

Beginner Indoor Cycling

Don't want to go out cycling in the pouring rain? Then try Indoor Cycling. Classes help you lose weight, improve your heart health and boost your muscle endurance.

Free 'Taster' Sessions Included!

Book early to avoid disappointment.

Various locations, dates and programmes available. Wear comfortable clothing and trainers. Please bring a bottle of water.

To book

Email: everybodyactive@ardsandnorthdown.gov.uk

Tel: 0300 013 3333 ext.40338

Pre-registration essential: A Health Commitment Statement (HCS) must be completed by all participants.

Suitable for all fitness levels and both male and female participants. (16+)



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**Every Body
Active 2020**



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North Down**
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