



FARTHER.
FASTER.
SAFER.

What's New in October 2019



COSMIC Yoga

We're excited to provide you with unique classes & events at VROOM for **Halloween**. There's something that will interest everyone. On **Monday, October 28th (6:30 PM - 7:30 PM)**, we'll host **COSMIC Vinyasa Flow Yoga**. On **Halloween Night, Thursday, October 31st (6:30 PM - 8:00 PM)**, come get spooky with **COSMIC Yoga, Ride, Yoga**. Wear white or neon to glow in the dark, or blend in with the shadowy studio by wearing black. Costumes are not necessary to take part in the fun but highly encouraged! Book before all of our spots fill up!



Halloween Movie Nights

Get in that long ride but with all the distraction & fun of watching a movie. In celebration of **Halloween**, we'll be hosting two **movie nights** at VROOM. On **Tuesday, October 29th at 6:00 PM**, we'll be screening **The Rocky Horror Picture Show**. On **Wednesday, October 30th at 6:00 PM**, **Little Shop of Horrors** will be playing in the VROOM studio. Costumes are encouraged, but we ask that you keep your rice, toast, & other throwing objects at home! Book a spot for these fun nights!



Show Us Your VROOM Gear!

Got a VROOM t-shirt? Rocking a VROOM kit on your ride? Sipping from a VROOM water bottle? Did you take pictures of yourself at the VROOM studio? WE WANT TO SEE!!! Make sure whenever you're representing VROOM that you **tag us on your social media!** You can tag our handle, **@vroomcycling**, or use one of our hashtags: **#VROOMCycling** or **#FartherFasterSafer**. We love to see & repost all your awesome photos!

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

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