



Hey! Welcome to the Cyklus Crew! This is your need-to-know for your team event!

Before

Please go to spivi.com/signup and establish an account. You can also add a profile photo, set your age, weight and height (not shown in the studio), and if you know it, your FTP and heart rate zones.

Questions or requests should be sent to hello@cyklusvancouver.com. Our address is 889 Expo Blvd, Vancouver, BC, V6B 1C4.

You must be medically cleared to exercise. Please advise us if you have a condition that prevents you from participating in fitness activities.

What To Bring

Please note: glass water bottles are not permitted in the studio

Water bottle.
Athletic clothes to work out in. Cycling shorts are a great choice.
Socks! Wear socks or bring them.
Soft soled athletic shoes.

You may also bring:
Your own heart rate strap or Polar BLE HR monitor.
Your own SPD cycling shoes (mountain style, not road).

During

Fill up! Get water at the back, it's filtered and yum!

Change in the change hall, and leave your phone in a locker. Use the last four numbers of your phone number for your locker combo so you won't forget it, but we have you covered if you do.

Be sure and sit on the bike you are assigned! You don't want someone else's data, do you? The bike numbers are on the front lower frame of the bike. You can see the bike number associated with your name on one of the screens at the front of the studio.

Take care of yourself. Don't continue crushing if you feel dizzy or sick. If you need to leave the studio area, please let the instructor know if you require assistance on your way out. If you just need a bathroom or water, a quick thumbs up will prevent anyone from chasing you into the back.

After

Share and compare! You will get an email from our Spivi system. If you don't see it, please check your spam or promotions folder.

Feel free to take a shower. Be certain to drink lots of water! Most of all, please let us know if there was anything we could have done to make your experience better.

Cheers and see you soon!

Jay and the Cyklus Crew.