

| Level 2 Indoor Cycling Workshop (Lisa A. Workman) | | | | | |
|--|------------|--------------------------|--|------|--------------------|
| Name | Total Time | Artist | Album | Year | Genre |
| Playlist #1 | | | | | |
| Safe and Sound | 03:12 | Capital Cities | In a Tidal Wave of Mystery | 2013 | Alternative |
| Wake Me Up | 04:09 | Avicii | Wake Me Up - Single | 2013 | Dance |
| You Got Me (Jeff Olson Remix) | 05:55 | Nuela Charles | Aware (Sampler) | 2012 | Electronic |
| Roar | 03:43 | Katy Perry | PRISM (Deluxe) | 2013 | Pop |
| Rock That Body | 04:28 | Black Eyed Peas | The E.N.D. (The Energy Never Dies) | 2009 | Pop |
| Basket Case | 03:03 | Green Day | Dookie | 1994 | Alternative & Punk |
| Summertime Sadness [Lana Del Rey vs. Cedric Gervais] [Cedric | 03:34 | Lana Del Rey & Cedric | Summertime Sadness [Lana Del Rey vs. Cedric Gervais] (Cedric Gervais | 2013 | Dance |
| Scream & Shout (feat. Britney Spears) | 04:12 | will.i.am | #Willpower | 2013 | Pop |
| Song 2 | 02:01 | Blur | Big Shiny Tunes 2 | 1997 | Alternative & Punk |
| Harder, Better, Faster, Stronger | 03:44 | Daft Punk | Discovery | 2001 | Electronic |
| Boom Boom Pow | 04:11 | Black Eyed Peas | The E.N.D. (The Energy Never Dies) | 2009 | Pop |
| Anything | 03:11 | Hedley | Anything - Single | 2013 | Pop |
| Blow Me (One Last Kiss) | 04:16 | P!nk | The Truth About Love | 2012 | Pop |
| Home For A Rest | 04:36 | Spirit Of The West | Save This House | 1989 | Rock |
| Gone, Gone, Gone | 03:29 | Phillip Phillips | The World from the Side of the Moon (Deluxe) | 2012 | Pop |
| Happy | 03:40 | Natasha Bedingfield | Pocketful of Sunshine | 2007 | Pop |
| Talking to the Moon (Acoustic Piano Version) | 03:37 | Bruno Mars | Songs for Japan | 2011 | Pop |
| Playlist #2 | | | | | |
| Feelin' Alright | 04:11 | Joe Cocker | The Millennium Collection | 2000 | Rock |
| Feeling Good | 03:10 | The Sheepdogs | The Sheepdogs (Deluxe Version) | 2012 | Rock |
| Feel This Moment (feat. Christina Aguilera) | 03:49 | Pitbull | Global Warming (Deluxe Version) | 2012 | Pop |
| Tik Tok | 03:19 | Ke\$ha | Animal | 2009 | Pop |
| Firework | 03:47 | Katy Perry | Songs for Japan | 2011 | Pop |
| A Little Party Never Killed Nobody (All We Got) | 04:01 | Fergie, Q-Tip & GoonRock | The Great Gatsby (Music from Baz Luhrmann's Film) [Deluxe Edition] | 2013 | Soundtrack |
| Dance, Dance | 3:00 | Fall Out Boy | From Under the Cork Tree | 2005 | Alternative |
| G-Get Up and Dance! | 03:08 | Faber Drive | G-Get Up and Dance! - Single | 2009 | Pop |
| Whistle | 03:45 | Flo Rida | Wild Ones | 2012 | Hip-Hop/Rap |
| Shut Up And Drive | 03:33 | Rihanna | Good Girl Gone Bad | 2007 | R&B |
| Medley: Bamboleo/Volaré/Djobi Djoba/Pida Me La/Baila Me | 04:47 | Gipsy Kings | Gipsy Kings (Greatest Hits) | 1994 | World |
| Titanium (feat. Sia) | 04:05 | David Guetta & Sia | Nothing But the Beat | 2011 | Dance |
| Timber (feat. Ke\$ha) | 03:24 | Pitbull | Timber (feat. Ke\$ha) - Single | 2013 | Pop |
| #thatPOWER (feat. Justin Bieber) | 04:39 | will.i.am | #Willpower | 2013 | Pop |
| Block Rockin' Beats (Radio Edit) | 03:24 | The Chemical Brothers | Big Shiny Tunes 2 | 1997 | Alternative & Punk |
| Applause | 03:32 | Lady Gaga | ARTPOP | 2013 | Pop |
| Home | 03:30 | Phillip Phillips | The World from the Side of the Moon (Deluxe) | 2012 | Pop |
| Sunrise | 06:21 | Norah Jones | Songs for Japan | 2011 | Pop |
| Waiting On the World to Change | 03:21 | John Mayer | Songs for Japan | 2011 | Pop |