



Hey there!

Thanks for reaching out about your offsite event. This is an information sheet about our offsite event prices and services.

We can customize your event as you prefer. Choose between a competitive or non-competitive event.

Competitive Events

Our studio is perfect for a competitive cycling or TRX event. We use a metrics system that emails workout performance to each individual. Your clients can use their own Keiser M3+ BLE heart rate monitors, or bring their own strap and grab one of the 10 loaner modules we have on hand, and consolidate their cycling power data with their HR data.

Three types of competitive classes:

Power Ride Indoor Cycling (max 32 participants)

Indoor cycling, with power data, in class challenges, and results. FTP tests upon request.

TRX/Cycling Fusion (max 18 participants)

Half cycling, half suspension training. A very popular class and a tough and varied workout.

TRX 500 (max 15 participants)

All core, all the time. Be the first to complete 500 reps of a set of suspension exercises.

Non-Competitive Events

The data is still there, we just don't feature it. Those that wish to track HR data may still do so as above.

Groove Ride Indoor Cycling (max 32 participants)

Just the music, and we will make it damn good. Take a poll of your people and let us make a playlist that suits your team.

TRX/Cycling Fusion (max 18 participants)

A fun, sweaty, and legit workout that is safe and modifiable for all the fitness levels in your group.

TRX (max 15 participants)

Just the exercises, no rep counting, with focus on form, fun and encouragement.

Your team will sign up for a profile at spivi.com where they can add personal metrics like height, weight, age, MaxHR, FTP and so on. You submit us a list of participants once they have profiles, and we will book them in the class you have scheduled. We provide cycling shoes from size 36 to 47. People with larger feet can be accommodated upon request.

We provide cycling shoes and towels. In addition, our studio has showers with Skoah products, hair dryers, digi-key lockers, and loaner heart rate monitors. Visitors to suspension training classes should bring soft soled athletic trainers.

Pricing

\$300 for up to 20 participants.

\$400 for up to 32 participants.