

JoyRide Cycle Studio

1200 Post Rd E Ste 2, Westport, CT, 06880

Phone: 12033495454

Overview JoyRide Cycling is Fairfield County's premier dedicated indoor cycling studio! Indoor cycling is the ultimate in cardiovascular fitness, appealing to avid cyclists, fitness buffs and beginners alike. We also offer Pilates classes, circuit training and barre method for a perfect complement to your cycling workout. Burn calories, create energy and build focus: JoyRide inspires both body and mind!

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