

Get inspired about indoor cycling by checking out these links!

Sample Classes + Tips to Get Started

- [Is A Stationary Bike Good For Seniors? The Truth About Stationary Bikes and Aging](#)
- [Age is Relative: Spin Workout for Older Adults \(Preview\)](#)
- [Easy Indoor Cycling Spin Bike Ride 4 Weight Loss | 29 Min | Beginner & Senior Friendly | Chill Music](#)
- [30 Minute Oldie's Music Spin Class | Get Fit Done](#)
- [Cycle FASTER as you get OLDER!](#)
- [3 Tricks to Set Up Your Spin Bike \(3-minute video\)](#)
- [Spinning Tips for Beginners | How to Do an Indoor Cycling \(a.k.a. Spin\) Class](#)
- [10 Unexpected Benefits of Exercise Bikes \(and 4 Risks\)](#)

Sample Spin Music on YouTube

Look for music that's 32 count/128 BPM. Or explore your smart TV for other workout-music options.

- [Spinning Workout Music Mix - Modern '80s](#)
- [Spinning Workout Music Mix - Modern '70s & '80s Retro](#)
- [Music Workout Senior Sensations - Pop and Soul Classics \(128 Bpm/32 Count\)](#)
- [2020 Spinning Hits Workout Session Vol. 1 \(128 Bpm/32 Count\)](#)

Good-Quality Bikes

Expensive and fancy are not requirements! Browse Amazon.com for bikes that are budget-friendly, sturdy, quiet, easy to set up, and have a high ranking (4.8 and up) from a substantial number of purchasers. Here are some reviews to get you started:

- Advice from *Bicycling.com*: [The 9 Best Cheap Exercise Bikes for Your Indoor Workouts](#)
- Advice from *Garage Gym Reviews*: [Best Exercise Bikes under \\$500 To Cycle in Style and on A Budget](#)