



‘Going for a spin’ takes on a whole new meaning

By Ronda Addy

In 1989, Johnny Goldberg, an ultra-endurance cyclist, designed spinning to prepare himself for the Race Across America bicycle race. He saw it as a way to simulate the adversities of bicycle racing in a controlled environment. He was able to complete the 3,000-mile race from Los Angeles to New York in just 10 days.

After the race, Johnny figured that anyone could be successful if they followed his training concepts and principles. Spinning was released into the world of fitness and five years later, it was hailed by Good Morning America as the “fitness phenomenon of the nineties.” But outside of New York and Los Angeles, it remained virtually unknown.

Then, Schwinn – the bicycle and fitness equipment manufacturer – entered the picture. The company took Johnny’s prototype and developed a piece of workout equipment that could withstand the rigors of classes day in and day out. The bike is patterned after the ride and fit of a real road bi-



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