

## **FAQ**

**1. What should I bring to class?**

Bring water, a towel, and comfortable workout clothes. Cycling shoes with SPD or Delta clips are recommended but not mandatory.

**2. Do I need to reserve a bike in advance?**

Yes, we recommend reserving your bike online to guarantee your spot, especially during peak hours.

**3. What fitness level do I need to participate?**

Our classes are suitable for all fitness levels. Instructors provide modifications to accommodate beginners and advanced cyclists.

**4. What is the class duration?**

Most classes are 45 to 60 minutes long.

**5. Are there any age restrictions?**

Participants must be at least 16 years old. Minors may require parental consent.

**6. How early should I arrive?**

Please arrive at least 15 minutes early to set up your bike and get familiar with the studio.

**7. What if I need to cancel my reservation?**

Cancellations can typically be made up to 12 hours before your class.

**8. Is there a membership or drop-in option?**

We offer both membership packages and drop-in rates. Check our website for current pricing and options.

**9. What can I expect from a typical class?**

Classes usually include a warm-up, a mix of intervals and climbs, and a cool-down. Expect energizing music and motivational coaching!

**10. Are there showers and changing facilities?**

Yes, our studio has showers and changing areas available for your convenience.

**11. What if I'm new to cycling?**

We recommend arriving early for your first class so the instructor can help you set up your bike and answer any questions.