



Get Active, Save Money – Learn New Bike Skills

Want to be more active?

Don't want to spend money on gym memberships or ongoing class fees?

Well how about learning basic bike skills from qualified cycling Teachers to give you the confidence to get on your bike and ride? Whether it's to commute to work, get around your local area or just have fun, cycling will help you get fit, reduce stress and enjoy a healthy lifestyle.

AustCycle, Australia's national provider of accredited cycle training, are pleased to offer you training courses in your local community. People of any skill level can be trained from absolute beginners to those already with some bike skills. Join a group that is being trained in your local area or form your own group of work colleagues, friends and/or family.

Cycling promotes cardio-vascular activity and reduces stress and respiratory problems so if you want to get fit and healthy simply contact your nearest AustCycle training Provider and find out more today. All you have to do is register your interest and we will contact you with details of where and when you will be trained. So don't delay, register today!

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