



### Would you like to...

- Boost your mood and move more?
- Learn to ride a bike or adapted cycle, or improve your confidence on a bike?
- Join a local, friendly walking group?
- Discover routes in Balby?

**Yes? Then why not try one of Ride, Stride and Thrive's new activities in Balby?**

All activities are free and suitable for all abilities and fitness levels. All you need is a comfortable pair of shoes - we have bikes, adapted cycles and walking poles available and can tailor the session to you!

### Activities available include:

- Cycle Training
- Group Led Rides
- Group Led Walks
- 1 to 1 Walks
- Personalised Travel Planning



For more information or to refer please scan the QR code, click the link to visit our webpage or contact us!

**[www.yourlifedoncaster.co.uk/ride-stride-and-thrive](http://www.yourlifedoncaster.co.uk/ride-stride-and-thrive)**

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Telephone: **07929 655966**



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## Balby Activity Timetable July - September 2025

### Cycle Training

**Tuesday 10.00am-1.00pm** at Woodfield Park, DN4 8QP  
(each cycle training session is up to 45 minutes and can be delivered 1 to 1 or with family/friends). Please contact us to book your session.

### Group Led Rides

Led Rides are delivered from Woodfield Park. Please contact us for more information and to book your place.

### Group Led Walks

- Walk can take up to 30 minutes
- Walk can take up to 1 hour
- Free refreshments after the walk

### **Monday**

**10.00am** - Hexthorpe Flatts Park, Greenfield Lane entrance, DN4 0HY ●

**12.00pm** - Linney Centre, Weston Road, DN4 8NF ●●

**1 to 1 Walks** and **Personalised Travel Planning** are available throughout the week at a time and place to suit you. Just get in touch to arrange!



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