



**YGym**

Your friendly,  
community gym

we are  
**cycling**  
UK

The  
**BIG BIKE**  
Revival

# CYCLING CLUB

**FREE  
ACTIVITY**

Move more, meet new people  
and see a new side to Sandwell  
with our guided cycle sessions



**TUESDAY & WEDNESDAY**

6:00pm - 7:30pm



**YMCA WEST BROMWICH**

38 Carters Green, B70 9LG

**JOIN NOW!**

Join at YMCA Reception or contact  
Joy Chatwin on 0121 524 1950 or  
[joy.chatwin@ymcab.org.uk](mailto:joy.chatwin@ymcab.org.uk)  
to book your place

YMCA have bikes available to hire,  
or you can ride your own.

[ymcab.org.uk](http://ymcab.org.uk)

**YMCA**

Here for young people  
Here for communities  
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE