

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Bicycling 101

Rediscover the joy of bicycling as a lifelong wellness activity. Learn basic bicycle care tips and how to ride safely and comfortably. We'll ride together for fun, fellowship and fitness. Bring your own bike.

Instructor: Marty Fink



Date: April 5 - 28
Monday/Wednesday
10:00 - 11:30 am

May 3 - 27
Monday/Thursday
5:30 - 7:00 pm

Location: YMCA Conference room

Members: Free

Community Members: \$25 per month

Contact: Audrey Urista,
Active Adult Director
(541)440-9622 ext 207



Release the "pause" button in your
life and put play in your day!

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Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541) 440-YMCA (9622)

www.ymcaofdouglascounty.org