

Frequently Asked Questions

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1 What is the studio's address?

3000 N Federal Hwy, Suite 10
Fort Lauderdale, FL 33306

2 Is parking available?

Yes! There is plenty of parking in the plaza lot directly in front of the studio.

3 How do I book a class?

To book a class:

- Ensure you have the latest version of the GVO app installed. Delete any previous versions and download the newest one from the Apple App Store or Google Play.
- You can also book directly through our website under the "Book Now" tab.

4 I've taken classes before and already have a GVO account. How do I log in?

If you've attended classes before, log in using the same email address you registered with. If needed, reset your password to access your account.

5 How do I rent spin shoes?

To rent shoes:

- Go to the booking page and select "Add-Ons" before completing checkout.
- Shoe rentals are \$4 per class.
- Our spin shoes are compatible with Delta Look clips.

6 What type of clips do your bikes use?

Our bikes are compatible with SPD and Delta Look clips. You're welcome to bring your own cycling shoes or rent a pair from us.

7 Can I use my own spin shoes?

Absolutely! If your shoes have SPD or Delta Look clips, you can use them on our bikes. If you need rentals, they are available for \$4 per class.

8 Do you provide water?

Yes! We offer:

- Bottled water for purchase.
- A water fountain for refilling bottles.

9 Do you have showers available?

Yes! We have two private showers available for use after classes and before cold plunge sessions.

GVO

