

- Acidhead - John Scofield (Überjam)
- Beautiful - The Artist Formerly Know As Prince (The Beautiful Experience)
- Phenomenon - LL Cool J (Phenomenon)
- Chank - John Scofield (A Go Go)
- Drop Down Mama - North Mississippi Allstars (Shake Hands With Shorty)
- Switch - Will Smith
- Snap, Crackle, Pop - John Scofield (Überjam)
- I Brake 4 Monster Booty - John Scofield (Überjam)
- Major Honker - Béla Fleck (The Bluegrass Sessions: Tales From The Acoustic Planet VolUme II)
- Can You Hear Me - Missy Elliott Feat/TLC(Under Construction)

*Submitted by Certified Spinning Instructor Patricia Imbrogno, Pittsburgh, PA*

- My December Remix - Linkin Park
- Rebecca - Pat McGee Band
- You're My Better Half - Keith Urban
- Dirty Little Secret (remix) - Sara McLaughlan
- We Belong Together (remix) - Mariah Carey
- Home - Dishwalla
- Rain - Barefoot
- I Am An Illusion - Rob Thomas
- This Is How a Heart Breaks - Rob Thomas
- My Sacrifice - Creed
- Sick and Tired - Default
- All For You - Janet Jackson
- Burn It Down - Alterbridge
- White Discussion - Live

*Submitted by Certified Spinning Instructor George Moxham, Glens Falls, N.Y.*

- Fighter – Christine Aguilera
- This is How a Heart Breaks – Rob Thomas
- Thunderstruck – AC/DC
- Pon De Replay – Rihanna
- Lose Control – Missy Elliott with Ciara and Fat Man Scoop
- Don't Phunk with my Heart – Black Eyed Peas
- Survivor – Destiny's Child
- Push It – REO Speedwagon
- Sandstorm – Da Rude
- You've Got Another Thing Comin' – Judas Priest
- Bicycle – Queen
- Shout – Otis Day
- Vertigo – U2
- BB Forrest II

*Submitted by Certified Spinning Instructor Lisa Johnson, Elizabeth City, NC*

- Planet Claire – B-52s
- Stupid Girl - Garbage
- Euro Italia
- Running Up The Hill – Kate Bush
- Adigio for Strings – DJ Testa
- Spin Me Round – Hex Hector Club Mix
- Crazy – Alanis Morissette
- Every Little This She Does - Police
- Come Undone – Duran Duran
- Not About Romance – Inner Circle

*Submitted by Certified Spinning Instructor Linda Belliveau, Worcester, MA*