



INDOOR CYCLING ASSOCIATION

Motivational and Uplifting Songs for New Year's & Beyond

Song Name	Time	Artist	Album	Theme
A Change Will Do You Good	3:50	Sheryl Crow	Sheryl Crow	change
A Quiet Revolution (Phatjack Remix)	7:40	Lustral	Deeper Darker Secrets	empowerment
All the Above	5:11	Maino [feat. T-Pain]	Blag Flag City	living the dream
All Things (Keep Getting Better)	3:14	Widelife	(Queer Eye Theme)	Life is good
Andromeda	6:37	Chicane	Behind the Sun	reflection
Anything's Possible	3:47	Johnny Lang	Turn Around	empowerment
Applause	3:32	Lady Gaga	Artpop	celebration
Auld Lang Syne	2:04	Red Hot Chilli Pipers	Bagrock to the Masses	celebration
Auld Lang Syne (The New Years Anthem)	6:11	Mariah Carey	Auld Lang Syne (The Remixes)	new beginnings
Beautiful Day	4:08	U2	All That You Can't Leave Behind	empowerment, Life is good
Believe	3:46	The Bravery	The Sun and the Moon	belief
Better Days	3:36	Better Days	Goo Goo Dolls	Change; reflection
Better Than Today	3:36	Kylie Minogue	Better Than Today	take a chance
Brand New Book	3:47	Train	Brand New Book	new beginnings
Bulletproof	3:28	La Roux	The Gold EP	personal growth
Celebrate Love	4:54	Pick Me Off the Dirt	Klangstrahler Projekt	celebration
Celebration	3:43	Celebrate!	Kool & The Gang	celebration

Celebration	3:35	Madonna	Celebration - Single	celebration
Change	3:17	John Waite	Ignition	change
Change	4:40	Taylor Swift	Taylor Swift	new beginnings
Change	3:59	Tears For Fears	Shout: The Very Best of Tears For Fears	change
Change is Good	4:11	Rick Danko	Times Like These	Change
Change Your Mind	3:40	The All American Rejects	Move Along	change, empowerment
Change Your Minds	4:19	Sister Hazel	Fortress	intrinsic motivation; empowerment
Changes	4:29	2Pac	2Pac Greatest Hits	change
Changes	3:36	David Bowie	Best of Bowie	change
Changes	6:21	Yes	90125	change
Charge Me Up	3:58	Jennifer Lopez	LOVE?	new beginnings
Children of the Revolution	2:36	Bono	The Complete Solo Recordings Vol 5	Change; reflection
Cool Change	5:13	Little River Band	First Under the Wire	change
Do Anything You Wanna Do	3:59	Eddie and the Hotrods	Doing Anything They Wanna Do	motivation
Do or Die	4:07	30 Seconds to Mars	Love Lust Faith	empowerment
Don't Stop Believing	4:12	Journey	Journey's Greatest Hits	empowerment
Don't You Worry Child	5:35	Swedish Houe Mafia	Until Now	Empowerment
Exploration	5:35	Karminsky Experience	The Power of Suggestion	exploration
Eye of the Tiger	4:11	Survivor	Rocky III	Empowerment
Eye On It	3:07	Toby Mac	Eye On It	Empowerment, belief
Fearless	6:16	VNV Nation	Futureperfect	rise above, personal growth
Fighter	4:06	Christina Aguilera	Stripped	empowerment
Firework	3:47	Katy Perry	Teenage Dream	celebration, life is good, be yourself
Flip Your Mind	8:08	Karmadelic	Flip Your Mind	focus on the present
Float On	3:31	Modenst Mouse	Float On	Life is good
Fly Away	3:41	Lenny Kravitz	5	empowerment

Fly Like an Eagle	4:14	Seal	Seal: Best of 1991 - 2004	intrinsic motivation; empowerment
G.R.I.N.D. (Clean version)	3:38	Asher Roth	G.R.I.N.D.	motivation
Galvanize	6:34	The Chemical Brothers	Push The Button	change; new beginnings
Get Ready for This	3:43	2 Unlimited	90's Dance Hits - Retro Dance Party	celebration
Get the Party Started (Pierre Hubert Remix)	8:05	P!nk	www.pierrehubert.fr	celebration
Get the Party Started (Sweet Dreams Remix)	4:05	P!nk feat Redman	Get the Party Started (Remix CDs)	celebration
Get Together (Album Version)	5:15	Madonna	Get Together - EP	celebration
Go Do	4:39	Jonsi	Go	new beginnings
Gonna Be Some Changes Made	5:18	Bruce Hornsby	Halcyon Days	changes
Gonna Fly Now	2:49	Bill Conti	Rocky	empowerment, inspiration
Good Feeling	4:06	Flo Rida	Good Feeling - Single	celebration
Good Life	3:23	Mr Anonymous	Good Life - Single	new beginnings
Good Life	4:13	OneRepublic	Waking Up	Life is good
Gratitude	6:07	VNV Nation	Automatic	grateful
Hall of Fame (clean)	3:22	The Script (feat will.i.am)	Hall of Fame	personal growth, new beginnings
Happy New Year	4:25	Abba	The Albums	celebration
Harder, Better, Faster, Stronger	5:12	Daft Punk	Discovery	motivation
Home	3:35	Phillip Phillips	The World From the Side of the Moon	Empowerment
Hope	4:04	Shaggy	Hot Shot	new beginnings
Houdini	3:23	Foster the People	Torches	overcoming doubt
How Far We've Come	3:29	Matchbox 20	Exile on Mainstream	reflection
Hymn of the Big Wheel	6:37	Massive Attack	Blue Lines	Change; reflection
I Believe I Can Fly	5:21	R. Kelly	The R. In R&B Collection Vol. 1	inspiration, new beginnings
I Got This	3:51	Jennifer Hudson	I Remember Me	personal growth
I Gotta Feeling	4:49	Black Eyed Peas	The E.N.D.	celebration, Life is good
I Hope You Dance	4:54	Lee Ann Womack	I Hope You Dance	motivation, Life is Good

I Won't Back Down	2:58	Tom Petty	Full Moon Fever	empowerment
I'm Not Afraid (explicit or clean version)	4:19	Eminem	Recovery	Rise above, personal growth
Imagine	3:51	Madonna	I'm Going To Tell You A Secret (Live)	reflection
In The Air Tonight	5:30	Phil Collins	Face Value	empowerment
Inspiration	4:15	Karmadelic	Flip Your Mind	focus on the present
Into the Light	4:36	Gloria Estefan	Into the Light	reflection
Iridescent	4:56	Linkin Park	A Thousand Suns	empowerment
It's a Beautiful Life	3:39	Ace of Base	The Bridge	Life is good
It's My Life	3:44	Bon Jovi	Greatest Hits	reflection, empowerment
It's My Life	3:54	Bon Jovi	Greatest Hits	empowerment, Life is good
Joy To The World	3:37	Three Dog Night	The Big Chill Soundtrack	celebration
Just Fine	4:01	Mary Blige	Growing Pains	personal growth
Just for One Day	2:56	David Guetta vs David Bowie	Just for one day	Rise above
Just The Way You Are	3:40	Bruno Mars	Just the Way You Are	Change; reflection
Keep Changing the World	3:35	Mikeschair	Mikeschair	change
Know Your Enemy	3:10	Green Day	21st Century Breakdown	motivation
Life	4:16	Haddaway	Life	Change
Life Design	4:18	The Parlotones	Live Design	change
Life Is A Highway	4:37	Rascal Flatts	Disney Pixar Greatest	new beginnings
Little Wonders	3:45	Rob Thomas	Meet the Robinsons	new beginnings
Live Like We're Dying	3:42	Kris Allen	Live Like We're Dying	appreciation
Live Your Life (feat Rhianna)	5:38	T.I.	Paper Trail	Empowerment
Lord of the Dance (with Taps)	4:48	Ronan Hardiman	Michael Flatley's Lord of the Dance	intrinsic motivation; empowerment
Lose Yourself (explicit or clean version)	5:12	Eminem	Curtain Call	Empowerment, belief
Making a Change	2:55	Rowan Falzon	Making A Change	change
Man in the Mirror	5:19	Michael Jackson	MJ: The Ultimate Collection	Change; reflection

Maximum Joy (DJ Rene Club Mix)	9:45	Frankie Goes to Hollywood	The Club Mixes 2000 (CD2)	change
Memories	3:30	David Guetta	Memories	reflection
Message of Love	3:26	The Pretenders	The Singles	new beginnings
More	3:49	Usher	Raymond v. Raymond	intrinsic motivation; empowerment
Move Any Mountain	3:29	The Shaman	En-Tact	intrinsic motivation; empowerment
New Morning	3:44	Alpha Rev	The Last Song	reflection; empowerment
New Year's Day	5:35	U2	War	celebration
No Boundaries	3:30	Kris Allen	No Boundaries	empowerment, inspiration
One Last Drink	3:31	Enter the Haggis	Soapbox Heroes	celebration
Party	4:02	Nelly Furtado	Whoa, Nelly!	celebration
Party in My Head (Thieves Like Us Remix)	4:47	Miss Kittin & The Hacker	Party in My Head Single	celebration
Party Out of Bounds	3:22	The B-52s	Wild Planet	celebration
Party with You (Radio Mix)	3:19	Tunebazz Inc	Spinning Music - Cycling Sport Sounds	celebration
Partyweekend (Radio Mix)	3:30	Grey T	Spinning Music - Cycling Sport Sounds	celebration
Perfect	5:36	The The	Soul Mining	Change; reflection, Life is Good
Praise You	3:48	Fatboy Slim	The Greatest Hits	celebration
Pride	6:17	Syntax	Nip/Tuck	intrinsic motivation; empowerment
Progress	6:27	Above & Beyond	Version)	reflection; empowerment
Proud	3:53	Heather Small	Proud	empowerment
Proud	7:11	Heather Small	Josh Harris Remix - EP	reflection; empowerment
Raise Your Glass	3:23	P!nk	Raise Your Glass - Single	celebration
Reach	3:50	Gloria Estefan	Destiny	empowerment
Reach Up For The Sunrise	3:25	Duran Duran	Astronaut	empowerment
Red Hands	3:01	Walk Off the Earth	R.E.V.O.	inspirational, change
Redemption Song (Oh Happy Day)	5:55	Moodswings	Moodfood	new beginnings, Life is Good
Remember The Name (explicit or clean version)	3:49	Fort Minor	Rising Tied	Empowerment, belief

Return to Innocence	4:15	Enigma	The Cross of Changes	change
Revolution	3:24	The Beatles	The Beatles	change, revolution
Revolution Rock	5:33	The Clash	London Calling	Change; reflection
Rhythm of Life	3:53	Sammy Davis Jr	Sweet Charity	empowerment
Right Action	3:02	Franz Ferdinand	Action	inspiration, personal growth
Right Here, Right Now	5:54	Fatboy Slim	Right Here, Right Now - EP	focus on the present
Right Now	5:21	Van Halen	For Unlawful Carnal Knowledge	unstoppable
Rise To Glory	3:58	Bizarre	Rise To Glory	empowerment
Rise Up	8:24	Sunkids feat. Chance	Various - Disco Kandi Vol 2	empowerment
Roll With The Changes	5:37	REO Speedwagon	You Can Tune a Piano	change, empowerment
Round of Applause	3:49	Lecrae	Round of Applause	celebration, rise above
Search for the Hero	4:11	M People	The Best of M People	intrinsic motivation; empowerment
Shake it Out	4:42	Florence + The Machine	Ceremonials	new beginnings
Sing	4:30	My Chemical Romance	Danger Days	intrinsic motivation; empowerment
Stand My Ground	4:30	Within Temptation	Silent Force	empowerment
Stand up for the Champions	3:15	Right Said Fred	Hits	Empowerment, belief
Start Me Up	3:33	The Rolling Stones	Forty Licks	change
Stronger (Album Version)	5:22	Kanje West	Graduation	empowerment
Sunchyme	6:19	Dario G	Sunmachine	new beginnings
Surrender	4:30	Angels & Airwaves	Love, Pt. 2	focus on the present
Survivor	4:14	Destiny's Child	Survivor	unstoppable
Talkin' Bout A Revolution	2:40	Tracy Chapman	Tracy Chapman	reflection
The Adventure	5:12	Angels & Airwaves	We Don't Need to Whisper	change
The Catalyst	5:39	Linkin Park	A Thousand Suns	new beginnings
The Climb	3:56	Miley Cyrus	Hannah Montana The Movie	unstoppable
The Fighter	3:48	Gym Class Heroes	Papercut Chronicles II	Empowerment

The Middle	2:45	Jimmy Eat World	Jimmy Eat World	be yourself, personal growth
The Party (Milk & Sugar Remix)	9:25	Kraze	MiAMi	celebration
The Party Song	3:31	Emery	Are You Listening?	celebration
The Power of Good-Bye	4:12	Madonna	GHV2 - Greatest Hits Volume 2	celebration
The Rise	6:45	Sully Erna	Avalon	intrinsic motivation; empowerment
The Story of Your Life	3:35	Mathew West	The Story of Your Life	Change, empowerment
The World	5:31	Karmadelic	Flip Your Mind	focus on the present
These Are Days	3:40	10,000 Maniacs	Our Time in Eden	Life is good
Thing of Beauty	5:27	Hothouse Flowers	Songs From the Rain	Life is good
This Is The Day	4:59	The The	Soul Mining	change
This is the New Year	3:15	Ian Axel	New Year's Eve	intrinsic motivation; empowerment
This is Your Life	4:18	Switchfoot	The Best Yet	personal growth, new beginnings
This is Your Life	7:35	7th Heaven feat. Banderas	This is Your Life	celebration, rise above
This Light Between us	5:09	Armin van Buuren	Mirage (Super Deluxe Edition)	reflection
Till I Collapse	4:58	Eminem	The Eminem Show	unstoppable
Time for a Change	3:02	Blind	Time for a Change	change, new beginnings
Time for a Change	3:37	Michelle Chappel	Shake it Up	revolution
Time For A Change	4:23	The Strike	Shot Heard Round The World	change
Time of Our Lives (PVD Club Mix)	7:42	Paul Van Dyk		Life is good, inspirational
Try	4:07	Pink	The Truth About Love	new beginnings, empowerment
Unbreakable	6:54	C	Once Upon a Night	new beginnings
Undefeated	4:41	Def Leppard	Mirror Ball	unstoppable
Unwritten	4:19	Natasha Beddingfield	Unwritten	new beginnings, empowerment
Uprising	5:05	The Clash	The Resistance	Change; reflection
Voctory (Magnus Fiennes Mix) (Instrumental)	4:40	Bond	Born	success
Walk a Mile (Henrik Schwarz Mix)	4:52	Cold Cut	Summer	new beginnings

Waves of Change (Kaskade Remix)	5:27	Samantha James	Waves Of Change	change
Wavin' Flag	3:32	K'naan	Troubadour	motivation
We are the Tide	3:17	Blind Pilot	We are the Tide	empowerment, Life is good
What a Feeling	3:51	Irene Cara	Flashdance Soundtrack	empowerment, inspiration
What Makes You Beautiful	3:27	One Direction	Up All Night	self appreciation
Wide Awake	4:37	Katy Perry	Teenage Dream	personal growth
World In My Eyes (Cicada Remix)	6:20	Depeche Mode	Violator	empowerment
World on Fire (Junkie XL Club Edit)	4:17	Sarah McLachlan	Superstars #1 Hits Remixed	empowerment
World Turning	4:27	Fleetwood Mac	Fleetwood Mac	new beginnings
Years (Vocal Extended Mix)	4:37	Alesso	Years	personal growth, change
You Can Feel It	7:02	Verve	You Can Feel It	new beginnings
You Can Have What You Want	2:52	Papercuts	You Can Have What You Want	new beginnings
You Get What You Give	7:00	New Radicals	Maybe You've Been Brainwashed Too	inspirational
You Have the Choice	8:21	Jivasonic	The Organ	personal growth, choice
Zocalo (Feat Gabriel & Dresden)	8:40	Armin van Buuren	Shivers	intrinsic motivation; empowerment