



Stages® Indoor Cycling Announces Stages Solo

Stages now provides cycling studios and clubs with an immersive, stand-alone option for solo cycling experiences

Portland, OR, March 17, 2018—Stages® Indoor Cycling is pleased to announce the launch of Stages Solo, an indoor bike designed to share the depth of the Stages Flight group cycling experience on an individual basis. Stages Cycling are the cycling experts, using power data to inform and inspire athletes' performances, with a range of indoor bikes and indoor cycling software for studios, as well as power meters, GPS units, and coaching software for outdoor cycling including Tour de France winners Team Sky. Stages Solo is their latest innovation empowering club owners with options to meet their members' changing needs, serving up a commercial performance bike for the cardio floor and bringing the excitement of instructor-led classes to a solo fitness experience.

"Stages Solo was designed to provide our best in class Stages Flight Studio experience for a single rider," says Jim Liggett, CEO of Stages Cycling. "Stages Solo provides studios and clubs the option to offer members an opportunity to experience a studio ride on the cardio floor."

Stages Solo bridges the gap from instructor-led studios to a solo floor of the club experience with real bike feel, an engaging cycling interface, diverse ride journeys, and the ability to track fitness goals and achievements over time. A custom 15" tablet delivers class programming content directly to the user, allowing the club or gym to combine flexibility of floor placement with on-demand workouts. Based on the best-in-class Stages SC3 indoor bike, Stages Solo features precise power measurement and ANT+™ capabilities to deliver the most engaging, dynamic, and immersive indoor cycling experience in the industry. Stages Solo features well-established performance advantages like Stages SprintShift, which enables instantaneous macro-level resistance changes without incessantly turning a dial, the Stages CarbonGlyde drive system featuring a Gates® Carbon Drive™ carbon fiber belt to deliver the most realistic outdoor road feel, and Stages Cycling power meters, designed and assembled in Boulder, Colorado.

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Stages Cycling LLC, with offices in Portland, OR and Boulder CO, launched the Stages Power meter in 2012, immediately making waves in the power measurement category. Stages has expanded into the commercial and home fitness categories with the SC3 commercial indoor cycling bike, with groundbreaking features designed to improve rider experience and increase durability. In 2016, Stages completed the outdoor power training ecosystem with Stages Dash, a performance GPS head unit, and Stages Link, a cloud-based training service, guiding athletes to their best performances on the road and indoors through easy analytics, education, and custom coaching. More information at stagescycling.com.