

# 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

