

# Bike maintenance classes for adults!

Are you interested in learning how to maintain your bike? Do you live in St Denys or Portswood?

Sustrans' Active Travel Project in Southampton is offering you a 2-hour bike maintenance class with a professional mechanic at the St Denys Community Centre for just £5!

## Topics covered:

- bike checks
- puncture repair
- brakes adjustment
- gear tuning

Please register your interest by contacting:  
[streettread@sustrans.org.uk](mailto:streettread@sustrans.org.uk),  
or 02380 515206.

Please state your preferred times of the week. We will get in touch with you with the next class details and how to book.

# LOVE HANDLES?



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