

# Healthy Aging & Cycling in Cambridge

## Summer Fridays: Group Ride Series

**Fridays beginning June 25, 2021**

**8:15 – 9:00 AM (meet), 9:00 AM (start rolling)**

**Meeting point sent via email**

All are welcome, although this slow roll group ride series caters to older adults. Rides will gradually increase in mileage, while maintaining a relaxing pace. Beginning with off-street paths, rides will focus on improving comfortability on-bike as well as introduce navigating the city by bicycle.

Interested, but not ready to get on your bicycle? Bring coffee and join us 8:15 – 9:00 AM pre-ride for a bicycle-centered Meet 'N' Greet!

This fitness class series is intended to be the third unit of a 3-unit Healthy Aging and Cycling in Cambridge program.

**Unit 1:** [Power Pedal Fitness Classes](#)

**Unit 2:** On-Bike Skills Clinic

**Unit 3: Urban Cycling: from bike paths to on-street riding - bicycling for transportation**

[Click Here to Sign up](#)



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