

**FREE!**

# City Cycling Skills

Never cycled? Haven't cycled in years? We can help!

Join our 4 week courses this spring / summer

at various locations  
around Bristol

Bikes  
provided

Womxn only  
groups with  
female cycle  
instructors



SAVE MONEY. GET FIT. GET AROUND

**Beginners on bikes 10-12pm**

**Return to Cycling 1-3pm**

Small relaxed and friendly groups, we will be covering:

- Cycle skills
- Road awareness skills
- Basic bike maintenance
- Route planning

**Book your place today!** Courses are for 18 years+

Visit: [www.lifecycleuk.org.uk/getcycling](http://www.lifecycleuk.org.uk/getcycling)

Call: 0117 353 4580 Text: 07403 415 052

Email: [bikeminded@lifecycleuk.org.uk](mailto:bikeminded@lifecycleuk.org.uk)

Life Cycle  UK