



GO Cycle Studio

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Energetic. Challenging. Exhilarating.

GO Cycle is a creation inspired by Emmy's enthusiasm for life. The classes embody Emmy's signature brand of cycling: a no-judgment zone of adrenaline-filled classes with upbeat music guaranteed to inspire you to push harder.



Emmy Rigali

Q&A

What tip would you give women who are starting a business?

Love what you do. When it's your own business you'll eat, sleep and breathe it! Don't let anyone tell you it's risky. "Adventure is worthwhile in itself." —Amelia Earhart

What do you like best about owning a business?

I love the challenge of bringing in new people to try something they never thought they could do. Then getting them addicted so that they can't imagine not doing it!

What is your motto or theme song?

Be yourself... everyone else is taken!

What do you CRAVE?

I crave an endorphin rush! Luckily, that's the by-product of my business.



Photos by AdamDaniels.com