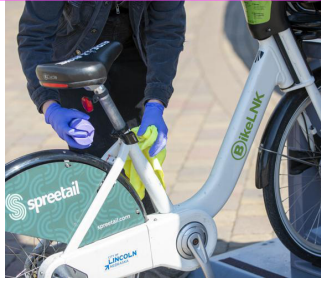




City of Lincoln
**AGING
PARTNERS**



Introductory **BikeLNK** Bike Share Classes

Hosted by: Aging Partners Health and Fitness

Mark your calendars! (weather permitting):

Monday, July 13 from 9 to 11 a.m.

Monday, Aug. 3 from 9 to 11 a.m.

Monday, Sept. 14 from 9 to 11 a.m.

Location: Staff will notify all registered participants.

*It is important that all riders arrive prior to start time
so not to miss important information shared.*

Aging Partners Health and Fitness will be partnering with the City's BikeLNK bike share program to host introductory classes this summer.

Bikes and helmets will be provided at no charge.

Topics will include:

- What is the BikeLNK program?
- How to check out BikeLNK bikes
- Two types of bicycle styles will be available for participants to try out: classic and electric pedal assist (otherwise known as "e-bikes")
- Basic safety tips

Riders will have the opportunity to take a group ride on Lincoln's beautiful trails.

Spots are limited, so please call 402-441-7575 to register.