

Healthy Aging & Cycling in Cambridge

On-Bicycle Skills Clinic

June 21 – June 30, 2021

Mondays and Wednesdays

8:00 AM – 10:00 AM

Danehy Park – St. Peter's Basketball Courts

Ages 50+

There is more to learn about bicycling than just pedaling! This on-bicycle skills clinic will help you brush up your bicycling skills with a specific focus on bicycling as an older adult. Instructors will work with small groups to focus on building the skills, stability, and confidence necessary to bicycle. All skill and ability levels welcome!

Helmets and a limited number of bicycles will be provided.

This fitness class series is intended to be the second 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 Register



or email aphilson@cambridgema.gov