powerful cycling program. Riders are motivated by seeing objective data that shows improvements in power, RPM (cadence), heart rate, recovery, training load FIT Points all using personalized and individual data. The post-ride reports emailed to the instructor and the rider provide you with a new marketing tool. Use your cycle consoles to send data or inquire how to retrofit them extending the life of the bike.

The Club Experience: Group training along with wearables is the top trend in club business today. Monetize your equipment investment by launching a new ready-to-go, full package solution which is easily deployed and implemented and you will stay ahead of the competition.

Whether you are managing a club or you are an instructor, try **Heart Zones CYCLING** to help you be a better cyclist, a better instructor, and a more fit human. Call or email for a free 15-minute demo and learn more. Heart Zones offers workshops, courses and certifications.

More Information Contact:

Heart Zones | 2636 Fulton Avenue Suite 100
Sacramento, California 95821 USA
heartzones.com | staff@heartzones.com
+1 (916) 481-7283