

Healthy Aging & Cycling in Cambridge

Power Pedal

March 8th – May 26th

Tuesdays and Thursdays

12:30 PM – 1:30 PM

Meets virtually

Prepare yourself to get back in the (bicycle) saddle this spring with a free 12-week class series for all fitness levels focused on building strength, balance, and flexibility while also working on reflex responses and agility specifically for bicycling.

This Zoom-based fitness class series is intended to be the first 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

No equipment necessary, although there will be the option to incorporate hand weights or household items for added resistance.

Register Here:

<https://camb.ma/3oDtTIK>

or email aphilson@cambridgema.gov

