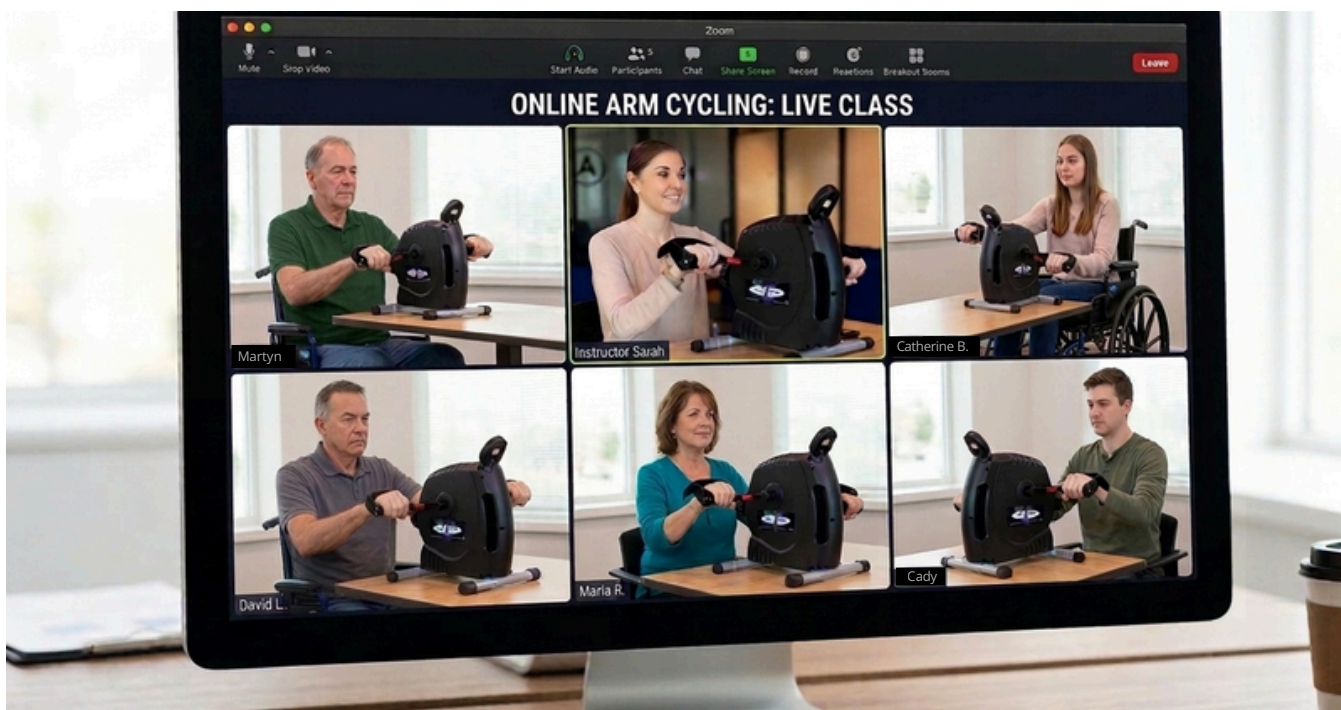


Online Arm Cycling Classes

Exercise to a variety of upbeat music to improve fitness and meet other people!



If you:
1. have a spinal cord injury,
2. are 16 years or older,
3. are a wheelchair user

Scan/click the QR code for info & to take part!



“Here we can all chat and be with other people.”



“I feel fitter, lost weight. I will recommend it to anyone willing to try!”



Contact us at:
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