

AIMEE

Aimee has been teaching at CBLT for almost 3 years. She loves teaching Classic classes, especially 60 minutes! She loves the CycleBar community and how “we come together to support, encourage and cheer each other on.”



@AIMEEMACDONALD

RIDE WITH AIMEE WEDNESDAY 6:00P

@AMBERLEEHAAVE



AMBER

After riding at CBLT for over 3 years, Amber became an instructor about a year and a half ago because "it was such a positive & motivating space." Her favorite genres to ride to are EDM pop and hip hop.

RIDE WITH AMBER MONDAY 6:00P & SATURDAY 9:30A

ASHLEE

As a Senior Master Instructor, Ashlee is a true powerhouse on the bike. With over 8 years of experience, she brings the energy, passion, and love for all things fitness to the team. She loves riding to Hip-Hop music.



@ASHLEEJDENNY

RIDE WITH ASHLEE MONDAY & WEDNESDAY 4:45P

@CCHANOS



CARRIE

After 7 years of teaching at CycleBar, Carrie has mastered the art of leading classes. She will guide and push you to PRs. Her favorite class to teach is our newest format: Strength. Carrie loves that CBLT because it “brings a room full of strangers together and elevates them to a tribe.”

**RIDE WITH CARRIE MONDAY, WEDNESDAY,
FRIDAY 5:30A & SATURDAY 8:15A**

CHANEL

Chanel is another very experienced instructor with 7 years of teaching under her belt. Her upbeat, fun classes feature lots of remixes and classic hip hop songs. For Chanel, CBLT has always been about the community, "My best friends have come from that place."



@CHANEL_NO.5.0

RIDE WITH CHANEL TUESDAY 4:45P

@KATIEDAWNBRANTLEY



KATIE

Katie, AKA KB, is a Senior Master Instructor. She has been teaching for over 8 years. For Katie, CycleBar isn't just a workout, it's about showing up as your authentic self "We laugh together, we cry together, we create MAGIC together."

**RIDE WITH KATIE TUESDAY,
THURSDAY 6:00A & SUNDAY 9:00A**

KIM

Kim is one of our Lead Instructors and was one of the first CBLT instructors when we opened in 2016. Kim is driven by music and loves the CycleBar is a “challenging workout paired with a high quality sound system and unmatched equipment.”



@KIM_THECYCLING_REALTOR

RIDE WITH KIM WEDNESDAY & FRIDAY 9:30A

@BECCABOO777



REBECCA

Another OG, Rebecca has been at CBLT since we opened in 2016. She brings her dance and performer background to class for a true party on the bike. When she is teaching, you will also often see her dog/our studio mascot, Hendrix, around!

RIDE WITH REBECCA FRIDAY 4:45P & SUNDAY 10:15A

TAWNY

Tawny is our newest instructor and has quickly flourished in her role as instructor. When she started riding,

Tawny said she “immediately felt welcomed and that [she] belonged.” She also loves that it’s “accessible for people at all fitness levels.”



@TAWNYVE

RIDE WITH TAWNY TUESDAY & THURSDAY AT 12:00P

@YVONNE_DENSLOW



YVONNE

Yvonne is THE CBLT OG! She previously owned and opened the studio but her love for the bike started years prior. Yvonne is another one of our Lead Instructors. She says that she loves CBLT because "it's a sanctuary where we can let go, be ourselves without judgment."

**RIDE WITH YVONNE MONDAY 9:30A,
TUESDAY & THURSDAY 6:00P**