



PRIVATE HIRE

Rise Cycling Studio™

EXCLUSIVE HIRE AT RISE CYCLING

A fantastic way of team building, bonding, celebrating or kicking off a staff party with a difference!

Our rides are a fun, motivating and results based experience which can be tailored to your needs. Our team consists of a collection of the North West's top instructors who will look after you during your ride. A private ride is a fantastic way to team build, create that healthy work/life balance, a perfect way to start the working day or kick off a party!

Our studio boasts 40 professional state of the art Schwinn bikes with our powerful sound system technology.

Ride with us

We tailor our rides to suit you. They generally last 45 minutes but longer or shorter rides are available on request.

RIDE 45 is our flagship 45 minute ride – low impact but high intensity, fantastic for fitness, fat burning and cycle training.

TEAM RIDE - Split the group up into teams for extra fun and friendly competition.

MUSIC RIDE - A tailored music driven ride, if you like a certain genre, artist or want to include a particular song then the instructor can create the playlist and ride for you.

CYCLING EVENT - Do you have an event coming up such as Ride London? Have you ever wanted to ride a stage of the Tour De France? Our instructors can create rides using course profiles of actual real world events, these rides are fun and challenging.

Booking Details

£15 per person/ 10 person minimum or £150 minimum spend

Price includes use of the cycling studio, 45 minute class, instructor, shoe & towel hire and use of facilities. A 20% discount is also available at the 100 Club Juice Bar for all private hire guests.

To hire our Cycling Studio please email Alishia info@risecycling.co.uk or call the studio direct on 0151 352 8455 just get in touch to discuss availability.

To book we require at least 7 days notice and a £50 deposit.

RISE CYCLING STUDIO

RIDE TOGETHER / RISE TOGETHER

THINGS TO REMEMBER:

HYDRATE

Drink, drink, drink! The key to a healthy body is staying hydrated. So be sure to have water before, during, and after your ride. Water is available at The 100 Club for £1 a bottle.

JUICE BAR

A 100% organic juice bar, is located right in the middle of our reception. Order a smoothie before class and it will be waiting for you when you finish. You can also refuel with the 100 Club's range of delicious cold-pressed juices, smoothies, shakes and protein shakes all with 20% discount for our private hire guests.

WHAT TO WEAR

If you've never ridden with us at Rise Cycling, we suggest sporting a t-shirt or vest and form-fitting pants or shorts on the bottom.

LOCKERS

We have complimentary lockers for all our guests to use, please remember to bring along a padlock to secure your items

SHOWERS

Feel free to take a shower pre or post your spin class in our changing rooms. You can bring your own towel or hire one from us for £1.
