

David Means

David is a STAR 2 Spinning® instructor, cycling enthusiast, and an active outdoor cyclist for over 30 years, David became certified as a Spinning instructor in 2007. Since then, he has been melding his passions for cycling, music, and challenging his riders at the classes he teaches in the Burlington area.

He and his wife, Angel, also enjoy bicycle touring, and have explored various parts of the United States and abroad. David has even completed a 12-week, 5000 mile solo ride across the U.S. in 2000! David is also a competitive cross-country skier, having competed marathon races in nine countries. Most recently, he competed in a 76K skate race in France.