



DAILEYCYCLE™

A heart pounding, spirit lifting, beat driven cycling class with upper body toning and core strengthening that infuses The Dailey Method's signature focus on alignment and form!

CALIFORNIA

Berkeley
East Sacramento
SF-Ingleside Terrace

COLORADO

Boulder

ILLINOIS

Chicago-Bucktown
Elmhurst
La Grange
Lake Forest
Northbrook
Oak Park
Wheaton

LOUISIANA

Lafayette

MARYLAND

Towson

PENNSYLVANIA

Hershey

TEXAS

Colleyville

VIRGINIA

Loudoun

WASHINGTON

Bothell

WASHINGTON D.C.

CANADA

Ottawa - Coming Soon!
Vancouver-Kitsilano
White Rock, BC



ALIGNING SOUL & SPINE. HEAD & HEART.

ABOUT DAILEY CYCLE

Dailey Cycle fuses the body sculpting and flexibility aspects of The Dailey Method with the cardiovascular benefits of indoor cycling. This format includes 40 minutes of heart pounding, spirit lifting, beat driven cycling and 20 minutes of upper body toning, core strengthening and stretching off the bike.

With The Dailey Method's signature focus on alignment and form, this class delivers a balanced, full-body workout resulting in a high calorie burn.