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FOR IMMEDIATE RELEASE

Spinning® Announces Spinning Nation 2010 to Benefit Ride 2 Recovery One Nation. One Ride. One Charity.

VENICE, CA - DECEMBER 1, 2009- Spinning®, the world's leading indoor cycling brand, announced today that they will be presenting the third annual Spinning Nation charity event on February 27, 2010. Proceeds from this year's event will go to Ride 2 Recovery, a charity benefiting mental and physical rehabilitation of men and women in the armed forces.

Thousands of riders all over the United States collect donations from friends, family, fellow coworkers, etc. to sponsor their ride on Spinning Nation day. Last year, over 100 health clubs nationwide donated their indoor cycling facility for a few hours on the event day to host a ride and over \$250,000 was raised for charity. Spinning Nation is a unique event and the largest of its kind where fitness clubs and riders from coast to coast simultaneously contribute their time and resources for a great cause.

Spinning has partnered with 24 Hour Fitness for the 2010 event, which will undoubtedly make this upcoming year the biggest and most successful year yet for Spinning Nation. Over 350 24 Hour Fitness health clubs will open their doors to host a Spinning Nation ride on February 27th.

"When we donated the first Spinning Centers to the National Naval Medical Center in Bethesda, Maryland and the Veteran's Administration Hospital in Los Angeles, we were immediately taken by the tremendous struggle that so many men and women in the armed forces face in recovering from physical and mental trauma," says CEO and founder of Mad Dogg Athletics, John Baudhuin. "Seeing the program in action has really opened our eyes to the need for programs like Spinning to help these determined and courageous individuals recover from their injuries. When I first met John Wordin from Ride 2 Recovery, it was amazing how aligned we were in our mission to help wounded veterans. Spinning Nation is a perfect event to help benefit such a charity."

"We are grateful for the support of everyone participating in the upcoming Spinning Nation 2010," says John Wordin, Executive Director of Ride 2 Recovery. "The Ride 2 Recovery program and its partners like Spinning, 24 Hour Fitness and the American Legion Auxiliary really help bring support to our injured veterans."

Ride 2 Recovery is produced by the Fitness Challenge Foundation, in partnership with the Military and the VA Volunteer Service Office, to benefit mental and physical rehabilitation programs that feature cycling as the core activity. Ride 2 Recovery raises money to support Spinning® Recovery Labs and outdoor cycling programs at Military and VA locations around the U.S. to help injured veterans overcome obstacles they face. Cycling is an important part of the recovery and rehabilitation program for two reasons: it is an activity that almost all patients with mental and physical disabilities can participate and participation in the Ride 2 Recovery Program helps speed up the recovery and rehabilitation process. The program features veterans, celebrities, athletes, and hundreds/thousands of participants coming together to help injured heroes return to a life free of the mental and physical toll that they have taken.

If you are interested in participating in Spinning Nation 2010, visit www.spinningnation.org to sign up to ride at a facility near you. Grab a friend, or two, or several and help make a difference in the lives of wounded veterans.

Mad Dogg Athletics, Inc.

Home of the Spinning®, Peak Pilates®, Resist-A-Ball®, Bodyblade®, freeFORM® and SPIN Fitness® brands, Mad Dogg Athletics is the world's largest equipment-based education company. Mad Dogg Athletics has trained over 200,000 instructors and has reached millions of enthusiasts in over 80 countries worldwide through a network of over 35,000 fitness facilities. The company manufactures home Spinner® bikes, Pilates and functional training equipment, DVDs, and a complete line of Spinning-branded apparel and accessories. Mad Dogg Athletics also works closely with Star Trac®, who is the licensed distributor of the patented line of Spinner® bikes for the commercial market. Find out more about Mad Dogg Athletics equipment, products and education at www.spinfitness.com or by calling 800-847-SPIN(7746).

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