

FAQs

Are cycling shoes required to ride at SoulCycle?

Cycling shoes that clip into the pedals are required at SoulCycle. You will be provided cycling shoes which are offered in all sizes or you can bring your own. If you bring your own, they must be able to be clipped into the pedals. Clipping in offers a more secure and safe position which enables the cyclist to work much more efficiently. Pedal strokes become more powerful and allow you to target the correct muscle groups.

How early should I arrive?

Please arrive at least 15 minutes before we get started at 1:00pm.

What do I need to wear?

We suggest sporting a tee or tank on top and form-fitting pants or shorts on the bottom. All riders are required to wear a shirt and cycling shoes that can clip into the pedals.

How is SoulCycle different from the cycling classes offered at my gym?

SoulCycle is a full body indoor cycling workout. We ride to the beat of the music and incorporate upper body exercises into our workout.

What if I can't do everything in the class? I haven't worked out in a while.

One of the best things about indoor cycling is that it can be adapted to any fitness level. With the ability to adjust the resistance level on the bike, the workout can suit each rider's abilities. With every class comes increased confidence and strength, so we encourage first timers to go at their own pace and have fun.

Can I ride if I am pregnant?

We recommend you check in with your primary care physician before riding at SoulCycle to assess what's best for you. If you need assistance with setting up your bike or making adjustments, please reach out to our Studio Crew and they'll happily assist you.

Is there any way to make the seat more comfortable?

Yes! As a beginner, the bike and the bike seat require a little getting used to. We offer bike cushions in every studio to reduce any discomfort. In a short period of time you won't necessarily need either.

How old do I have to be to ride at SoulCycle?

Minors who are at least 12 years of age, meet the minimum height requirement of 4'11", and who have submitted a Minor New Rider Waiver Form signed by a parent or guardian may sign up for SoulCycle classes online in the US and the UK. A parent or guardian must be present in the studio at the time the waiver is signed. Waivers signed outside of the studio or via phone will not be accepted. All riders between the ages of 12-17 are required to be accompanied by an adult at all times. We do not permit children under the age of 12 in the studio for safety reasons.

Do you have locker rooms?

All SoulCycle studios have lockers with built in, easy-to-use locks. We also have separate changing rooms, complete with toiletries and, in most cases, showers. Please note that we are not responsible for lost or stolen items.

Phone policy:

Please leave your cell phone in your locker or with the studio crew. In the event of an emergency, we ask that you let the studio crew know and they will notify you of any urgent messages.