

Boston

FITNESS

Assembly Row Is Getting a CycleBar

The spin studio joins the likes of Orangetheory and Title Boxing Club at Somerville's Fit Row.

by **TESSA YANNONE** • 7/17/2018, 2:20 p.m.



Image provided

Press pause on your regularly scheduled fitness programming: **CycleBar is coming to Assembly Row** and will be offering one week of free rides. Yeah, you heard that right. The new space is slated to open on July 19 and will celebrate the grand opening with free rides for all for the entire week until July 25.

Joining the likes of Orangetheory and Title Boxing, CycleBar adds something **Fit Row** was lacking—an indoor spinning experience. Fit Row will now be a complete one-stop-shop for fitness fanatics with spin, barre, pilates, boxing, and strength training classes. And yes, there's even a **juice bar**, for all your refueling needs.

CycleBar, which has well over **100 cycling studios nationwide**, offers three cycling classes: Classic, Connect, and Performance, depending on the fitness level of the participants. Each class is held in the CycleTheatre—a three-tiered studio holding 48 custom Schwinn bikes. In the front of the theater will be a large flat screen displaying each riders' CycleStats, which include information such as calories burned, power output, and RPM. Or you can opt out of the public humiliation and your daily performance will be emailed to you right after class. The company also offers complimentary shoe rental and water bottles, and various other locker room amenities.

In addition, music playlists from the classes can be easily accessed and are downloadable via an in-house and online music database called CycleBeats that runs through Spotify, so you no longer have to leave class frantically looking up the lyrics to that one song you loved so much but don't know the name to.

The company already has one local location, in Wellesley. But now Somervillians can enjoy all the wonders of CycleBar—if they have time for it after their barre, pilates, boxing, and strength training, of course.

387 Revolution Drive, Somerville, assemblyrow.cyclebar.com.