



FARTHER.
FASTER.
SAFER.

What's New in May 2019



Earn an Easy Discount!

This month we have an opportunity for you to **receive \$10 off your next ride or ride package!*** All you have to do is **review us on Yelp, Google, or Facebook**. Once you've completed your review, come in and show us that you've done so, and we will put the discount on your account to use whenever you like. Already have a monthly unlimited package? We will deduct \$10 from a month of your choice!

* One discount per client

[Review us on Yelp](#)

[Review us on Google](#)

[Review us on Facebook](#)



VROOM Now Sells Roll Recovery!

Discover the new way to fight sore and tight muscles with **Roll Recovery**! These great products target key muscles (like your leg muscles) and replicate a deep tissue massage, leaving your **legs ready for your next long ride**. Still not sure if these products are for you? Come into the VROOM Studio to try them out--**we have demos** ready for you to give them a go yourself! Let us know if we can answer any questions for you or if you'd like us to place one on hold for you!



New Ladies Only Group Workout!

Say hello to the new **Betty Designs Ladies Only Group Workout**! This program was designed by a woman for women. Come to VROOM **every Wednesday at 6:00 PM** to experience this **90-minute challenging workout**. Based on your FTP, this workout is customized to your endurance level. Not sure what your FTP is? That's okay, we can estimate your FTP until you have time to take an FTP test, which is also available here at VROOM.

[Book Now](#)

Studio Hours

Monday to Thursday

6 AM - 3 PM by appointment

3 PM - 9 PM appointments and walk-ins

Last appointment starts at 8 PM

Friday to Sunday

By appointment

Closed Sunday, May 12, 2019 for Mother's Day

Closed Monday, May 27, 2019 for Memorial Day



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