

# New to cycling?

Thinking of taking up  
cycling for the 1st time?

# Get Into Cycling

Free!

Wed 30<sup>th</sup> Sept, 2 - 4pm

„Get Set and Go! An intro session“

Friday 2<sup>nd</sup> Oct, 2 - 4pm

„Get into Cycling on the Road“

Wed 7<sup>th</sup> Oct, 2 - 4pm

„Do it Your Way on any Road“



+ Biking Lunch - 30 min sessions around the park

+ A chance to train to become a bike instructor!

Join a session and get the chance to win a bike or a year's free gym membership!

## Meet @ The Student Centre

Loan bikes available. Sessions conducted by a qualified cycle instructor

UBU ● ● ● ●

[ubuonline.co.uk/getintocycling](http://ubuonline.co.uk/getintocycling)