

Be Active – Find Your Why

Come n Try – Back on the Bike Sessions

Experience FREE 'Have a Go' sessions for adults over 50 with expert guidance from exercise physiologist and Cycle Salisbury Coordinator Elaine Davies.

Suitable for those familiar with cycling but haven't ridden in a while. Bring your own working bike and helmet. Hurry, only 6 spots available so book now!



*Express interest for future sessions if unable to attend.
For more information go to www.salisbury.sa.gov.au/why*

Dates: Wed 23 August or Wed 27 September

Location: Jack Young Centre (JYC)
2 Orange Ave, Salisbury

Time: 10am to 12noon

Bookings & Enquires:

Jim Binder on 8406 8251 or
jbinder@salisbury.sa.gov.au

For more information on how you or someone you know can get involved, visit:

www.salisbury.sa.gov.au/seniors

