Megan Sullivan

Cycle Instructor

Boston, MA (617) 555-0198 megan.sullivan@email.com
linkedin.com/in/megansullivan

SUMMARY

Cycle instructor with 3 years teaching rhythm and power-based indoor cycling at a boutique studio and a recreation center. Teaches 8 rides a week to full 45-bike rooms, coaches cadence and resistance with clear cues, and builds playlists that bring riders back. Holds Schwinn Indoor Cycling and CPR/AED certifications.

SKILLS

Indoor Cycling • Music Programming • Heart Rate Training • Bike Setup • Interval Training • Ride Profiles
Class Booking • CPR/AED • Customer Service • Communication Skills

EXPERIENCE

Cycle Instructor 02/2024 - Present

Back Bay Ride Studio Boston, MA

Boutique indoor cycling studio with 2 rooms of 45 bikes.

- Teach **8** 45-minute rides a week, filling 91% of bikes across peak and early-morning slots.
- Build ride profiles and music programming with interval, climb and tempo blocks for every class.
- Coach riders on bike setup, cadence and heart rate training zones, with 48% of first-timers returning.
- Converted 60 first-time riders into monthly members in 2025 through post-ride follow-ups.

Indoor Cycling Instructor 09/2022 - 01/2024

Charles River Recreation Center Cambridge, MA

Recreation center with a 30-bike cycling room.

- Led 4 rides a week for 25-30 students and staff, including a beginner series each semester.
- Tracked repairs on 30 bikes with the facilities team, keeping every bike in service for 18 months.
- Delivered customer service at the front desk 10 hours a week, booking classes and answering questions.

EDUCATION

Bachelor of Science 05/2023

Northeastern University Boston, MA

Health Sciences

CERTIFICATES

Schwinn Indoor Cycling Instructor
Schwinn Fitness Education
08/2022

CPR/AED
American Red Cross
06/2025