

LIVE.LOVE.RIDE

WINTER 2018



FRIDAY SCHEDULE UPDATE!
YOU VOTED AND HERE'S THE RESULTS!
FRIDAY'S 9:45AM MY PULSE WITH ROBERTO WILL NOW BE **MY CLASSIC!**



GIVE \$10. GET \$10

****Beginning next week****
Share your love of **MY Ride** with a friend! Friends will receive a \$10 credit to their account after their first purchase and you will get \$10 added to your account too! After all, sharing is caring!



LOVE YO'SELF

It's the month of love and we challenge you to be your own Valentine! It's time to respect yourself, admire yourself, accept yourself and nurture yourself. Today is the day to say this is **MY** month and I will love **MY**self!

MY CIRCUIT

A friendly reminder that **MY** Circuit is free with a *paid* cycling package only. Those who would like to take a circuit class and do not have a cycling membership, will be charged the \$20 Single Circuit Class Rate.



- After cycling, remove insoles and shake or wipe any dirt or debris from the insoles and inside the shoes.
- Remove insoles, and air-dry shoes—away from sunlight—after each use.
- **Remove any small stones or objects that may have lodged in the shoe sole, particularly around the cleat area, vents or spike holes.**
- Damaged or badly worn shoes or cleats should be replaced.

SPD SHOE CARE



Cell phones are not allowed in the cycling room as they are a distraction to other riders and our instructors. If you are expecting an important call, you are welcome to leave your phone with our front desk staff and they will come notify you during class.

NO PHONE ZONE

