



WELCOME

New Rider!!!

THE DETAILS

At CycleBar we are united by the beat,
and fueled by the ride!

Please arrive 20 minutes early for your studio tour.
We can't wait to meet you and we also want to safely
and properly assist you with bike setup!

Don't forget:

Water

Socks

Your Mask/Face covering

Remember there is a first time for everyone! It will take
3-5 rides for your body to acclimate to a new activity.
This is about progress, not perfection and we are looking
forward to riding this journey with you!