

# ON YOUR BIKE!

## Riding Group for MEN

Thinking about getting back on your bike? Then this group's for you. Cycling regularly will improve your fitness and help you maintain a healthy weight.

The group meets at the Melton Men's Shed every Friday around 9:30am with the aim to check bikes and be ready to head out around 10am. Afterwards enjoy a FREE cup of coffee and chat.

Rides around Melton and Taylors Hills are typically a distance of 10-15 km. Every couple of months the group tackles popular bike trails in the region.



*We can help you restore your old bike or for a small donation offer you one from the Shed.*

**Who:** Men of any age

**Where:** Melton Men's Shed  
Willows Historical Park, 76 Reserve Rd, Melton

**When:** Every Friday morning 10-11am

**Cost:** FREE to all registered Sheddies

**Contact:** Melton Men's Shed  
☎ 9971 5106 / [catheriner@melton.vic.gov.au](mailto:catheriner@melton.vic.gov.au)

**Enquiries on**  
☎ 9971 5106

