

Fit For The Road

Freedom is having a bike and the confidence to use it

one-2-one
BIKE TRAINING
Voucher



Quality bike training from **ChangingPace** www.changingpace.info

ISSUE DATE:

NAME:

EXPIRY DATE:

VOUCHER NUMBER:

Valid for one hour of personal 'on road' bike training.

To use this voucher simply phone 0131 3323442 or 07914 727018.
Or email your preferred choice of dates to: training@changingpace.info

We'll do our best to accommodate your choice and arrange a session with a qualified cycle trainer at a location that suits you.

Fit For The Road one-2-one

Suitable for all abilities of cyclist. Session plans are adapted to level of participant.

ChangingPace supports



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Learn how to:

- **Cycle safely in traffic** ✓
- **Discover new routes** ✓
- **Improve your fitness** ✓
- **Ride aware** ✓
- **Refresh your skills** ✓

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