



Cycle rain or shine at the Handlebar Cycling Studio

Let’s say you’re like me and love biking, but have an only somewhat irrational fear of being run over if you attempt a ride through the city. And maybe it has occurred to you that biking, like any skill, can improve with some training. Now put these two elements – safety and skill building – together in a cool space (away from the temperamental Northwest weather) and you’ve got **The Handlebar Cycling Studio**, Tacoma’s first indoor cycling gym.







“Indoor cycling is one of those things everyone should experience,” said Becky LeProwse, owner and instructor at The Handlebar.



[Back to Top ↑](#)
Thank you to our sponsors



What we're reading:

-  Learning to love the Cross Orbweaver Spider
by Katy Evans | under CITY LIFE
-  Washington rules: why Washington State is better than your state
by Joe Korbuszewski | under CITY LIFE
-  What LOVE has to do with it: Spectrum Dance Theater at Tacoma’s Armory Building
by Amanda Caple Melton | under THE ARTS
-  Destiny City Comics debuts in the Stadium District
by Chris Piers | under CITY LIFE
-  Cocktails through a stillsuit: a toast to Frank Herbert
by Katy Evans | under THE ARTS
-  Dear US Navy: don’t use our rainforest for war games; don’t irradiate our endangered species
by Katy Evans | under CITY LIFE

A cycle class is like an indoor bike ride. Riders can adjust the Schwinn A.C. Performance Plus stationary bikes to various difficulty levels, simulating hills and flat road as directed by the instructor. The bikes track workout stats as well; bring a USB along, and you can download things like calories burned and miles covered during the workout.

The studio offers classes for a variety of skill levels, from a 50 minute ride perfect for beginners, to a 90 minute endurance test for the seasoned biker.





LeProwse and her husband, who runs the business with her, moved here four years ago, and felt Tacoma was the best place to start a studio. The idea evolved over last summer and fall, and


the studio opened in February. The Handlebar got its name from the owners’ mission to create a fun, carefree studio where people can let go for a bit.


“There’s nothing around to give you that true indoor cycling experience so I decided to bring it to Tacoma and show people what I love,” LeProwse said. “I hope they will love it too and make it a part of their everyday life.”


The beauty of indoor cycling is that people of all backgrounds and fitness levels can enjoy it and get a good workout. The bikes gauge levels of exertion in rotations per minute, and instructors guide the participants to find a comfortable level from which they can learn.


- 

Radical Roots: talking Home with Justin Wadland
by Rachel Ervin | under THE ARTS
- 

If you’ve got it, haunt it: celebrate Halloween with the Tacoma City Ballet
by Lorraine Constantine | under THE ARTS
- 

Dress accordingly with eTc Tacoma
by Bryce Smith | under THE ARTS
- 

Neko Case is Still Elusive
by Daniel Rahe | under Music
- 

A guide for the solo diner in Tacoma: where to go, where to avoid
by M.L. Flanagan | under Food/Drink
- 

Chandler O’Leary’s roadside attractions come home to the Handforth Gallery
by Eva Revear | under THE ARTS

Thank you to our sponsors



LeProwse said indoor cycling brings together participants of a variety of ages as well. Some of her regulars are older and can no longer run, others are younger and love the high energy music.

“It doesn’t’ cast anybody out, that’s why I love it,” said LeProwse. “Anybody can sit on a bike.”

The key element of a good class is a good instructor; LeProwse spent two months handpicking hers from various gyms in the area, from friends and colleagues she’s met through her 13 years of teaching, and she runs several classes herself. An energetic and enthusiastic instructor who gives clear directions will do a lot to make a class enjoyable, but a good playlist is crucial as well.

LeProwse said she wants to create an atmosphere where people can zone out and concentrate on their own effort. Dim lights and loud music let participants focus on themselves instead of competing with the people around them.



As someone who occasionally feels self conscious while panting and sweating in a group of people, I enjoyed the low pressure, but still challenging experience.

“There’s one hour of their day, I want them to be able to escape everything. Feel good, burn calories,” LeProwse said.

When LeProwse and her husband chose the neighborhood for their studio (The Handlebar is directly across from the final link stop on Commerce) she was inspired by the area’s bars and other businesses where people go to relax. She wanted to both fit into the neighborhood as a place where people came to unwind, and stand out by offering a distinct alternative.

“[It’s] just another bar in the neighborhood where people can come and hang out just in a different way,” said LeProwse. The ultimate goal is to create an environment where people can come that feels relaxing.

The studio holds classes at various hours throughout the day. Riders must reserve their bike online beforehand (thereby forgoing the awkward “walk into class and find that there are no bikes left” situation that often arises is less organized cycle classes), and can either pay as they go, or buy a pass for several rides at a time.

Find schedules and more information at handlebarcyclingstudio.com.



Comments & thoughts

Rich on Wildly Breathtaking: You Won’t Believe What Post Defiance Got Away With in 2013

5 Question Friday With Michael Fitzgerald from Destiny City Comics | on Ten things I learned about life from “Death: The High Cost of Living”

Joey on Tacoma needs a law school like I need a hole in the head

Dee on Tacoma needs a law school like I need a hole in the head

Heather on Mod Curio and Moss + Mineral make a neighborhood of art

Maria Jost on See Noah Struthers’ Fantastic Guts

Harold G. Moss on Waiting for the note, or some thoughts on World Suicide Prevention Day

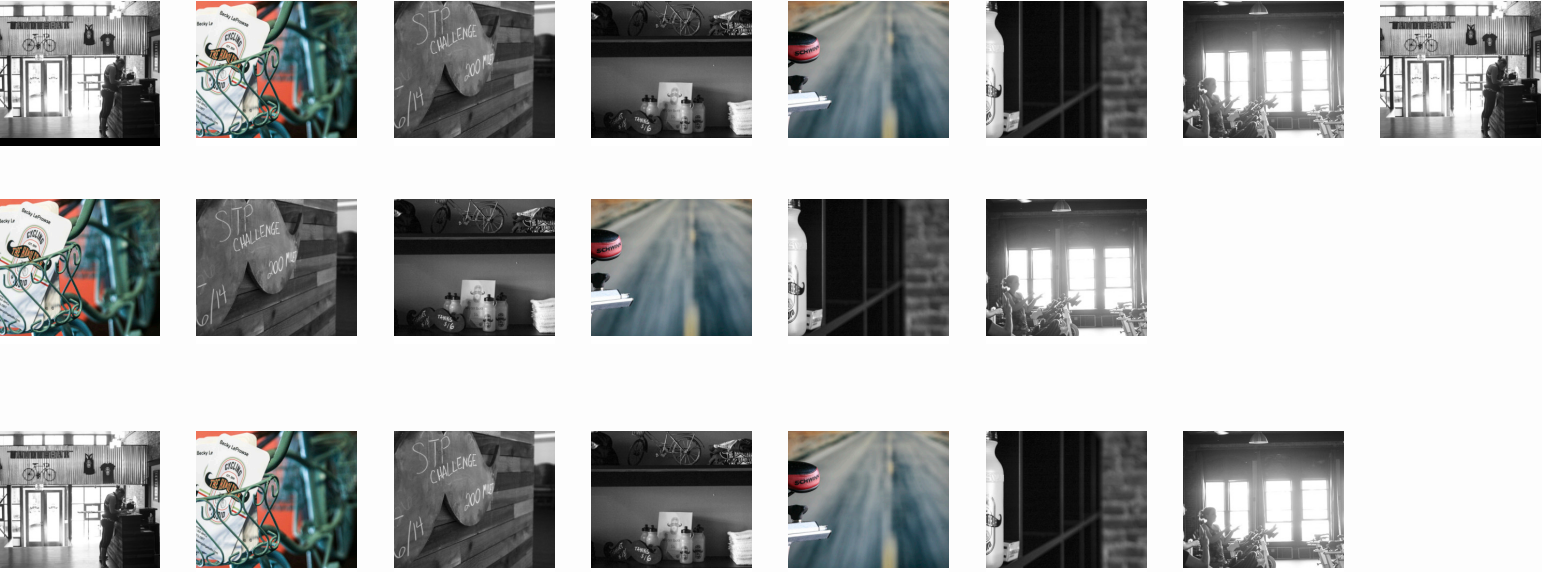
Dennis Flannigan on A guide for the solo diner in Tacoma: where to go, where to avoid

Morf on Parkland is (still) burning

Rize on I hate your balls

Defiance in your inbox

Subscribe to get Post Defiance newsletter style; we’ll make sure you don’t miss the good stuff.



All photographs by [Kali Raisl](#)

Help us grow. Spread the word. Share this Post Defiance article with your friends.



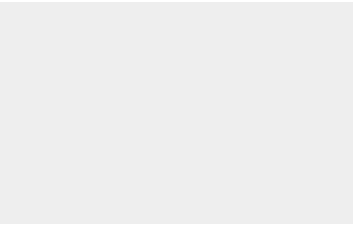
Tweet 5

Like 60

+1 0

Tags: [Becky LeProwse](#), [Bikes](#), [Cycling](#), [Cycling Studio](#), [Downtown Tacoma](#), [Fitness](#), [gym](#), [Handlebar](#), [Handlebar Cycling Studio](#), [indoor cycling](#), [schwinn](#)

About the Author



Eva Reveal Eva Reveal is from Puyallup, but spends most of her time in Tacoma where she studies Communications and Computer Science at the University of Washington Tacoma, and works as Editor in Chief of the university’s newspaper, The Ledger.

Related Posts



If you’ve got it, haunt it: celebrate Halloween with the



What LOVE has to do with it: Spectrum Dance Theater at



Dress accordingly with eTc Tacoma →



Ride: Downtown to Defiance →

Tacoma City Ballet
→

Tacoma’s Armory
Building →

Leave a Reply

Your email address will not be published. Required fields are marked *

Name *

Email *

Website

Comment

You may use these HTML tags and attributes: <abbr title=""> <acronym title=""> <blockquote cite=""> <cite> <code> <del datetime=""> <i> <q cite=""> <strike>

Post Comment



Post Defiance Archive

Select Month

Recent Comments

- Rich on Wildly Breathtaking: You Won’t Believe What Post Defiance Got Away With in 2013
- 5 Question Friday With Michael Fitzgerald from Destiny City Comics | on Ten things I learned about life from “Death: The High Cost of Living”
- Joey on Tacoma needs a law school like I need a hole in the head
- Dee on Tacoma needs a law school like I need a hole in the head
- Heather on Mod Curio and Moss + Mineral make a neighborhood of art

You can find us on

Twitter, Facebook, GoodReads, Pinterest, Instagram, and LinkedIn.

Popular Tags

- Art Beer Broadway Center Christmas City of Tacoma Downtown Tacoma Film Fulcrum Gallery Hilltop Hilltop Kitchen History Kings Books Music Poetry Shop Tacoma Spaceworks Tacoma Tacoma Tacoma Art Tacoma Art Museum Tacoma Arts Tacoma Celebrity Tacoma Music The Grand Cinema

