How to Attend a Cycle Class

Make your reservation. Reservations can be made 72 hours in advance. Reserve using the Mindbody APP or WEBSITE. CLICK HERE for instructions. If you are unable to attend a class, please cancel using the Mindbody app or website to make space for other participants.

A maximum of 14 participants will be permitted per class. This will allow for appropriate physical distancing, in accordance with Massachusetts guidelines.

Arrive 10-15 minutes before your reservation and select your bike. Classes will be held in the Basketball Gymnasium. Please do not move the bikes.

Masks that cover both your mouth & nose are required, including during classes.

Bring a full water bottle or use the touchless bottle fill station, located in the Fitness Center lobby.

Connect to the Silent Group Exercise Sound System. This will enable you to listen to the instructor’s voice and music using your personal phone & headphones. CLICK HERE for instructions on how to connect.

Please clean your bike after class using the disinfecting wipes located on both sides of the gym.

Exit the building using the door located at the bottom of the Wellness Wing stairs.