



For years Judi Thiel was an avid outdoor road cyclist. She was USCF certified and competed in sanctioned races and time trials, as well as rode with both the LA Sheriff's Bicycle Team and Club. Simply said, cycling is a passion of hers!

Judi started Indoor Cycling in 1996 when she became pregnant with her first child. Now married for 18 years with 3 wonderful children, Judi's Indoor Cycling passion has never waned. She only recently brought her passion to others and acquired certifications to teach both Group Exercise and Indoor Cycling.

Judi's certifications coupled with intense training from Master Instructors have given her the knowledge and expertise to provide a safe, fun and effective workout for all levels. "I believe in the mind/body connection. My goal is to change your body..... to change your mind..... which in turn will change your life!"