

THE CYCLE SANCTUARY

STEPS FOR OUR NEW RIDERS

STEP 1: Reserve your bike through our website or App.

STEP 2: Fuel up about 90 minutes before the ride.

STEP 3: Dress in comfortable workout gear.

STEP 4: Check in at the front desk 15 minutes before the ride so that we can give you cycle shoes and a tour.

STEP 5: A staff member will help you with bike set up and explain all the features of the bike and leaderboard.

STEP 6: Your instructor will guide you through the ride.

Have FUN and Remember to BREATHE!

STEP 7: Check your inbox for an email with all of your stats from the ride.

