



What's New in September 2019



Keep Calm and Build Strength with VROOM's Yoga

VROOM's Yoga combines our love for improving **strength, balance,** and **flexibility** with the cardio of cycling. **Monday nights' Vinyasa Flow Yoga (6:30 PM)** will allow you to **recover** from your weekend activities. This class will refocus you for your week ahead. We work to make you a stronger yogi, but you can take this session at your own pace. On **Thursdays and Saturdays**, we allow you to experience yoga with the cycling services that VROOM has to offer. In **Yoga, Ride, Yoga (Th-6:30 PM; S-8:00 AM)**, warm-up the body, ride as part of a group and then enjoy post-ride stretches and relaxation. Book your appointment today to experience yoga at VROOM!

[Find a Yoga Class](#)



Happy Cycling Hours

In honor of Labor Day, we are ecstatic to offer you **Happy Cycling Hours** in **September**! Come unwind after a day at work by putting in some miles on the bike. Between **4PM–6PM** on **Mondays through Fridays**, come in for a ride and you can enjoy **50% off nutritional items, t-shirts, and water bottles**.

[Book an Appointment](#)



Rent a Locker

We see many of you multiple times a week, and wouldn't it be nice to not have to lug in all your cycling and yoga gear every time you come to workout? Well, lucky for you, we have **lockers available for rent**. (Yes, your yoga mat will fit in the lockers--we checked! ;)) For only **\$10 a month**, you can rent a **full-size locker** that will be exclusively yours. We only have a few, so hurry and ask us for more details on how to take advantage of this awesome opportunity before they are no longer available!

[Rent a Locker](#)

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

****By appointment only September 2****

****Closed September 27 & 28****



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