



# Meet 'n' Spin



**Thinking about Cycling, BUT....**

**Haven't cycled in years!!**

**Don't have a bike????**

**Can't cycle very far!!!**

**Roads are too busy and dangerous?????**

**We are here to help.**

**Join the Mullingar **Meet 'n' Spin** group and we'll assist you in starting cycling again (or for the first time) in a safe environment; on very short routes for all different levels; with a fully qualified instructor and **we'll even supply the bike!!!****

**Come and try it and meet new people!**

**Come along any Tuesday and join us . We meet at World of Tiles, Lough Sheever Business Park, and Mullingar from **7pm - 8pm****

**Contact: Westmeath Sports Partnership**

**044-9390208**

