



Introductory BikeLNK Bike Share Class

Hosted by: *Aging Partners Health and Fitness*

Mark your calendars! (weather permitting):

Tuesday, September 10

8:45 to 10:30 a.m.

Location: 21st and "Q" streets

It is important that all riders arrive prior to start time to not 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.

We will meet at the location mentioned above. 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 the bikes on a short ride on the nearby trails after the demonstration.

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