

Rush Cycle Old Port GRAND OPENING



Montreal, Quebec May 24, 2023 ([IssueWire.com](https://www.issuewire.com)) - **Rush Cycle Vieux-Port**, the area's newest fitness studio, announced the **GRAND OPENING celebration** – Thursday, May 25th, from 7 am to 7 pm. Rush Cycle Vieux Port is located on 520 rue Saint Hubert, Montreal, Quebec - Place Gare Viger.

The new 5,000-square-foot gym offers a variety of convenient health and fitness options for the community. Equipped with state-of-the-art strength equipment as well as cardio machines. Whether you are a beginner or an elite athlete, The Rush Cycle 3 in 1 studio provides the local community with the most efficient cardio workout while maintaining a premium level of quality, intimacy, and convenience. Our group classes vary from; yoga, barre, indoor cycling, and strength training - all facilitated by a certified trainer. Rush Cycle Vieux Port features spacious, private bathrooms, which include showers; indoor cycling, personal training, and group exercise classes, among other amenities. The superior fitness center has a wide array of state-of-the-art fitness equipment, featuring Studio Spin-Theatre, and Keiser® Spin Bikes, along with circuit and free-weight systems.

“We are pleased to open Rush Cycle Vieux Port 3 in-1 fitness studio in our Old Montreal community in the very iconic Place Gare Viger, home to top tier companies, eateries, and hotels; **Hyatt Centric, Lightspeed, Novartis**, and many others,” said Mitch Heft & Nisha Kim, owners of the new fitness center. “Rush Cycle offers local residents an opportunity to work out every day with high-quality equipment at an affordable price, in a friendly environment.

Rush Cycles inviting and inspiring culture creates an atmosphere where team members and riders can work together to build a strong sense of self.

Dimmed lights, fun music, and our amazing instructors contribute to this adrenaline-packed experience. Start your journey today!

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