



Rules

1. To ensure your place in class, you may visit our web site or call the front desk to reserve your bike. You can reserve as early as 4:00pm the day before.
2. You must be in your saddle and ready to ride 2 minutes prior to start time. Otherwise your seat will be given to the first person on the waiting list.
3. New students should always arrive 10-15 minutes early for a brief orientation and set up
4. Please do not stretch on bikes in standing position this will help bikes from breaking
5. Also if your seat is tilted please ask instructor to adjust with pliers
6. Please wipe down your bikes after class
7. Please refrain from wearing heavy perfumes or colognes in studio.
8. Ear plugs will be provided for those who do not care for loud music