



Sanitized for Your Arrival

Peloton® Bike Guide - Wellness Suite

BEFORE YOU BEGIN

- Adjust seat height (lever beneath seat), seat depth (lever under saddle), and handlebar height (front lever). Ensure all levers are tightened securely.
- Clip in by pressing the front of your cycling shoe into the pedal and pushing down firmly. To unclip: press your heel outward.
- Keep clear of moving pedals and flywheel. Stop immediately if you feel pain, dizziness, or discomfort.

OPTION A — EXISTING PELOTON® MEMBERS

1. Tap the screen to wake the tablet.
2. Select “Log In” and enter your Peloton username and password.
3. Begin your selected class or free ride.

After your ride: Tap your profile (top right) → “Log Out” → Confirm.

OPTION B — GUEST (NO MEMBERSHIP REQUIRED)

1. Tap the screen to wake the tablet.
2. Select “Explore” or “Just Ride.”
3. Choose from Scenic Rides, Sample Classes, or Basic Ride Mode (metrics only).

Full live and on-demand class libraries require a Peloton membership login.

DURING YOUR RIDE

- Adjust resistance using the red knob. Monitor cadence, resistance, and output on screen.
- Stay hydrated and ride at a comfortable intensity for your fitness level.

To stop quickly: press down firmly on the red resistance knob.

HYGIENE & COURTESY

- Wipe down the seat, handlebars, screen, and adjustment levers after use.
- Use provided disinfectant wipes and dispose in the waste bin provided.

AFTER YOUR RIDE

- Unclip carefully. Log out if applicable. Power off screen if desired.
- Contact Guest Services if you require any assistance.