

Spinning Studio Opens In Ahwatukee

By Karen Flemister

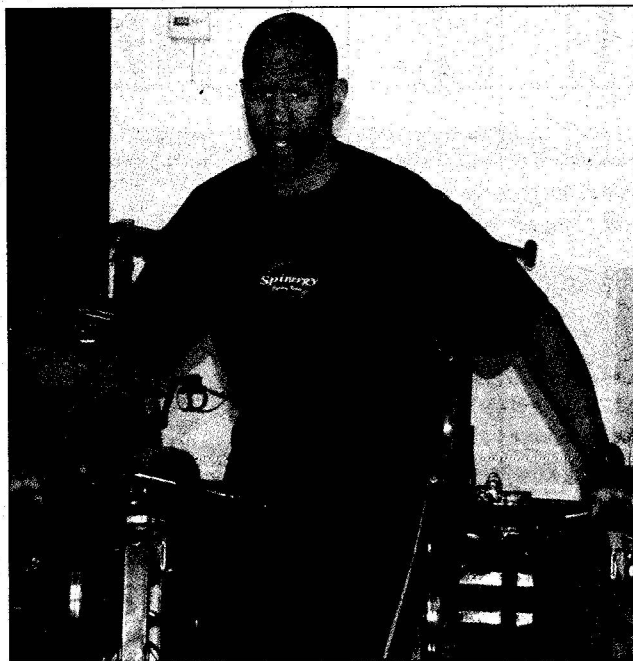
Spinergy Cycling Studio opened its doors in Ahwatukee about a month ago. In addition to his regular classes, owner Steve Donaldson is on the verge of inking deals with fitness minded corporations and police departments as well.

Donaldson's studio has 30 spinning cycles, and one on a platform facing them. From there he leads the groups who train with him.

The cycling enthusiast periodically enters races here in the Valley and elsewhere and inspires all with the passion he has for the sport.

Donaldson comes from a diverse and active background. He attended a military academy in Melbourne, Florida, spent time flying helicopters in 'Operation Desert Storm,' was a successful track star winning the 400 meter race in the nationals in Sacramento, then become a body-builder and personal trainer.

In Ahwatukee he has worked in several gyms. He recalled that when he first entered a cycling race, few would speak to him.



Steve Donaldson becomes passionate when he discusses cycling and spinning.

MICHAEL FLEMISTER/AZI PHOTO

However, once he won several races the cycling community came to appreciate his competitive spirit and have a healthy respect for his talent.

Donaldson credits his early military training with providing him with the necessary discipline to see spinning through.

Members of his gym, who may have trained hard at other facilities, leave his gym with a new respect for spinning and cycling.

Spinning is similar to a stationery bike, but there is a disk replacing the front

wheel and the pedals have a mind of their own – they keep turning whether people want to continue or not. The cycles can also be adjusted to simulate various terrains.

"Spinning is great because it takes the impact on one's body out of training and one can burn over 900 calories in one session," says Donaldson.

To learn more about spinning or to attend one of his classes, call 602-819-0119, his email is spinergycyclingstudio@gmail.com.

The website is www.spinergycyclingstudio.com