

- Believe (dance mix) - Cher
- Stolen Car - Sting
- Long Train Running - Burntraxx Mix
- Knock on Wood - Amii Stewart
- Dream a Dream - Captain Jack
- No Ordinary Love - Sade
- Lonely No More - Rob Thomas
- Tic Tac - Scooter
- When I'm Gone - 3 Doors Down
- Rock This Town - Stray Cats
- Hands Clean - Alanis Morissette
- Have You Ever Seen The Rain - Creedence Clearwater Revival

*Submitted by Certified Spinning Instructor Kristin Siciliano, Syracuse, NY*

- Welcome to the Jungle - Guns N' Roses
- These Dreams - Annie Lennox
- Beds are Burning - Midnight Oil
- American Girl - Tom Petty and The Heartbreakers
- Everybody Wants to Rule the World - Tears for Fears
- Rearview Mirror - Pearl Jam
- End of the World - REM
- Pour Some Sugar on Me - Def Leppard
- Brown Eyed Girl - Van Morrison
- Only the Good Die Young - Billy Joel

*Submitted by Certified Spinning Instructor Kimberly Bierbrauer, Colorado Springs, CO*

- Footloose - Kenny Loggins
- Saturday Night's Alright - Elton John
- La Bamba - Ritchie Valens
- Whip It - Devo
- She's a Maniac - Hall & Oates
- Vacation - Go Go's
- Wake Me Up Before You Go Go - Wham
- Devil Inside - INXS
- Loving Every Minute of It - Loverboy

*Submitted by Certified Spinning Instructor Kelly Clapsadle, Abbottstown, PA*

- The Girl Gets Around - Sammy Hagar
- Missing - Everything but the Girl
- Silence - Delerium and Sarah McLachlan
- Have a Nice Day - Bon Jovi
- These Words - Natasha Bedingfield
- Waiting For Magic - Ace of Base
- Harder to Breathe - Maroon 5
- How Soon is Now? - T.A.T.U.
- Clocks - Coldplay
- Something - Lasgo
- Oceano - Josh Groban

*Submitted by Certified Spinning Instructor Carolyn Abraham, Wilton, CT*