



## SoulCycle Returns to Palm Beach for Winter Pop-up

By **Christiana Lilly** - November 9, 2018



Indoor cycling fans ([us included](#)), get ready because SoulCycle is headed to town for the winter.

One of the nation's most popular indoor cycling studios, the New York City-based company is returning Nov. 20 for a second year for its Destination SOUL pop-up on Palm Beach at The Royal Poinciana Plaza. Considering all the studios in Florida are located in Miami-Dade County, this is a *much* closer ride.

Plus, they're sticking around longer this time, too—the last class is March 31, 2019. Last year they said goodbye on Jan. 1.

Lead by fitness pros, fans of SoulCycle love the dimmed rooms and booming music as the backdrop as you sweat it out on the bicycle—including a few fun dance moves thrown in for good measure. The 45-minute classes are scheduled multiple times a day, but mostly in the morning, so no hitting the snooze button here.

150 Royal Poinciana Plaza, Palm Beach; 646/755-6902; [soul-cycle.com/studios/fl-palm-beach](http://soul-cycle.com/studios/fl-palm-beach)