

Back to school.

It starts right after 4th of July. Bags of Halloween candy sneak their way onto the store shelves. Then it's back-to-school sales on lined paper, lunchboxes and backpacks causing gridlock at Staples and Target, and before you can say "hardy mum" the days are getting shorter and the nights are getting cooler. But then the humidity drops, the mosquitos go into hiding and the leaves turn brilliant crimson, amber, saffron and bittersweet!

Even if it's been ages since we got silly-excited about new shoes and Trapper Keepers, we all feel a mixture of optimism and melancholy at this time of year. Part of it is imprinting, and part of it is the reality that there will be less daylight available to us and the weather will get challenging, and this makes us melancholy. But going back to school also meant seeing our friends again! It meant classes and structure, experience and learning and becoming better at everything. And this made us feel optimistic.

So, in the spirit of that optimism, The Wheelhouse offers a full roster of cycling and fitness classes to help you get better at everything. [Progressive Cycling®](#) and [B.A.S.H. classes](#) start next week (yoga starts soon) and [registration is open now](#) for the following:

- Progressive Cycling® Tuesday – 6:30 pm (90 min – 2 hours)
- Progressive Cycling® Thursday – 6:30 pm (90 min – 2 hours)
- B.A.S.H.* Training Wednesday – 4:00 pm (30 min strength/45 min HIIT on bike)
- B.A.S.H.* Training Wednesday – 6:00 pm (30 min strength/45 min HIIT on bike)
- Progressive Cycling® **Saturday** – 8:00 am (90 min – 3 hours) **STARTS OCTOBER 19th**

NEW! LONGER PHASES, LOWER PRICES

[\(Team Pegasus Deals – Members Only Pricing\)](#)

Progressive Cycling® phases will now be 8 weeks long (vs. 6) Both members and non-members will enjoy lower prices per class. (Team Pegasus members save \$40 per phase over non-members).

NEW! CYCLING SEASON PACKAGES MEAN LESS REGISTERING, MORE TRAINING!

SAVE EVEN MORE BY PURCHASING A SEASON PASS FOR 1, 2 OR 3 TIMES PER WEEK.

[\(Team Pegasus Deals – Packages\)](#)

Commit to **riding once a week** at The Wheelhouse for 32 weeks and get serious about your cycling! This package is for Progressive Cycling® once a week for 32 weeks and is for all cyclists.

Team Pegasus members: \$70 per month for 8 months.

Non-team price: \$110 per month for 8 months.

Commit to **riding 2 x per week** for 32 weeks for great gains in cycling fitness!

This package is for 2 Progressive Cycling® classes per week for 32 weeks and is for all cyclists.

Team Pegasus members: \$130 per month for 8 months.

Non-team price: \$170 per month for 8 months.

Commit to **riding 3 x per week** for 32 weeks and watch your cycling fitness SOAR!

This package is for 3 Progressive Cycling® classes per week for 32 weeks and is for all cyclists.

Team Pegasus members: \$180 per month for 8 months.

Non-team price: \$220 per month for 8 months.

NOTES ABOUT PRICING

- You must register in advance for classes.
- You must be a member of team Pegasus (either as a coached athlete or through annual membership) to get the membership pricing. Non-member pricing is available [here](#).
- Not a member? What are you waiting for?! [Join](#) the fun and save!
- When you register for Progressive Cycling®, you are reserving a bike for a particular day per week. If for some reason you are not able to ride on your day, we will try to get you into a different class during the same week on a space-available basis.
- Due to the large number of classes per week, we require a minimum number of athletes registered per class for the class to continue. Please [contact us](#) with any questions.

If you are suffering from lack of motivation to get back on the trainer and hone your fitness realize that everyone needs help lighting the fire. That's why group training is so inspiring. For more on the importance of the tribe read: [All The Motivation You Need](#).