

- I Don't Want to Be - Gavin DeGraw
- Yeah - Usher
- Are You Gonna Be My Girl - Jet
- Come Clean - Hilary Duff
- Heaven - Los Lonely Boys
- This Love - Maroon 5
- I'm Ready - Cheerie
- Hole in the Head - Sugababes
- The Reason - Hoobastank
- Leave, Get Out - JoJo
- One Thing - Finger Eleven
- Turn Me On - Kevin Lyttle
- Move Ya Body - Nina Sky
- 1985 - Bowling for Soup
- Collide - Howie Day
- If I Ain't Got You - Alicia Keys

*Submitted by Certified Spinning Instructor Whitney Cooper,  
Boston, MA*

- Life On A Chain - Pete Yorn
- Bad Moon Rising - Creedence Clearwater Revival
- Let's Get Retarded - Black Eyed Peas
- Casa - Natalia y La Forquentina
- Get Over It - Eagles
- I Love Rock N' Roll - Joan Jett and the Blackhearts
- Shaft - Isaac Hayes
- Paradise City - Guns N' Roses
- Jump - Pointer Sisters

*Submitted by Certified Spinning Instructor Kasey Hochmuht,  
Ketchum ID*

- The Way You Move (Instrumental) - OutKast & Sleepy Brown
- The Dance (The Hex/Dez Radio Mix) - Rockell
- Black Horse & The Cherry Tree - KT Tunstall
- Suddenly (Riva Radio Edit) - LeAnn Rimes
- Want You To Want - Letters To Cleo
- Sorry - Madonna
- Just The Girl - The Click Five
- Tribulations - LCD Soundsystem
- Starry Eyed Surprise - Paul Oakenfold
- Somebody Told Me - The Killers
- Life Goes On (Almighty Radio Edit) - LeAnn Rimes
- Jump - Madonna
- I Touch Myself (Original Extended Mix) - Lenny B featuring Kristy Kay
- Good Day - Luce
- I Will Follow You Into The Dark - Death Cab For Cutie

*Submitted by Certified Spinning Instructor Paige McKinley,  
Newport News VA*

- Spirit in the Sky - Norman Greenbaum
- Clocks - Coldplay
- Beautiful Soul - Jesse McCartney
- This Love - Maroon 5
- Girl like that - Matchbox 20
- Stay - Dave Matthews
- Brown Sugar - The Rolling Stones
- Photograph - Nickelback
- You're Beautiful - James Blunt
- Here Without You - 3 Doors Down
- Throwing It All Away - Genesis
- You Really Got Me - Van Halen
- Walk Like an Egyptian - Bangles
- Paper in Fire - John Mellencamp
- I Try - Macy Gray
- Don't Stop Believing - Journey

*Submitted by Certified Spinning Instructor Allyson Baker,  
Litchfield, NH*