

## Jennifer Sage

Jennifer has been in the fitness industry since the early 1980's, teaching just about everything from high-impact aerobics, step, and body-sculpting to ski-conditioning and core training. She is a personal trainer and coach in Vail, Colorado, a former Master Instructor for the Spinning® program from 1997-2009, and most recently joined forces with the Indoor Cycle Instructor Podcast (<http://www.indoorcycleinstructor.com/>) to bring education, coaching and empowering profiles to indoor cycling instructors across the board, regardless of their certification.

Jennifer's mission has always been to motivate instructors, students and clients to go beyond self-perceived limitations and take on challenges they didn't think possible, and to bring the outdoors inside in her indoor cycling classes, providing realistic, effective yet fun and entertaining profiles for her students, on her blog, at conferences, and now as audio profiles for ICI/PRO.

She is the author of an eBook called Keep it Real (<http://funhogspins.blogspot.com/2008/12/ebook-announcement-keep-it-real-in-your.html>), aimed at teaching cyclists how to optimize their indoor training to prepare them for outdoor riding. Jennifer also owns a bicycle tour company, Viva Travels ([www.vivatravels.com](http://www.vivatravels.com)), and takes people to Europe to ride their bicycles in unique and beautiful places, including trips to the Tour de France.

